

Armed Forces Carers Information

General Support

Carers in Hertfordshire

- Opportunities to 'Have your Say' to improve services
- Mentoring and support groups
- Our Make a Difference carers breaks
- Learn a new skill or develop your knowledge
- Gain information and advice to support you in your caring role
- The Carer's Passport Discount Card - save money when shopping or out and about

Carers Assessments

This is an opportunity to discuss how caring for someone affects your life, what's important to you and how Adult Care Services or Hertfordshire Partnership Foundation NHS Trust (HPFT) can help.

Social Care →



Mental Health →

0800 6444 101

Carer Breaks

There are services available to help when you need a break from caring. There may be charges involved for respite care, while others provide it after a carers assessment.

Or call →

01992 586969

Advocacy

The main service offering Advocacy is POhWER in Hertfordshire who provide advocacy, information and advice services empowering people to have a voice and to make a real difference to their lives.



making carers count

Tell your GP you're a carer

This is important as your GP should offer you flexible appointments, health checks and flu jabs.

Armed Forces Support includes:

SSAFA The Armed Forces Charity

Can help provide practical, financial and emotional support for service personnel, veterans and their families.



0800
2606780

Royal British Legion

If you are serving, or have served in the Armed Forces, then you, your dependents and carers are eligible for help and support from the Royal British Legion.



0808
8028080

The Ripple Pond

Provides support for carers of someone who has been physically or psychologically injured in the British Armed Forces.



0333
9001028

Help for Heroes

Will help veterans and their families live well after service.



0300
3039888

The Poppy Factory

Has a particular focus on helping veterans and their families on their journey towards employment.



0208
9403305

Contact us by:

calling: 01992 58 69 69

email: contact@carersinherts.org.uk

visit: www.carersinherts.org.uk

Write to: Carers in Hertfordshire, The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX



THE ARMED FORCES
COVENANT FUND TRUST

