



Guideposts IN HERTFORDSHIRE

Caring for Carers



One-to-one sessions with a specialist support worker for carers in South Oxhey, Watford and Borehamwood

Meet up for a cuppa, a bit of cake, and a catch-up at a Garden Centre near you.

Take some time for you and enjoy the surroundings in a welcoming environment and with professional support.

What we offer to Carers

- **In person one-to-one** meetings to support your current needs and mental health and wellbeing.
- **Bespoke support** for your individual situation, including **crisis management** when needed.
- **Information and guidance.**
- We will meet in a Garden Centre near you: **Borehamwood, South Oxhey and Watford.**

To find out more:



visit www.guideposts.org.uk/hertfordshire



email hsh@guideposts.org.uk



call 01923 223 554