

Carers in Hertfordshire

Courses and Workshops from July 2025 onwards



Get in touch or book a place on any of our events by clicking the links below, emailing learning@carersinherts.org.uk or calling 01992 58 69 69.

Courses and Workshops

Pacing Masterclass – online

Wednesday 16th July 2025, 7pm – 7.45pm – Jo Southall

Learn a few key skills and how to implement them into daily life to get you started with pacing and energy conservation.

[Click here to book](#)



First Aid Workshop – Sawbridgeworth

Monday 21st July 2025, 11.30am – 1pm – British Red Cross

Join us for an adult workshop for carers on performing first aid.

[Click here to book](#)



Cooking for Dementia – Hertford

Thursdays 24th and 31st July, 7th, 14th, 21st August 3pm – 5.30pm – Sarah Scotland

Cook, eat, and explore how dementia can affect eating habits in these stand-alone workshops.

[Click here to book 24th July](#)

[Click here to book 31st July](#)

[Click here to book 7th August](#)

[Click here to book 14th August](#)

[Click here to book 21st August](#)

[Click here to book 11th September](#)

[Click here to book 18th September](#)



MolyFit Exercise – Zoom

Friday 25th July 2025, 7pm – 7.30pm – MolyFit

Friday 29th August 2025, 7pm – 7.30pm – MolyFit

Focus on movement, stretch and strengthening techniques.

[Click here to book July](#)

[Click here to book August](#)



Online Face Yoga – online

Monday 4th August 2025, 7pm – 7.30pm – Anju Kanani

Tuesday 2nd September 2025, 7pm – 7.30pm – Anju Kanani

Gentle breathing exercises to ground and relax, and guided face yoga.

[Click here to book August](#)

[Click here to book September](#)



Summer Strength Taster Workshop – online

Wednesday 6th August 2025, 7.30pm – 8.30pm – Faye Ashton-Wright

Yoga practices adapted for hot weather to build strength and develop resilience.

[Click here to book](#)



Reading Group – Zoom

Thursday 14th August 2025, 10.30am – 11.30am

Thursday 11th September 2025, 10.30am – 11.30am

Meet with other carers, discuss a book, support each other and chat over a cuppa.

[Click here to book August](#)

[Click here to book September](#)



Ballet Barre – Zoom

Tuesday 19th August 2025, 6pm – 7pm – Fancy Feet Academy

A low-impact ballet-based fitness class to build and maintain core strength.

[Click here to book](#)



Sleep Talk – Zoom

Thursday 21st August 2025, 10.30am – 12pm – Brian Isbell

Discover how to reclaim your sleep in this session on the science of sleep.

[Click here to book](#)



Qi Gong – Zoom

Thursday 28th August 2025, 7pm – 7.45pm – Michele Bamberg

A low impact exercise session, which combines seated and standing movements.

[Click here to book](#)



Introduction to Trusts – Zoom

Thursday 4th September 2025, 1pm – 2.30pm – Setfords Solicitors

Learn about some of the many trusts available and whether they are right for you.

[Click here to book](#)



Resilience Workshop – Zoom

Friday 5th September 2025, 10.30am – 12.30pm

Learn techniques to help you manage the everyday stresses of being a carer.

[Click here to book](#)



Intro to the SPECAL Method – online

Saturday 6th September 2025, 11.30am – 12.30pm

The SPECAL method is based on an innovative way of understanding dementia from the point of view of the person with the condition.

[Click here to book](#)



Cooking Together – Royston

Monday 8th September 2025, 10.30am – 12pm noon – North Herts Healthy Hub

Cook tasty, low-cost recipes which are simple and easy to make.

[Click here to book June](#)



Admiral Nurse Q&A – online

Tuesday 9th September 2025, 10am – 11am

An online Q&A session with Carers in Hertfordshire specialist dementia nurses.

[Click here to book](#)



Managing Stress and Anxiety for Dementia Carers – Zoom

Tuesday 9th September 2025, 10.30am – 12pm noon

Recognise and manage stress and anxiety while prioritising wellbeing.

[Click here to book](#)



Hypnotic Guided Relaxation – online

Tuesday 9th September 2025, 1pm – 2pm

A deeply relaxing hypnotic guided session, followed by a reflective discussion.

[Click here to book](#)



Cooking Together – Knebworth

Thursday 11th September 2025, 10.30am – 12pm noon – North Herts Healthy Hub

Cook tasty, low-cost recipes which are simple and easy to make.

[Click here to book](#)



Breathing to Relieve Stress – online

Thursday 11th September 2025, 7pm – 8pm – Harriette Wight

Learn how to use powerful breathing techniques to reduce stress.

[Click here to book](#)



Chair Yoga – online

Tuesday 16th September 2025, 11.30am – 12.15pm – Joana Gomes

Improve your fitness and flexibility in this morning yoga session.

[Click here to book](#)



Paying for Care – online

Tuesday 16th September 2025, 7pm – 8.30pm – Age UK Hertfordshire

An insightful session on the complex topic of paying for care.

[Click here to book](#)



Managing the Transition to a Care Home – online

Wednesday 17th September 2025, 12.30pm – 2.30pm

Learn how care home places can be funded and the importance of care planning.

[Click here to book](#)



Direct Payments Talk – Zoom

Wednesday 17th September 2025, 7pm – 8pm – Hertfordshire County Council

The Direct Payments Manager will guide you through the step-by-step process.

[Click here to book](#)



Assertiveness Workshop – online

Monday 22nd September 2025, 1pm – 2.30pm

Look at commonly used behaviours and how they can impact on relationships.

[Click here to book](#)



Mindful Movement and Meditation – Zoom

Tuesday 23rd September 2025, 1.30pm – 2.45pm

Get out of your head and into your body in this mindfulness session.

[Click here to book](#)



External Opportunities

Family, Friends and Carers Group

From Change Grow Live, for those worried about a loved one's drug or alcohol use. Call 0800 652 3169 or email herts@cgl.org.uk.

Future Ready Employability Programme for Young Adult Carers

Free mentoring and coaching sessions for 18-24-year-olds who are ready to start focusing on getting into work and employment. Bespoke one-to-one and small group sessions to support you to recognise your talents. Email Paula@communityactiondacorum.org.uk.