



Guideposts

IN HERTFORDSHIRE

Caring for Carers Online

Caring for Carers Online provides a group meeting for carers to attend, have a chat and share experiences using the Zoom app or website, without needing to leave your house.

These group sessions are open to carers from Borehamwood, South Oxhey and Watford and any member of Guideposts Dementia Carers online support group.



Weekly on Wednesdays at 4pm

- **Informal sessions** to support your current needs and mental health and wellbeing.
- **An understanding group** of people in similar circumstances supporting each other.
- **A professional support worker facilitator** to welcome you into the group and to facilitate talk and provide guidance.
- **Weekly sessions offering ongoing support** and a regular opportunity to 'get things off your chest'.

To find out more:



visit www.guideposts.org.uk/hertfordshire



email hsh@guideposts.org.uk



call 01923 223 554