

Carers in Hertfordshire

Courses and Workshops

May–July 2026



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

Name	Course or Workshop	Location	Date	Time
Reducing the Risk of Dementia	W	Online	Thursday 21 May	1–2.30pm
Lake Meditation	W	Online	Friday 22 May	11–11.30am
First Aid	W	Stevenage	Thursday 28 May	10.30am–12pm
MolyFit Exercise	W	Online	Friday 29 May	7–7.30pm
Cooking Together Royston	W	Royston	Monday 1 June	9.30–11am
Seat Pad Making	W	Letchworth Garden City	Tuesday 2 June	10.30am–12.30pm

Name	Course or Workshop	Location	Date	Time
Ballet Barre	W	Online	Tuesday 2 June	6.30–7.30pm
Online Face Yoga	W	Online	Tuesday 2 June	7.30–8pm
Looking After Your Emotional Wellbeing	C	Chorleywood	Wednesdays 3, 7 and 14 June	11am–1.30pm, last session 11am–1.15pm
Loving-Kindness Meditation	W	Online	Thursday 4 June	1–1.45pm
Building Resilience for Dementia Carers	W	Online	Friday 5 June	11am–1pm
Cooking for Summer	W	Online	Monday 8 June	11am–12.30pm
Assertiveness for Dementia Carers	W	Online	Monday 15 June	11am–1pm
Chair Yoga	W	Online	Tuesday 16 June	11.30am– 12.15pm
Qi Gong	W	Online	Wednesday 17 June	7–7.45pm

Name	Course or Workshop	Location	Date	Time
Caring Through Change: Understanding Types of Loss in Dementia	W	Online	Thursday 18 June	7–8.30pm
Forest Bathing	W	Chorleywood	Friday 19 June	10am–12pm
Understanding Anxiety	W	Online	Tuesday 23 June	10.30am–12.30pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 25 June	10.30am–12pm
Understanding Personal Boundaries	W	Online	Thursday 25 June	10.30am–12.30pm
Healthy Ageing	W	Online	Friday 26 June	1.30–2.30pm
MolyFit Exercise	W	Online	Friday 26 June	7–7.30pm
Looking After Your Emotional Wellbeing	C	Stevenage	Tuesdays 30 June, 7 and 14 July	10.30am–1pm
Managing Stress and Anxiety for Dementia Carers	W	Online	Saturday 4 July	10.30am–12.30pm

Name	Course or Workshop	Location	Date	Time
Stay Cool: Yoga for Summer Heatwave Wellbeing	W	Online	Wednesday 8 July	7–8pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 9 July	10.30am–12pm
Introduction to the SPECAL Method	W	Online	Thursday 9 July	7–8pm
Sitting Meditation	W	Online	Friday 10 July	10–10.45am
Breathing To Relieve Stress	W	Online	Monday 13 July	1–2pm
Online Face Yoga	W	Online	Tuesday 14 July	7–7.30pm
Qi Gong	W	Online	Thursday 16 July	11–11.45am
Forest Bathing	W	Chorleywood	Friday 17 July	10am–12pm
Chair Yoga	W	Online	Tuesday 21 July	11.30am–12.15pm

External Opportunities

Name	Organiser	Cost	Description	More information
Diabetes and Emotional Wellbeing Webinar	Hertfordshire and Mid Essex Talking Therapies	Free	Exploring the relationship between physical and mental health.	0800 6444 101
Connect to Work	Step2Skills	Free	Programme to help people including carers and ex-carers into work.	01992 556194