

Carers in Hertfordshire

Courses and Workshops from January 2026 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

Chair Yoga – online

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

Tuesday 24th February 2026, 11.30am – 12.15pm – Joana Gomes

Tuesday 17th March 2026, 11.30am – 12.15pm – Joana Gomes

Improve your fitness and flexibility in these morning yoga sessions. You will need a stable chair. Suitable for all ages and abilities.

[Click here to book January](#)
[Click here to book February](#)

[Click here to book March](#)



Building Resilience for Dementia Carers – online

Tuesday 20th January 2026, 6pm – 8pm

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

[Click here to book](#)



Mindful Drawing Inspired by Art History – online

Tuesday 20th January 2026, 7pm – 8pm – Laura Cordery

Tuesday 27th January 2026, 7pm – 8pm – Laura Cordery

Use artists' approaches to try out simple exercises and techniques.

[Click here to book 20th](#)

[Click here to book 27th](#)



Living Well for Carers (4-week course) – online

Wednesday 21st, 28th January, 4th and 11th February 2026, 11am – 12.30pm

A quiet space to pause, rest, and gently reconnect with your own wellbeing.

[Click here to book](#)



Needle Felting – Royston

Wednesday 21st January 2026, 1pm – 2.30pm – North Herts Healthy Hub

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 – Age UK Hertfordshire

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

[Click here to book](#)



Family History Drop-In – online

Friday 23rd January 2026, 11am – 12pm – Janice Brooker

Get answers to your family history research questions.

[Click here to book](#)



Somatic Stress Reset Class – online

Monday 26th January 2026, 11.30am – 12.30pm – Georgina Sangha

A gentle restorative session combining breath and micro-movement.

[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](#)



Carers Allowance and Other Benefits for People over Pension Age – Online

Wednesday 28th January 2026, 10.30am – 12.30pm – Hertfordshire County Council

A clear overview of the financial support available to carers over pension age.

[Click here to book](#)



MolyFit Exercise – online

Friday 30th January 2026, 7pm – 7.40pm – MolyFit

Friday 27th February 2026, 7pm – 7.45pm - MolyFit

Focus on movement, stretch and strengthening techniques.

[Click here to book January](#)

[Click here to book February](#)



Assertiveness for Dementia Carers – online

Saturday 31st January 2026, 11am – 1pm

Understand what assertiveness is and why it matters.

[Click here to book](#)



Ballet Barre – Online

Tuesday 3rd February 2026, 6.30pm – 7.30pm – Fancy Feet Academy

Tuesday 10th March 2026, 6.30pm – 7.30pm – Fancy Feet Academy

A low-impact ballet-based fitness class using traditional dance moves to build and maintain core strength. These sessions are suitable for all abilities – no dance experience required. All you need is a stable chair or surface to support you.



[Click here to book February](#)

[Click here to book March](#)

Online Face Yoga – online

Tuesday 3rd February 2026, 12pm – 12.30pm – Anju Kanani

Tuesday 3rd March 2026, 7pm – 7.30pm – Anju Kanani

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.



[Click here to book February](#)

[Click here to book March](#)

Self-Compassion Meditation – online

Friday 6th February 2026, 10am – 10.45am

This gentle, restorative session is your chance to pause, breathe, and reconnect. Discover the power of self-compassion through simple, accessible practices. We'll guide you through a calming breathing exercise and a soothing meditation to help you feel more grounded and supported from within.



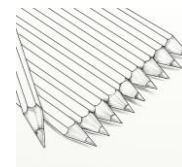
[Click here to book](#)

Illustration for Beginners – online

Tuesday 10th February 2026, 7pm – 8pm – Olivia Kelly

Learn the basics of illustration in a beginner friendly session.

[Click here to book](#)



Online Heart Yoga – online

Thursday 12th February 2026, 7pm – 8pm – Faye Ashton-Wright

A gentle approach to yoga, to help soothe emotional fatigue and restore capacity for care and compassion.

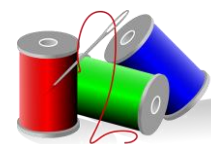


[Click here to book](#)

Slow Stitching – Royston

Wednesday 18th February 2026, 1pm – 2.30pm – North Herts Healthy Hub

Use a variety of textile resources such as fabric, thread, buttons, ribbon and stitch to create pieces of art and functional items.



