



CARERS IN HERTFORDSHIRE



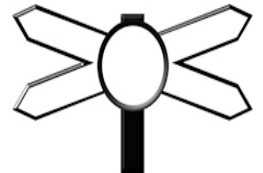
Carers in Hertfordshire helps parents who are looking after a child with extra support needs.

If that is you, then you are a parent carer.

We have Carer Support Workers who can help you to:

- plan the support you need
- find the right people to talk to
- make time for yourself

They can also tell you about activities and support groups near you that might suit you and your family.



We have free training courses to help you to improve your skills and confidence.

You can share ideas and Speak up by joining our Parent Carer Involvement Network



We will let you know what is happening by newsletters, emails and sending you information on local events

If you would like to register or find out more about how Carers in Hertfordshire can help you then.....



Please call the Parent Carer Involvement Workers on 01992 586969