

Carers in Hertfordshire

Courses and Workshops from November 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

Poetry for All – online

Wednesday 19th November 2025, 10.30am – 12.30pm

Try your hand at writing poetry in this workshop for all abilities. We will cover two simple forms of poetry, acrostics and haiku, looking at examples for inspiration before having a go at writing our own.



Card Making – Royston

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

This card making workshop focuses on creating personalised greeting cards by hand.



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.



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.



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.



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



Design a page of your book using a variety of materials and equipment under the guidance of Michelle from The Art in Martins.

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.



MolyFit Exercise – online

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

Focus on movement, stretch and strengthening techniques.



Online Face Yoga – online

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

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

A unique self-care class where you will take part in a combination of gentle breathing exercises to ground and relax.



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.



Card Crafting Workshop – online

Tuesday 2nd December 2025, 12.30pm – 2.30pm

Design and craft beautiful cards for any occasion.



Power of Attorney and Deputyship – online

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

Learn about power of attorney and deputyship.



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.



Martha's Rule – Detecting Deterioration – online

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

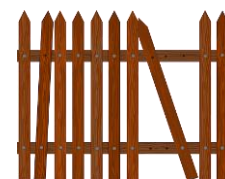
Learn about the new escalation pathway for patients and their families.



Understanding Personal Boundaries – online

Tuesday 9th December 2025, 10.30am – 12.30pm

Raise understanding and awareness of our own personal boundaries.



Dealing with Stress – online

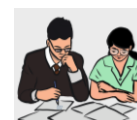
Wednesday 10th December 2025, 12.30pm – 2.30pm

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



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.

Qi Gong – online

Thursday 11th December 2025, 7pm – 7.45pm – Michele Bamberg

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



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.



Rest and De-stress Yoga – online

Wednesday 17th December 2025, 11.30am – 12.30pm

Relax and unwind with a gentle, grounding yoga practice.



Festive Quiz – online

Wednesday 17th December 2025, 7pm – 8.30pm

Join us for an evening quiz over the festive period.



How To Keep Yourself Well Over The Winter – online

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

Winter can be tough on your body and mind – but it doesn't have to be. Join us for a session packed with practical strategies to help you stay energised, resilient, and well all season long.



Festive Singalong – online

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

Get into the festive spirit! Bring your mince pies, your festive jumpers, and—most importantly—your voice for an evening of joyful singing and seasonal cheer.



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.



New Year's Meditation – online

Tuesday 6th January 2026, 2pm – 2.30pm

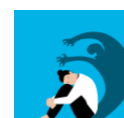
After the buzz of the festive season, take a quiet moment to pause.



Managing Stress and Anxiety for Dementia Carers – online

Tuesday 6th January 2026, 6pm – 8pm

Understand how stress and anxiety can affect you.



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.



Building Resilience for Dementia Carers – online

Tuesday 20th January 2026, 6pm – 8pm

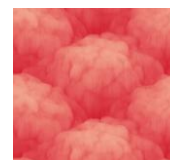
Improve your understanding of dementia and identify ways to build resilience.



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.



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.



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.



External Opportunities

FREE Nuffield Joint Pain Programme – nationwide

12-week programme to relieve joint pain and lead a more independent life. Visit www.nuffieldhealth.com.

FREE Epilepsy Society Course – nationwide

Monthly online course on Understanding Epilepsy for Family and Friends. Visit www.epilepsysociety.org.uk or call 0300 102 0025.

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 www.seedl.com/o/easthertsresidentshub or call 01252 561100.

Exercise Referral Schemes – countywide

Get access to free or discounted exercise to help manage or prevent long-term health conditions. Visit www.sportinherts.org.uk or call 01707 284229.

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 www.smht.org.uk or email manager@smht.org.uk.