[Click here to book](#)

Cooking Together – Royston

Monday 23rd February 2026, 10.30am – 12pm noon – North Herts Healthy Hub

Monday 16th March 2026, 10.30am – 12pm noon – North Herts Healthy Hub

Cook tasty, low cost recipes which are simple and easy to make. It doesn't matter if you are a complete cooking novice or an experienced foodie.



[Click here to book February](#)

[Click here to book March](#)

Creative Food Seasoning: Cook Along – online

Monday 23rd February 2026, 11am – 12.30pm – Sarah Scotland

A fun session exploring flavour by cooking with herbs and spices instead. You're welcome to cook along and taste as we go, use a recipe sent beforehand, make your own, or simply watch and enjoy.



[Click here to book](#)

Martha's Rule: Detecting Deterioration – online

Monday 23rd February 2026, 1.30pm – 2.30pm – Natasja Collins

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

[Click here to book](#)



Qi Gong – online

Wednesday 25th February 2026, 7pm – 7.45pm – Michele Bamberg

Discover the gentle power of qi gong in this free, low-impact movement session

[Click here to book](#)



Supporting Someone with Parkinson's – online

Wednesday 25th February 2026, 1pm – 2pm – Parkinson's UK

Explore the help, resources, and guidance available to you as a carer.

[Click here to book](#)



Understanding Anger (4-week course) – online

Fridays 27th February, 6th, 13th and 20th March 2026, 12.30pm – 2.30pm – Hertfordshire Mind Network

Learn what anger is, how it affects you and how you can manage it.

[Click here to book](#)



Online Security – online

Tuesday 3rd March 2026, 11am – 12.30pm – Herts Police

Learn the warning signs of fraud and cybercrime and how to protect yourself.

[Click here to book](#)



Bullet Journalling for Beginners – online

Wednesday 4th March 2026, 12.30pm – 2.30pm

Learn how to set up your own bullet journal from scratch.

[Click here to book](#)



Textile Embroidery – Knebworth

Thursday 5th March 2026, 10am – 11.30am – North Herts Healthy Hub

Explore the creative possibilities of fabric and thread. This session will introduce a simple, beginner-friendly textile technique — from decorative embroidery to playful appliqué or stitched embellishments — to create small, beautiful pieces you can take home.

[Click here to book](#)



Understanding Headaches and Migraines – online

Thursday 5th March 2026, 1pm – 2.30pm – Brian Isbell

Discover what's behind the pain – and how to ease it naturally

[Click here to book](#)



Introduction to the SPECAL Method – online

Saturday 7th March 2026, 11.30am – 12.30pm

An innovative way of understanding dementia.

[Click here to book](#)



Communicating to Influence Change – online

Monday 9th March 2026, 11am – 12.30pm

An introduction to the theory and practice of Motivational Interviewing.

[Click here to book](#)



Direct Payments Talk – online

Wednesday 11th March 2026, 1pm – 2pm – Hertfordshire County Council

An interactive guide to direct payments and how they work.

[Click here to book](#)



Memory Books – Royston

Wednesday 18th March 2026, 1pm – 2.30pm – North Herts Healthy Hub

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

[Click here to book](#)



Breathing to Relieve Stress – online

Wednesday 18th March 2026, 7pm – 8pm – in|exhale

Learn how to use powerful breathing techniques to reduce stress.

[Click here to book](#)



Mountain Meditation – online

Tuesday 19th March 2026, 12pm – 12.30pm

A guided visualisation to help you connect deeply with nature's strength.

[Click here to book](#)



External Opportunities

FREE Care Towards The End of Life Course – Berkhamsted

Tuesdays 10 February – 24 March 2026, 10.30am – 12pm. A 6-week course for anyone caring for somebody towards the end of their life. Topics include Introductions and Difficult Conversations; Nurse Specialist – What To Expect; Legal Matters; Benefits and Finance; Funeral Planning; and Caring for Carers. Email hospiceofstfrancis.berkhamsted@nhs.net or call 01442 869550.

FREE courses and workshop – countywide

New Leaf Recovery and Wellbeing College offer online and in-person learning, including sessions on art journalling, understanding medication, music for mental wellbeing and more. Visit <https://www.newleafcollege.co.uk/Courses/Book-A-Course>.

FREE videos for carers – countywide

Short videos from Hertfordshire and Mid Essex Talking Therapies on how to support someone going through therapy. Visit <https://www.hpft-talkingtherapies.nhs.uk/how-can-we-help/information-carers-family-and-friends>.