

Carers in Hertfordshire

Courses and Workshops from January 2026 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

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.



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.



Mindful Drawing Inspired by Art History – online

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

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

A practical, easy going online drawing series.



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

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

Instead of resolutions or routines, January's Living Well for Carers offers a quiet space to pause, rest, and gently reconnect with your own wellbeing. Over four weekly sessions, we'll explore supportive ways to care for your body, mind and energy, including nutrition, sleep, stress, movement, purpose and connection.



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.



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.



Family History Drop-In – online

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

Get answers to your family history research questions.



Somatic Stress Reset Class – online

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

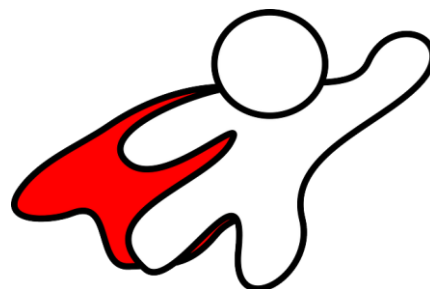
A gentle restorative session combining breath and micro-movement.



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

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

Join us as we delve into practical strategies to manage stress, cultivate resilience and improve everyday communication.



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.



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.



Assertiveness for Dementia Carers – online

Saturday 31st January 2026, 11am – 1pm

Understand what assertiveness is and why it matters.



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.

Online Face Yoga – online

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



Tuesday 3rd March 2026, 7pm – 7.30pm – 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.

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.



Illustration for Beginners – online

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

Learn the basics of illustration in a beginner friendly session.



Online Heart Yoga – online

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

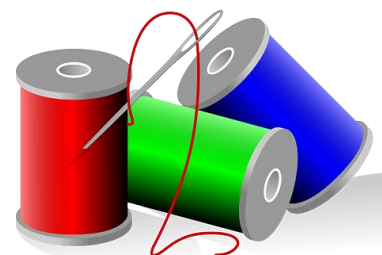
A gentle approach to yoga, to help soothe emotional fatigue and restore capacity for care and compassion.



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.

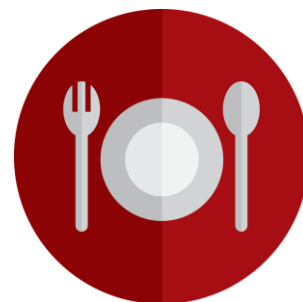


Cooking Together – Royston

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

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

The sessions will involve cooking 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, we are keen to bring people together to do something enjoyable and to have a cup of tea and a chat.



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 of salt. You're welcome to cook along and taste as we go, use a recipe sent beforehand, make your own, or simply watch and enjoy.



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 to raise concerns in hospital and how this can benefit or support your loved ones.



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. Blending graceful seated and standing exercises, qi gong offers a calming, flowing experience.

Supporting Someone with Parkinson's – online

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

This free session offers a supportive space to explore the help, resources, and guidance available to you as a carer for someone living with Parkinson's.



Understanding Anger (4-week course) – online

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

This free course is for anyone who would like to understand anger and to learn different ways in which to manage anger more effectively.



Online Security – online

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

Join us to learn the warning signs of fraud and cybercrime, how to protect yourself by securing your online accounts, personal data, and devices; and how to report and recover from fraud and cybercrime.



Bullet Journaling for Beginners – online

Wednesday 4th March 2026, 12.30pm – 2.30pm

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



Textile Embroidery – Knebworth

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

Explore the creative possibilities of fabric and thread.



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



Introduction to the SPECAL Method – online

Saturday 7th March 2026, 11.30am – 12.30pm

An innovative way of understanding dementia.



Communicating to Influence Change – online

Monday 9th March 2026, 11am – 12.30pm

An introduction to the theory and practice of Motivational Interviewing.



Direct Payments Talk – online

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

An interactive guide to direct payments and how they work.



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.



Breathing to Relieve Stress – online

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

Learn how to use powerful breathing techniques to reduce stress.



Mountain Meditation – online

Tuesday 19th March 2026, 12pm – 12.30pm

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



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. Call 01442 864 966.