

**Are you providing unpaid care to someone?**

**Do you feel tired, stressed or in need of a break?**

You may be entitled to a free Make a Difference break from caring to benefit your health and wellbeing.



Find out more at our  
**Make a Difference Information Day**  
Friday 31st March 2017



**At Sportspace  
Hemel Hempstead,  
Park Road,  
Hemel Hempstead,  
Hertfordshire, HP1 1JS**



**Drop in between  
10am – 1pm or 2pm – 4pm**



More information overleaf

There will be tours of the leisure centre, complimentary therapy tasters, demonstrations and more.

**By attending you could win £100 John Lewis gift voucher in our free prize draw.**

For more details please call: 01992 58 69 69

Or visit : [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

## More about Make a Difference Break

As a valued carer you may be entitled to a one-off Make a Difference Break completely free of charge. A break doesn't have to be a holiday it could be some complimentary therapy, time or equipment to pursue a hobby, something to support you in keeping fit, training or a qualification or anything else that will benefit you.

The idea is that the Make a Difference Break will give you time to yourself, a break from your caring role and improve your health and wellbeing. If you haven't had a Make a Difference Break and want to discuss applying for one please get in touch with us (details below).

## About Carers in Hertfordshire

We are the leading charity that supports unpaid carers throughout Hertfordshire. We provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services. We support carers of all ages, including children.

The Crossroads Care Service (previously Crossroads Care Hertfordshire South) is now part of our charity. This service is regulated by the Care Quality Commission and is available in Hertsmere, Three Rivers and Watford. It includes domiciliary care and Helping you Care (Carers Breaks).

### **Carers in Hertfordshire**

**The Red House, 119 Fore Street, Hertford,  
Hertfordshire, SG14 1AX**

**Tel: 01992 58 69 69**

**Crossroads Care Service Tel: 020 8905 1158**

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

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

*making carers count*