

*Harpenden family and friend carers are invited to
attend*

carer support hub

Information and Support Event

Tuesday 18th September 11.15 am—2.15 pm
at Harpenden Quaker Meeting House,
12 Southdown Road, Harpenden, AL5 1PD

Come along and find out:

- what help is available locally
- how you can get involved by volunteering at your local hub and help shape future support for family carers.

Take a break from caring, meet other carers and enjoy a free relaxation session. Lunch and refreshments provided.

count me in!

To book your place

Call 01992 58 69 69

Email learning@carersinherts.org.uk

Online www.carersinherts.org.uk/events

We can provide help with transport and alternative care costs if needed



LOTTERY FUNDED

A Caring Communities Event

