

# Carers in Hertfordshire

## Courses and Workshops from September 2025 onwards



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

### Courses and Workshops

#### Managing the Transition to a Care Home – online

**Wednesday 17<sup>th</sup> 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 17<sup>th</sup> September 2025, 7pm – 8pm** – Hertfordshire County Council

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

[Click here to book](#)



#### Caring Through Change: Understanding Loss in Dementia – online

**Friday 19<sup>th</sup> September 2025, 10.30am – 12.30pm**

**Wednesday 22<sup>nd</sup> October 2025, 10.30am – 12.30pm**

Explore types of loss experienced by carers of people living with dementia.

[Click here to book September](#)

[Click here to book October](#)



#### Assertiveness Workshop – online

**Monday 22<sup>nd</sup> 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 23<sup>rd</sup> September 2025, 1.30pm – 2.45pm**

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

[Click here to book](#)



### Nature Discovery Walk – Ware

**Wednesday 24<sup>th</sup> September 2025, 10.30am – 12.30pm** – Herts and Middlesex Wildlife Trust

Looking to reconnect with nature, stretch your legs, and boost your wellbeing? Join us for a gentle yet invigorating walk through the beautiful King's Meads Nature Reserve.

[Click here to book](#)



### Nature Walk – Watford

**Friday 26<sup>th</sup> September 2025, 10.30am – 12pm** – Herts and Middlesex Wildlife Trust

A nature walk at the wildlife haven in a corner of Cassiobury Park, close to the bustling heart of Watford. We will take a leisurely stroll, taking in the sights and sounds of nature along the way.

[Click here to book](#)



### MolyFit Exercise – online

**Friday 26<sup>th</sup> September 2025, 7pm – 7.30pm** – MolyFit

**Friday 31<sup>st</sup> October 2025, 7pm – 7.30pm** – MolyFit

Focus on movement, stretch and strengthening techniques.

[Click here to book September](#)

[Click here to book October](#)



### Online Face Yoga – online

**Wednesday 1<sup>st</sup> October 2025, 7pm – 7.30pm** – Anju Kanani

**Monday 3<sup>rd</sup> November 2025, 7.30pm – 8pm** – Anju Kanani

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

[Click here to book October](#)

[Click here to book November](#)



### Managing Emotions Mindfully (3-week course) – online

**Thursdays 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> October 2025, 10.30am – 12.30pm**

Explore how mindfulness can help us have confidence in dealing with emotions.

[Click here to book](#)



### Building Resilience for Dementia Carers – online

**Thursday 2<sup>nd</sup> October 2025, 11am – 1pm**

Join us to improve your understanding of dementia and ways to build resilience.

[Click here to book](#)



## Memory Books – North Herts Healthy Hub

**Thursday 2<sup>nd</sup> October 2025, 10am – 11.30am – Knebworth**

**Wednesday 22<sup>nd</sup> October 2025, 1pm – 2.30pm – Royston**

Memory book making is the process of creating a personalised collection of memories, often using photos, stories, and mementos, to preserve and share significant moments and experiences. In this session you will design a page of your book using a variety of materials and equipment.



[Click here to book Knebworth](#)

[Click here to book Royston](#)

## Ballet Barre – online

**Tuesday 7<sup>th</sup> October 2025, 6pm – 7pm – Fancy Feet Academy**

A low-impact ballet-based fitness class using traditional dance moves.

[Click here to book](#)



## Scene Felting Workshop – Letchworth

**Wednesday 8<sup>th</sup> October 2025, 10.30am – 12.30pm – Jeannette Tindall**

Learn the fundamentals of needle felting while creating your very own scene.

[Click here to book](#)



## Introduction to the SPECAL Method – online

**Thursday 9<sup>th</sup> October 2025, 1.30pm – 2.30pm**

**Tuesday 11<sup>th</sup> November 2025, 11.30am – 12.30pm**

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

[Click here to book October](#)

[Click here to book November](#)



## Cooking Together – Royston

**Monday 13<sup>th</sup> October 2025, 10.30am – 12pm noon – North Herts Healthy Hub**

**Monday 10<sup>th</sup> November 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 October](#)

[Click here to book November](#)



## Creative Mark Making – Drawing Voices

**Wednesday 15<sup>th</sup> October 2025, 10.45am – 12.15pm – Ware**

**Wednesday 22<sup>nd</sup> October 2025, 10.45am – 12.15pm – Sawbridgeworth**

A light-hearted drawing session designed to help you enjoy the moment.

