

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

**Local meetings/events for carers in October 2025**

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

**Building Resilience for Dementia Carers**

Thursday 2nd October 2025, 11am to 1pm.

Join us to improve your understanding of Dementia and identify ways to build resilience. (Online event, book on [www.carersinherts.org.uk/events](http://www.carersinherts.org.uk/events))

**CYPMHS - Learn more about Self-Harm - Support for Parents and Carers**

Tuesday 7th October 2025, 7pm to 9pm.

Is your child or young person receiving support or on a waiting list for a mental health service?

Please join us at an information session to learn more about self-harm and get practical ideas and strategies to help your child towards recovery.

Our guest speaker will be a clinician who works at HPFT CAMHS. (Online event, book on

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

**Carers Information Café**

Wednesday 8th October 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 8th October 2025, 7pm - 8pm

Friday 10th October 2025, 10.30am - 11.30am

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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 14th October 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)

### Men's Carers' Support Group

Tuesday 21st October 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

Tuesday 28th October. 7.30pm - 9pm

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 31st October 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))

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

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## **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 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.

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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

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## **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.

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.

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### **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