

Carers in Hertfordshire

Courses and Workshops from September 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

Managing the Transition to a Care Home – online

Wednesday 17th September 2025, 12.30pm – 2.30pm

When you're considering the move to a care home, it can be hard to know where to start. 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

Direct Payments are an alternative way to organise and receive care – rather than the local authority providing care, a person (or someone acting on their behalf) can be paid directly to self-direct their own care. The Direct Payments Manager will guide you through the step-by-step process.



Caring Through Change: Understanding Loss in Dementia – online

Friday 19th September 2025, 10.30am – 12.30pm

Wednesday 22nd October 2025, 10.30am – 12.30pm

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



Assertiveness Workshop – online

Monday 22nd September 2025, 1pm – 2.30pm

We will look at commonly used behaviours and how they can impact on relationships and communication, we will also look at what is involved when being assertive including the blocks and what supports us to be assertive.



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.



Nature Discovery Walk – Ware

Wednesday 24th September 2025, 10.30am – 12.30pm – Herts and Middlesex Wildlife Trust

Join us for a gentle yet invigorating walk through the King's Meads.



Nature Walk – Watford

Friday 26th September 2025, 10.30am – 12pm – Herts and Middlesex Wildlife Trust

Join us for a nature walk at the wildlife haven in a corner of Cassiobury Park, close to the bustling heart of Watford.



MolyFit Exercise – online

Friday 26th September 2025, 7pm – 7.30pm – MolyFit

Friday 31st October 2025, 7pm – 7.30pm – MolyFit

MolyFit is exercise aimed for older adults. Join founder John Molyneux for a free online exercise session that will focus on movement, stretch and strengthening techniques.



Online Face Yoga – online

Wednesday 1st October 2025, 7pm – 7.30pm – Anju Kanani



Monday 3rd November 2025, 7.30pm – 8pm – Anju Kanani

Join us for a unique self-care class where you will take part in a combination of gentle breathing exercises to ground and relax, guided face yoga that will soften wrinkles and boost circulation followed by a self face massage to release tension and stress on the face.

Managing Emotions Mindfully (3-week course) – online

Thursdays 2nd, 9th and 16th October 2025, 10.30am – 12.30pm

Explore how mindfulness can help us have greater confidence in how we deal with our emotions.



Building Resilience for Dementia Carers – online

Thursday 2nd October 2025, 11am – 1pm

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



Memory Books – North Herts Healthy Hub

Thursday 2nd October 2025, 10am – 11.30am – Knebworth

Wednesday 22nd 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. Design a page of your book using a variety of materials and equipment.

Ballet Barre – online

Tuesday 7th October 2025, 6pm – 7pm – Fancy Feet Academy

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



Scene Felting Workshop – Letchworth

Wednesday 8th October 2025, 10.30am – 12.30pm –
Jeannette Tindall

Discover the joy of creativity in a relaxed and inspiring session designed especially for newcomers to the craft. In this hands-on workshop, you'll learn the fundamentals of needle felting while creating your very own textured "painting"—an imaginative scene brought to life with colourful fibres.



Introduction to the SPECAL Method – online

Thursday 9th October 2025, 1.30pm – 2.30pm

Tuesday 11th November 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



Cooking Together – Royston

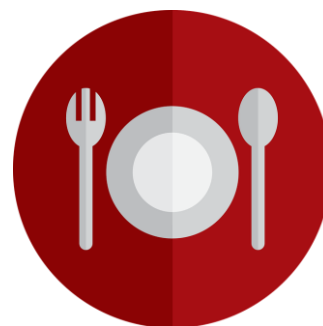
Monday 13th October 2025, 10.30am – 12pm

noon – North Herts Healthy Hub

Monday 10th November 2025, 10.30am – 12pm

noon – North Herts Healthy Hub

Following the success of our free social cooking sessions, the Healthy Hub North Herts are expanding these sessions to Royston. The sessions will involve cooking tasty, low cost recipes which are simple and easy to make.



Creative Mark Making – Drawing Voices

Wednesday 15th October 2025, 10.45am – 12.15pm – Ware

Wednesday 22nd October 2025, 10.45am – 12.15pm –
Sawbridgeworth



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

Communicating to Influence Change – online

Monday 20th 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.



Yoga Class – Hertford

Thursday 23rd October 2025, 11am – 12pm noon – Jackie Graham

Dedicated time to reconnect with the mind, body, and breath – leaving you nourished, refreshed, and ready to meet life's challenges with balance and calm.



Qi Gong – online

Thursday 30th October 2025, 7pm – 7.45pm – Michele Bamberg

A low impact exercise session.



Understanding Depression – online

Monday 3rd November 2025, 10.30am – 12.30pm

Understand what depression is and what might cause depression.



Winter Wind-Down Meditation – online

Tuesday 4th November 2025, 1.30pm – 2.15pm

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



Introduction to Journalling (3-week course) – online

Thursday 6th November 2025, 10am – 12pm noon

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



Pacing Masterclass – online

Thursday 6th November 2025, 11am – 11.45am – Jo Southall

This session with an independent Occupational Therapist Jo Southall teaches a few key skills and how to implement them into daily life in order to get you started with pacing and energy conservation.



Chair Yoga – online

Tuesday 11th November 2025, 11.30am – 12.15am – Joana Gomes

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



Breathing to Relieve Stress – online

Thursday 13th November 2025, 7pm – 8pm – Harriette Wight

Learn how to use powerful breathing techniques to reduce stress.



Admiral Nurse Q&A – online

Tuesday 18th November 2025, 10am – 11am

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



Poetry for All – online

Wednesday 19th November 2025, 10.30am – 12.30pm

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



Card Making – Royston

Wednesday 19th November 2025, 1pm – 2.30pm – North Herts Healthy Hub

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



Employment Rights for Carers – online

Thursday 20th November 2025, 12.30pm – 1.30pm –
Longmores Solicitors

Understand more about employment law issues and rights.



Blood Pressure Talk – online

Monday 24th November 2025, 1pm – 2.30pm – Brian Isbell

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



External Opportunities

New Shoots for Carers

6-week gardening course starts Friday 19th September, 1.30pm – 3.30pm, at Triangle Community Garden, Hitchin. Email hayley@trianglegarden.org.

New Leaf College

Autumn timetable starts in September, including free Music for Mental Wellbeing courses. Call 01442 864 966.

Stepping Out

Hertfordshire walks for carers include Tewinbury Farm Hotel, Henry Moore Foundation at Perry Green. Email hallosteppingout@gmail.com.

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. Call 01992 555888.