[Click here to book Ware](#)

[Click here to book Sawbridgeworth](#)



## Communicating to Influence Change – online

**Monday 20<sup>th</sup> October 2025, 11am – 12.30pm**

An introduction to the theory and practice of what is known as Motivational Interviewing, a style of communicating which aims to influence change.

[Click here to book](#)



## Yoga Class – Hertford

**Thursday 23<sup>rd</sup> October 2025, 11am – 12pm noon – Jackie Graham**

Dedicated time to reconnect with the mind, body, and breath.

[Click here to book](#)



## Qi Gong – online

**Thursday 30<sup>th</sup> October 2025, 7pm – 7.45pm – Michele Bamberg**

A low impact exercise session.

[Click here to book](#)



## Understanding Depression – online

**Monday 3<sup>rd</sup> November 2025, 10.30am – 12.30pm**

Understand what depression is and what might cause depression.

[Click here to book](#)



## Winter Wind-Down Meditation – online

**Tuesday 4<sup>th</sup> November 2025, 1.30pm – 2.15pm**

Take a moment to pause and reflect at what can be a busy time of year.

[Click here to book](#)



## Introduction to Journalling (3-week course) – online

**Thursday 6<sup>th</sup> November 2025, 10am – 12pm noon**

Discover what journalling is and how you can use it to shift your mindset.

[Click here to book](#)



## Pacing Masterclass – online

**Thursday 6<sup>th</sup> November 2025, 11am – 11.45am – Jo Southall**

How to implement a few key skills to get started with energy conservation.

[Click here to book](#)



### Chair Yoga – online

**Tuesday 11<sup>th</sup> November 2025, 11.30am – 12.15am – Joana Gomes**

Improve your fitness and flexibility. You will need a stable chair.

[Click here to book](#)



### Breathing to Relieve Stress – online

**Thursday 13<sup>th</sup> November 2025, 7pm – 8pm – Harriette Wight**

Learn how to use powerful breathing techniques to reduce stress.

[Click here to book](#)



### Admiral Nurse Q&A – online

**Tuesday 18<sup>th</sup> November 2025, 10am – 11am**

Join us for a Q&A session with Carers in Hertfordshire Admiral Nurses.

[Click here to book](#)



### Poetry for All – online

**Wednesday 19<sup>th</sup> November 2025, 10.30am – 12.30pm**

Try your hand at writing poetry in this workshop for all abilities.

[Click here to book](#)



### Card Making – Royston

**Wednesday 19<sup>th</sup> November 2025, 1pm – 2.30pm – North Herts Healthy Hub**

Create personalised greeting cards by hand using a variety of techniques.

[Click here to book](#)



### Employment Rights for Carers – online

**Thursday 20<sup>th</sup> November 2025, 12.30pm – 1.30pm – Longmores Solicitors**

Understand more about employment law issues and rights.

[Click here to book](#)



### Blood Pressure Talk – online

**Monday 24<sup>th</sup> November 2025, 1pm – 2.30pm – Brian Isbell**

Discover what blood pressure really is—and why it matters.

[Click here to book](#)



## External Opportunities

### New Shoots for Carers

6-week gardening course starts Friday 19<sup>th</sup> September, 1.30pm – 3.30pm, at Triangle Community Garden, Hitchin. Email [hayley@trianglegarden.org](mailto:hayley@trianglegarden.org).

### New Leaf College

Autumn timetable starts in September, including free Music for Mental Wellbeing courses. Visit <https://www.newleafcollege.co.uk/>.

### Stepping Out

Hertfordshire walks for carers include Tewinbury Farm Hotel, Henry Moore Foundation at Perry Green. Visit <https://www.carerssteppingout.co.uk/>.

### Health Walks

Fun, free walks led by friendly, trained volunteers. There are walks to suit all fitness levels and they often end with a cuppa. Visit [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks).