Parents and Carers talk about eating disorders

Please join us at a talk by 'First Steps ED' a leading eating disorder charity: When Eating Becomes Difficult.

What to look out for in a young person who may be struggling, and how you can access support for yourselves and your young people.

Where: Online over Zoom.

When: Tuesday 1st December, 7pm to 9pm.

For more information or to book your place:
Call: 01992 58 69 69
Email: contact@carersinherts.org.uk
Go online: www.carersinherts.org.uk/events

Carers in Hertfordshire
charity registration number 1085491
making carers count

About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or friend, who is ill, elderly, has a physical or learning disability, or misuses substances.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers and bereaved carers, who can access support for three years after the death of the person they looked after.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have a team of Carer Engagement Workers who can provide advice and information and also support you to speak up.
We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand.
- Give you the opportunity to represent your views to the authorities that commission and manage Children and
- Young People's Mental Health Services (CYPMHS) in Hertfordshire.
- Provide free training and learning opportunities.
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

