

Carers in Hertfordshire Listening to Carers Day

Do you look after someone at home who is frail, ill or disabled? Perhaps you are a family member or friend?

If so – this event is your chance to meet others in the same position, to share your experiences and tell decision makers about the issues that are most important to you.

**When – Tuesday 23rd March 2010
10:00am – 3:00pm**

**Where – St Albans City and District Council
Civic Centre
St Peters Street
St Albans**

The event, light refreshments and lunch are free.

To book a place please contact Carers in Hertfordshire's Hemel Hempstead office on 01442 253344 or email west.team@carersinherts.org.uk

There is help available to get you there and support for arranging alternative care, should you need it.

