

## INFORMATION FOR PRACTICE WEBSITES

If you support someone who could not manage without you, you are a carer. As a carer, you need to look after your own health and wellbeing too.

Carers in Hertfordshire is a local charity providing free help and support to any carer living or working in the county.

### **Am I a carer?**

If you give unpaid help and support to a family member, friend or neighbour who would not be able to manage without you, then you are a carer.

The person you look after might have a physical or learning difficulty, be ill or frail, have mental health problems or misuse drugs or alcohol. They may be your child, partner or parent, or a friend or neighbour, and they might live with you or live elsewhere.

Whatever your situation, make sure your GP knows you are a carer and contact Carers in Hertfordshire for information and support.

### **Caring with Confidence**

Carers in Hertfordshire runs free Caring with Confidence training courses for carers, covering all aspects of caring, including dealing with stress and emotions, balancing caring with a life of your own and maximising your income whilst caring. There are special courses for those caring for people with dementia.

Not only are these courses practical and informative, they are a great place to meet others in the same situation as you and to share experiences.

### **Make a Difference**

Caring takes its toll. Make a Difference is a Carers in Hertfordshire initiative to provide funded breaks for carers. Grants are available for all sorts of things such as gym membership, massage, a weekend away or a new hobby – whatever will have the greatest benefits for your health.

As a carer, Make a Difference can give you a break and help you stay well. Talk to your GP about a referral or contact Carers in Hertfordshire for more information.

### **Information and advice**

Whether you need some help understanding benefits or accessing services, or longer term advice to support you in your caring role, Carer Support Advisors are just a phonecall away. They can help you understand what services are available nearby and how to access them, and help you to have a break from caring. Call today on 01992 58 69 69.

Carers in Hertfordshire also provides specific support for people caring for those with dementia, drug or alcohol issues, mental health problems or learning disabilities, as well as parent carers.

### **Learning and leisure**

Carers in Hertfordshire runs a variety of free courses, workshops and local trips, to give carers a break and some time for themselves. Learn a new skill, like creative writing or digital photography; try a course to help you in your caring, like managing a personal budget or manual handling; or join one of their day trips to local attractions. Whatever you do, it's a great way to get out and meet new people.

### **Support groups**

Carers in Hertfordshire supports lots of carers groups across the county, and can put you in touch with your local group. Having the time and space to talk to other people who look after someone and understand what you are going through can help you feel less isolated, find out useful information, and have some time to yourself to relax and chat.

### **Having a voice**

Carers in Hertfordshire runs events and forums where you can have your say on local services, what's working and what needs improving, and give your views to decision makers. Coming together makes the voice of carers stronger and helps make real changes to services.

## **Young carers**

Young carers are young people who help look after someone in their family and take on responsibilities normally handled by an adult. Carers in Hertfordshire's Young Carers Service supports carers aged 8-18 and their families to make sure their caring responsibilities don't stop them from having the same opportunities, and social life, that other young people enjoy.

## **Contact Carers in Hertfordshire**

Carers in Hertfordshire exists to support people in their caring role. All their services are free.

**Tel: 01992 58 69 69**

**Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**Visit: [www.carersinherts.org.uk](http://www.carersinherts.org.uk)**