

CARERS' SUPPORT GROUP

Two Beeches, Grovehill, Hemel Hempstead

DATES FOR WINTER/SPRING 2020

All carers' are very welcome. If it is your first meeting, please let Rachel know you are coming so we can make you welcome. Please let us know if you need transport as we may be able to arrange this for you.

Every other Wednesday 2nd and 4th week of the month at 1.30pm to 3pm, in the Community Lounge at Two Beeches Sheltered Housing, Avon Square, Grovehill, HP2 6BG.

- 8 January Fun Get together – *including presentation on 'Left-overs'*
Winter benefits & Winter warmers hints and tips for keeping warm

- 22 January Benefits and Allowances entitlement Presentation - Age UK Herts

- 12 February Hertfordshire Adult Care Services Presentation – Carers Champion
Herts Adult Care Services Team

- 26 February Basic home DIY – AUKD handyman scheme

- 11 March Falls Prevention Presentation - Occupational Therapist,
Dacorum Older Persons Team, Adult Care Services

- 25 March Quiz & Social afternoon

For more information please contact Rachel on 01442 259049
or email: carers@ageukdacorum.org.uk