

Carers in Hertfordshire

Courses and Workshops from July 2025 onwards



Get in touch or book a place on any of our events by 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.



First Aid Workshop – Sawbridgeworth

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

Join us and a member of the British Red Cross who will be running an adult workshop for carers on performing first aid.



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.

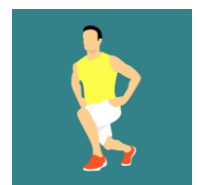


MolyFit Exercise – Zoom

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

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

Focus on movement, stretch and strengthening techniques.



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.

Summer Strength Taster Workshop – online

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

Learn ways to build strength and develop resilience with this summer strength yoga taster workshop, featuring yoga practices adapted for hot weather.

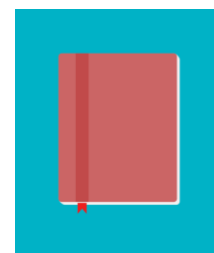


Reading Group – Zoom

Thursday 14th August 2025, 10.30am – 11.30am

Thursday 11th September 2025, 10.30am – 11.30am

Join our next event to meet with other carers, discuss a book, support each other and chat over a cuppa.



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.



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.



Qi Gong – Zoom

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

A low impact exercise session, which combines seated and standing movements. Similar to tai chi, qi gong is a more flowing, free-form practice.



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. This talk will cover Declarations of Trust relating to property, Life Interest Trust Wills, Home Protection Trusts and Discretionary Will Trusts.



Resilience Workshop – Zoom

Friday 5th September 2025, 10.30am – 12.30pm

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



Intro to the SPECAL Method – online

Saturday 6th September 2025, 11.30am – 12.30pm

Understand dementia from the point of view of the person with the condition.



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. All ingredients and equipment will be provided.



Admiral Nurse Q&A – online

Tuesday 9th September 2025, 10am – 11am

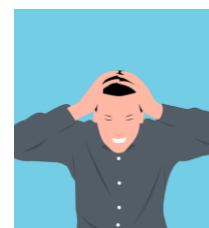
Join us for an online Q&A session with Carers in Hertfordshire Admiral Nurses. Admiral Nurses are specialist dementia nurses. They provide life-changing support for families affected by all forms of dementia – including Alzheimer's disease.



Managing Stress and Anxiety for Dementia Carers – Zoom

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

Caring can be both rewarding and overwhelming – this interactive workshop is designed to help recognise and manage stress and anxiety while prioritising wellbeing.



Hypnotic Guided Relaxation – online

Tuesday 9th September 2025, 1pm – 2pm

Join us for a deeply relaxing hypnotic guided session, followed by a reflective discussion to explore your experience and insights.



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.



Breathing to Relieve Stress – online

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

Learn how to use powerful breathing techniques to reduce stress.



Chair Yoga – online

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

Improve your fitness and flexibility in this morning yoga session with Joana Gomes. You will need a stable chair. Suitable for all ages and abilities.



Paying for Care – online

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

Join us for an insightful session on the complex topic of paying for care, presented by Mark Hanna, CEO of Age UK Hertfordshire.



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.



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.



Assertiveness Workshop – online

Monday 22nd September 2025, 1pm – 2.30pm

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



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.



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.