

# **Park Lane Surgery**

## **8 Park Lane, Broxbourne, Hertfordshire, EN10 7NQ**

### **Local meetings/events for carers in September 2025**

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

#### **Admiral Nurse Q&A**

Tuesday 9th September 2025, 10am - 11am

Join us for an online Q&A session with Carers in Hertfordshire Admiral Nurses.

Admiral Nurses are specialist dementia nurses. They provide life-changing support for families affected by all forms of dementia – including Alzheimer's disease. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

#### **Managing Stress & Anxiety for Dementia Carers**

Tuesday 9th September 2025, 10.30am to 12.30pm.

Caring can be both rewarding and overwhelming – this interactive workshop is designed to help recognise and manage stress and anxiety while prioritising wellbeing. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

#### **Carers Information Café**

Wednesday 10th September 2025, 10.30am - 12pm.

Looking for local services, information and advice to help you with your caring role? Or would you just like to connect with other carers and have a chat over a cuppa? Run by Carers in Hertfordshire and local GP surgeries, it's also a great opportunity to book a Carer's Health Check! This is like an NHS Health Check but is about looking after you as a carer. At Laura Trott Leisure Centre, 44 Windmill Ln, Cheshunt, Waltham Cross EN8 9AJ. Book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events).

#### **Carers' Group**

Wednesday 10th September 2025, 7pm - 8pm.

Friday 12th September 2025, 10.30am - 11.30am.

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

#### **Ware Bereavement Group**

Tuesday 9th September 2025, 10am - 12pm noon

Our bereavement groups are for carers who have experienced the loss of the person they cared for.

Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat. At The King's Mead, Hertford Road, Ware, SG12 9LE. Book online on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events)

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### Men's Carers' Support Group

Tuesday 16th September 2025, 10.30am - 11.30am

Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

### Mental Health Carers Support Group

Thursday 25th September. 10.30am - 12pm

Our monthly group for Carers who are supporting someone who is thinking about suicide or who has already tried to take their own life. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

### Hoddesdon Hub

Friday 26th September 2025, 10.30am - 12.30pm.

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa at Hoddesdon Baptist Church, Burford Street, Hoddesdon, EN11 8HX. (Book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

### Paying for Care – An Informative Online Event

Tuesday 16th September, 7pm - 8.30pm

Join us for an insightful session on the complex topic of paying for care, presented by Mark Hanna, CEO of Age UK Hertfordshire. This event will cover the following key topics:

- Paying for Permanent Residential Care
- Financial Assessment for Couples
- Property Treatment in Financial Assessments
- Deprivation of Assets
- NHS Continuing Healthcare
- Paying for Care at Home

At the end of the presentation, Any questions you may have can be emailed to us to then put together answers for you. (An online event)

### Annual Event for Carers

Tuesday 30th September 2025, 10am - 4pm (registration from 9.30am).

Come along and enjoy a fulfilling day designed especially for carers

- Catch up on everything Carers in Hertfordshire has been working on over the past 12 months
- Connect with local organisations that offer support for carers

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- Hear from Hertfordshire-based carer services and other general services across the county
- Take part in a variety of informative and engaging workshops throughout the day
- Indulge in a lovely lunch and refreshments

All of this for free at Rothamsted Conference Centre, West Common, Harpenden, Hertfordshire, AL5 2JQ. (Book online at [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

**Please visit the Carers in Herts website for many more events.**

### **Information from Alzheimer's Society:**

#### Together group

10:00 - 12:00, every Thursday at Royal British Legion, 37 Crossbrook Street, Cheshunt, Broxbourne, Hertfordshire, England, EN8 8LY, United Kingdom.

Chat to people with dementia, their carers, family and friends at our friendly and relaxed dementia café. At each session you can ask questions, share your experiences and get the help, advice and information you need in an informal and sociable setting.

Contact [central.herts@alzheimers.org.uk](mailto:central.herts@alzheimers.org.uk) or [01279 427522](tel:01279427522) for more information.

### **Information from Memory Support Hertfordshire:**

#### Cheshunt memory hub:

Are you forgetful? Are you worried about memory loss? Are you living with dementia or caring for a loved one who is? We offer companionship and support at the Cheshunt Memory Hub. Drop in for information, an assessment (for onward referral) and the opportunity to meet and chat with others with dementia and their carers.

Location: Upstairs in the bar area, Laura Trott Leisure Centre - the last Friday of the month from 10.30am - 12pm.

## **Park Lane Updates:**

Flu jabs will be offered in October, and you will receive further correspondence once dates are confirmed.

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### **Support for Carers at Park Lane Surgery**

Caring for someone you love is one of the most important, and often most challenging, roles in life. Whether you support a partner, parent, friend, or child, you are a carer, and our surgery is here to support you every step of the way.

### **Health & Wellbeing: Because Your Health Matters Too**

Carers often put their own wellbeing on hold but looking after yourself is essential. **Here's how we can help:**

#### **Free Flu Vaccinations**

Get protected with an annual flu jab to reduce illness and safeguard your loved ones.

#### **Health Checks Tailored to Carers**

Stay on top of your health with check-ups that include:

- Blood pressure and weight monitoring
- Mental wellbeing screening

#### **Support for Emotional Wellbeing**

Feeling overwhelmed is normal. We're here for you with:

- Advice on where and how to access support
- Access to social prescribing for community and peer support
- Help managing anxiety, depression and burnout

#### **Prescription Help**

We make managing medication easier:

- Set up repeat prescriptions
- Get expert advice on medicines from our in-house pharmacist

#### **Pop by Reception or Speak to a Team Member**

Think you might be a carer? Not sure if you qualify? Have a quick chat with our reception team, it only takes a moment to unlock support that could make a world of difference.

You can pick up carers pack from reception, which includes a carer identification and professional referral form, a carers passport application form and a consent to share form.

#### **Register as a Carer**

Let us know you're a carer, it helps us help you. Young carers can register too. You'll unlock extra support, tailored services, and connections to wider resources.

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Collect a carers pack from reception or we can email one to you. This includes information about being a carer, a carers identification form and referral to Carers in Hertfordshire, a consent to share form and a proxy access form to link you with your loved one's online services if you wish.

### **Some local support details:**

#### **HertsHelp –**

A county-wide service offering advice, emotional support, and practical help for carers. They can connect people with local groups and funding options.

0300 123 4044

info@hertshelp.net

#### **Carers in Hertfordshire –**

A charity that supports unpaid carers with training, advocacy, and peer support groups. They often run events and workshops in the Broxbourne area.

01992 586969

<https://www.carersinherts.org.uk/about-us/>

#### **Citizens Advice Broxbourne**

Provides free, confidential advice on benefits, housing, debt, and legal matters — all of which can be especially helpful for carers.

0300 303 4417

www.citizensadvice.org.uk

#### **Carers UK and Carers Trust**

Both provide expert advice, advocacy, and online resources for carers across the UK. They often collaborate with local services.

Carers UK: 020 7378 4999    Carers Trust: 0300 772 9600