

# Carers in Hertfordshire

## Courses and Workshops

### March–May 2026



Book a place on any of our **FREE** events by clicking the links below, emailing [learning@carersinherts.org.uk](mailto:learning@carersinherts.org.uk) or calling 01992 58 69 69.

Name	Course or Workshop	Location	Date	Time	Booking Link
Memory Books	W	Royston	Wednesday 18 March	1–2.30pm	<a href="#">Click here to book</a>
Breathing to Relieve Stress	W	Online	Wednesday 18 March	7–8pm	<a href="#">Click here to book</a>
Mountain Meditation	W	Online	Thursday 19 March	12–12.30pm	<a href="#">Click here to book</a>
Caring Through Change: Understanding Types of Loss in Dementia	W	Online	Friday 27 March	10.30am–12pm	<a href="#">Click here to book</a>
Face Yoga	W	Online	Tuesday 7 April	7–7.30pm	<a href="#">Click here to book</a>
Managing Stress and Anxiety for Dementia Carers	W	Online	Wednesday 8 April	10.30am–12.30pm	<a href="#">Click here to book</a>
Mindful Parenting	C – 3 weeks	Online	Thursdays 16, 23 and 30 April	10.30am–12.30pm	<a href="#">Click here to book</a>

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<b>Assertiveness</b>	W	Online	Thursday 16 April	11am–12.30pm	<a href="#">Click here to book</a>
<b>Carers Yoga: 4 Weeks of Caring for Yourself</b>	C – 4 weeks	Hertford	Fridays 17, 24 April, 1 and 8 May	11am–12pm	<a href="#">Click here to book</a>
<b>Chair Yoga</b>	W	Online	Tuesday 21 April	11am–12.30pm	<a href="#">Click here to book</a>
<b>Qi Gong</b>	W	Online	Wednesday 22 April	7–7.45pm	<a href="#">Click here to book</a>
<b>Paying for Care? An Informative Event</b>	W	Online	Thursday 23 April	1–2pm	<a href="#">Click here to book</a>
<b>Cooking Together</b> <b>RESERVE LIST ONLY</b>	W	Knebworth	Thursday 23 April	10.30am–12pm	<a href="#">Click here to book</a>
<b>Five Senses Meditation</b>	W	Online	Friday 24 April	10–10.30am	<a href="#">Click here to book</a>
<b>Breathing to Relieve Stress</b>	W	Online	Saturday 25 April	11am–12pm	<a href="#">Click here to book</a>
<b>Ballet Barre</b>	W	Online	Tuesday 28 April	6.30–7.30pm	<a href="#">Click here to book</a>
<b>Wilder Wellbeing Walks</b>	C – 4 weeks	Welwyn Garden City	Tuesdays 28 April, 5, 12 and 19 May	10.30am–12pm	<a href="#">Click here to book</a>
<b>Food and Mood</b>	W	Online	Wednesday 29 April	1.30–2.30pm	<a href="#">Click here to book</a>

Name	Course or Workshop	Location	Date	Time	Booking Link
Heart Yoga	W	Online	Wednesday 29 April	7–8pm	<a href="#">Click here to book</a>
Wilder Wellbeing Walks	C – 4 weeks	Watford	Thursdays 30 April, 7, 14 and 21 May	10.30am–12pm	<a href="#">Click here to book</a>
Resilience	W	Online	Friday 1 May	10am–12pm	<a href="#">Click here to book</a>
Legal Planning	W	Online	Tuesday 5 May	1–2.30pm	<a href="#">Click here to book</a>
Tai Chi	C – 3 weeks	Bushey	Wednesday 6 May	2–3pm	<a href="#">Click here to book</a>
Cooking Together <b>RESERVE LIST ONLY</b>	W	Knebworth	Wednesday 7 May	10.30am–12pm	<a href="#">Click here to book</a>
Introduction to the SPECAL Method	W	Online	Monday 11 May	1.30–2.30pm	<a href="#">Click here to book</a>
Face Yoga	W	Online	Tuesday 12 May	7.30–8pm	<a href="#">Click here to book</a>
Understanding Depression	W	Online	Wednesday 13 May	10.30am–12pm	<a href="#">Click here to book</a>
Breathing to Relieve Stress	W	Online	Thursday 14 May	7–8pm	<a href="#">Click here to book</a>
Forest Bathing	W	Chorleywood	Friday 15 May	10am–12pm	<a href="#">Click here to book</a>
First Aid	W	Hemel Hempstead	Monday 18 May	10.30am–12pm	<a href="#">Click here to book</a>

Name	Course or Workshop	Location	Date	Time	Booking Link
Chair Yoga	W	Online	Tuesday 19 May	11.30am–12.15pm	<a href="#">Click here to book</a>
Reducing the Risk of Dementia	W	Online	Thursday 21 May	1–2.30pm	<a href="#">Click here to book</a>
Lake Meditation	W	Online	Friday 22 May	11–11.30am	<a href="#">Click here to book</a>

## External Opportunities

Name	Organiser	Cost	Description	More information
<b>Cooking Courses</b>	Bags of Taste	Free	Cook great food in two weeks! All you need is a kitchen and a phone.	<a href="#">Click here</a>
<b>Introduction to Men's Mental Health Webinar</b>	Hertfordshire and Mid Essex Talking Therapies	Free	Practical guidance to help men manage their mental health.	<a href="#">Click here</a>
<b>Menopause and Emotional Wellbeing Webinar</b>	Hertfordshire and Mid Essex Talking Therapies	Free	Tools that women can use whilst going through this stage of life.	<a href="#">Click here</a>