

Carers in Hertfordshire

Courses and Workshops

March–May 2026



Book a place on any of our **FREE** events by clicking emailing learning@carersinherts.org.uk or calling 01992 58 69 69.

Name	Course or Workshop	Location	Date	Time
Memory Books	W	Royston	Wednesday 18 March	1–2.30pm
Breathing to Relieve Stress	W	Online	Wednesday 18 March	7–8pm
Mountain Meditation	W	Online	Thursday 19 March	12–12.30pm
Caring Through Change: Understanding Types of Loss in Dementia	W	Online	Friday 27 March	10.30am–12pm
Face Yoga	W	Online	Tuesday 7 April	7–7.30pm

Name	Course or Workshop	Location	Date	Time
Managing Stress and Anxiety for Dementia Carers	W	Online	Wednesday 8 April	10.30am–12.30pm
Mindful Parenting	C – 3 weeks	Online	Thursdays 16, 23 and 30 April	10.30am–12.30pm
Assertiveness	W	Online	Thursday 16 April	11am–12.30pm
Carers Yoga: 4 Weeks of Caring for Yourself	C – 4 weeks	Hertford	Fridays 17, 24 April, 1 and 8 May	11am–12pm
Chair Yoga	W	Online	Tuesday 21 April	11am–12.30pm
Qi Gong	W	Online	Wednesday 22 April	7–7.45pm
Paying for Care? An Informative Event	W	Online	Thursday 23 April	1–2pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 23 April	10.30am–12pm
Five Senses Meditation	W	Online	Friday 24 April	10–10.30am

Name	Course or Workshop	Location	Date	Time
Breathing to Relieve Stress	W	Online	Saturday 25 April	11am–12pm
Ballet Barre	W	Online	Tuesday 28 April	6.30–7.30pm
Wilder Wellbeing Walks	C – 4 weeks	Welwyn Garden City	Tuesdays 28 April, 5, 12 and 19 May	10.30am–12pm
Food and Mood	W	Online	Wednesday 29 April	1.30–2.30pm
Heart Yoga	W	Online	Wednesday 29 April	7–8pm
Wilder Wellbeing Walks	C – 4 weeks	Watford	Thursdays 30 April, 7, 14 and 21 May	10.30am–12pm
Resilience	W	Online	Friday 1 May	10am–12pm
Legal Planning	W	Online	Tuesday 5 May	1–2.30pm
Tai Chi	C – 3 weeks	Bushey	Wednesday 6 May	2–3pm

Name	Course or Workshop	Location	Date	Time
Cooking Together RESERVE LIST ONLY	W	Knebworth	Wednesday 7 May	10.30am– 12pm
Introduction to the SPECAL Method	W	Online	Monday 11 May	1.30– 2.30pm
Face Yoga	W	Online	Tuesday 12 May	7.30–8pm
Understanding Depression	W	Online	Wednesday 13 May	10.30am– 12pm
Breathing to Relieve Stress	W	Online	Thursday 14 May	7–8pm
Forest Bathing	W	Chorleywood	Friday 15 May	10am– 12pm
First Aid	W	Hemel Hempstead	Monday 18 May	10.30am– 12pm
Chair Yoga	W	Online	Tuesday 19 May	11.30am– 12.15pm
Reducing the Risk of Dementia	W	Online	Thursday 21 May	1–2.30pm

Name	Course or Workshop	Location	Date	Time
Lake Meditation	W	Online	Friday 22 May	11– 11.30am

External Opportunities

Name	Organiser	Cost	Description	More information
Cooking Courses	Bags of Taste	Free	Cook great food in two weeks! All you need is a kitchen and a phone.	07813 678660
Introduction to Men's Mental Health Webinar	Hertfordshire and Mid Essex Talking Therapies	Free	Practical guidance to help men manage their mental health.	0800 6444 101
Menopause and Emotional Wellbeing Webinar	Hertfordshire and Mid Essex Talking Therapies	Free	Tools that women can use whilst going through this stage of life.	0800 6444 101