

Carers in Hertfordshire

Courses and Workshops from November 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

Poetry for All – online

Wednesday 19th 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 19th 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 20th 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 24th November 2025, 1pm – 2.30pm – Brian Isbell

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

[Click here to book](#)



Chair Yoga – online

Tuesday 25th November 2025, 11.30am – 12.15am – Joana Gomes

Tuesday 20th January 2026, 11.30am – 12.15am – Joana Gomes

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

[Click here to book November](#)

[Click here to book January](#)



Admiral Nurse Q&A – online

Tuesday 25th November 2025, 11.30am – 12.15pm

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.



[Click here to book](#)

Memory Books – North Herts Healthy Hub

Thursday 27th November 2025, 10am – 11.30am – Knebworth

Wednesday 17th December 2025, 1pm – 2.30pm – Royston

Thursday 15th January 2026, 10am – 11.30am – Knebworth

Memory book making is the process of creating a personalised collection of memories. Design a page of your book using a variety of materials and equipment under the guidance of Michelle from The Art in Martins.



[Click here to book November](#)

[Click here to book December](#)

[Click here to book](#)

[January](#)

Care and Caring for Older Adults – online

Thursday 27th November 2025, 11.30am – 12.30pm – Nicola Cowap

An interactive workshop to cover thinking ahead and sharing decisions.

[Click here to book](#)



MolyFit Exercise – online

Friday 28th November 2025, 7pm – 7.40pm – MolyFit

Focus on movement, stretch and strengthening techniques.

[Click here to book](#)



Online Face Yoga – online

Monday 1st December 2025, 7.30pm – 8pm – Anju Kanani

Tuesday 6th January 2026, 12pm – 12.30pm – Anju Kanani

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

[Click here to book December](#)

[Click here to book January](#)



Ballet Barre – online

Tuesday 2nd December 2025, 6.30pm – 7.30pm – Fancy Feet Academy

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

[Click here to book](#)



Card Crafting Workshop – online

Tuesday 2nd December 2025, 12.30pm – 2.30pm

Unleash your creativity in this relaxed workshop, where you'll design and craft beautiful cards for any occasion.

[Click here to book](#)



Power of Attorney and Deputyship – online

Tuesday 2nd December 2025, 1pm – 2pm – University of Hertfordshire

Learn about power of attorney and deputyship.

[Click here to book](#)



Introduction to the SPECAL Method – online

Monday 8th December 2025, 1.30pm – 2.30pm

Thursday 8th January 2026, 7pm – 8pm

An innovative way of understanding dementia.

[Click here to book December](#)

[Click here to book January](#)



Martha's Rule – Detecting Deterioration – online

Monday 8th December 2025, 1.30pm – 2.30pm – Natasja Collins

Learn about the new escalation pathway for patients and their families.

[Click here to book](#)



Understanding Personal Boundaries – online

Tuesday 9th December 2025, 10.30am – 12.30pm

Raise understanding and awareness of our own personal boundaries.

[Click here to book](#)



Dealing with Stress – online

Wednesday 10th December 2025, 12.30pm – 2.30pm

Gain clarity about stress and learn effective strategies to navigate it.

[Click here to book](#)

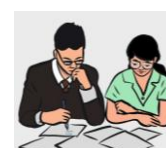


Understanding Probate – online

Thursday 11th December 2025, 10.30am – 12pm – Setfords Solicitors

A walk you through the legal and financial steps that follow a death.

[Click here to book](#)



Qi Gong – online

Thursday 11th December 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.

[Click here to book](#)



Cooking Together – Royston

Monday 15th December 2025, 10.30am – 12pm – North Herts Healthy Hub

Monday 12th January 2026, 10.30am – 12pm – North Herts Healthy Hub

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

[Click here to book December](#)

[Click here to book January](#)



Rest and De-stress Yoga – online

Wednesday 17th December 2025, 11.30am – 12.30pm

Relax and unwind with a gentle, grounding yoga practice.

[Click here to book](#)



Festive Quiz – online

Wednesday 17th December 2025, 7pm – 8.30pm

Join us for an evening quiz over the festive period.

[Click here to book](#)



How To Keep Yourself Well Over The Winter – online

Wednesday 17th December 2025, 1.15pm – 2.45pm – Brian Isbell

Practical strategies to help you stay energised, resilient, and well all season.

[Click here to book](#)



Festive Singalong – online

Saturday 20th December 2025, 7pm – 8pm – Jo Pierce

An evening of joyful singing and seasonal cheer.

[Click here to book](#)

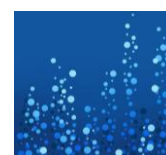


Catchup and Breathwork Relaxation Session – online

Saturday 27th December 2025, 12.30pm – 1.30pm – Harriette Wight

Join us for a catch up followed by a relaxing breathwork session.

[Click here to book](#)



New Year's Meditation – online

Tuesday 6th January 2026, 2pm – 2.30pm

After the buzz of the festive season, take a quiet moment to pause.

[Click here to book](#)

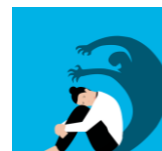


Managing Stress and Anxiety for Dementia Carers – online

Tuesday 6th January 2026, 6pm – 8pm

Understand how stress and anxiety can affect you.

[Click here to book](#)



First Steps in Family History – online

Wednesday 14th January 2026, 1pm – 2.30pm – Janice Brooker

This talk will guide you through the first steps of building your own family tree.

[Click here to book](#)



Building Resilience for Dementia Carers – online

Tuesday 20th January 2026, 6pm – 8pm

Improve your understanding of dementia and identify ways to build resilience.

[Click here to book](#)

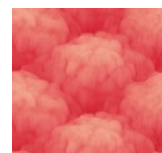


Needle Felting – Royston

Wednesday 21st January 2026, 1pm – 2.30pm

Learn the art of needle felting and come away with a 2D piece of art.

[Click here to book](#)



Paying for Care: Information Event for Dementia Carers – Hemel Hempstead

Thursday 22nd January 2026, 10.30am – 12.30pm

Home support, permanent residential care costs, financial assessments and more.

[Click here to book](#)



Looking After Your Emotional Wellbeing (3-week course) – Borehamwood

Tuesdays 27th January, 3rd and 10th February 2026, 10.30am – 1pm

Strategies to manage stress, cultivate resilience and improve communication.

[Click here to book](#)



External Opportunities

FREE Nuffield Joint Pain Programme – nationwide

12-week programme to relieve joint pain and lead a more independent life. Visit <https://www.nuffieldhealth.com/about-us/our-impact/healthy-life/joint-pain-programme>.

FREE Epilepsy Society Course – nationwide

Monthly online course on Understanding Epilepsy for Family and Friends. Visit <https://epilepsysociety.org.uk/what-we-do/epilepsy-training/family-and-friends>.

FREE Family History One-to-Ones – countywide

Family historian Janice Brooker is offering carers one-to-one conversations to help with their research. Email learning@carersinherts.org.uk or call 01992 58 69 69 if you're interested.

FREE SEEDL Online Training – East Herts

Learning for East Herts residents on business essentials, mental wellness, communication skills and more. Visit <https://www.seedl.com/o/easthertsresidentshub>.

Exercise Referral Schemes – countywide

Get access to free or discounted exercise to help manage or prevent long-term health conditions. Visit <https://sportinherts.org.uk/Exercise-Referral>.

Forever Active – Sawbridgeworth

Daily programme of activities, such as table tennis and FitSteps, costing £4-6. Keep fit and make friends at the same time. Visit <https://www.smht.org.uk/forever-active-programme>.