

# Carers Information Cafe

A free, drop-in, event for anyone looking after someone close to them who is ill, disabled, elderly or misuses substances.



Enjoy a cuppa and find out about services, information and advice to help you with your caring role.

Run by Carers in Hertfordshire and local GP surgeries.

One to one support

Book a carer health check

Meets the second Wednesday of each month, 10.30am - 12pm noon.

At Laura Trott Leisure Centre, 33 Windmill Lane, Cheshunt, Waltham Cross, Herts, EN8 9AJ.

For more information or for support with a caring role call Carers in Hertfordshire on 01992 58 69 69 or visit [www.carersinherts.org.uk](http://www.carersinherts.org.uk)

