

Carers in Hertfordshire

Courses and Workshops

May–July 2026



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

Name	Course or Workshop	Location	Date	Time	Booking Link
Reducing the Risk of Dementia	W	Online	Thursday 21 May	1–2.30pm	Click here to book
Lake Meditation	W	Online	Friday 22 May	11–11.30am	Click here to book
First Aid	W	Stevenage	Thursday 28 May	10.30am–12pm	Click here to book
MolyFit Exercise	W	Online	Friday 29 May	7–7.30pm	Click here to book
Cooking Together Royston	W	Royston	Monday 1 June	9.30–11am	Click here to book
Seat Pad Making	W	Letchworth Garden City	Tuesday 2 June	10.30am–12.30pm	Click here to book
Ballet Barre	W	Online	Tuesday 2 June	6.30–7.30pm	Click here to book
Online Face Yoga	W	Online	Tuesday 2 June	7.30–8pm	Click here to book

Looking After Your Emotional Wellbeing	C	Chorleywood	Wednesdays 3, 7 and 14 June	11am–1.30pm, last session 11am–1.15pm	Click here to book
Loving-Kindness Meditation	W	Online	Thursday 4 June	1–1.45pm	Click here to book
Building Resilience for Dementia Carers	W	Online	Friday 5 June	11am–1pm	Click here to book
Cooking for Summer	W	Online	Monday 8 June	11am–12.30pm	Click here to book
Assertiveness for Dementia Carers	W	Online	Monday 15 June	11am–1pm	Click here to book
Chair Yoga	W	Online	Tuesday 16 June	11.30am–12.15pm	Click here to book
Qi Gong	W	Online	Wednesday 17 June	7–7.45pm	Click here to book
Caring Through Change: Understanding Types of Loss in Dementia	W	Online	Thursday 18 June	7–8.30pm	Click here to book
Forest Bathing	W	Chorleywood	Friday 19 June	10am–12pm	Click here to book
Understanding Anxiety	W	Online	Tuesday 23 June	10.30am–12.30pm	Click here to book
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 25 June	10.30am–12pm	Click here to book
Understanding Personal Boundaries	W	Online	Thursday 25 June	10.30am–12.30pm	Click here to book
Healthy Ageing	W	Online	Friday 26 June	1.30–2.30pm	Click here to book
MolyFit Exercise	W	Online	Friday 26 June	7–7.30pm	Click here to book
Looking After Your Emotional Wellbeing	C	Stevenage	Tuesdays 30 June, 7 and 14 July	10.30am–1pm	Click here to book

Managing Stress and Anxiety for Dementia Carers	W	Online	Saturday 4 July	10.30am–12.30pm	Click here to book
Stay Cool: Yoga for Summer Heatwave Wellbeing	W	Online	Wednesday 8 July	7–8pm	Click here to book
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 9 July	10.30am–12pm	Click here to book
Introduction to the SPECAL Method	W	Online	Thursday 9 July	7–8pm	Click here to book
Sitting Meditation	W	Online	Friday 10 July	10–10.45am	Click here to book
Breathing To Relieve Stress	W	Online	Monday 13 July	1–2pm	Click here to book
Online Face Yoga	W	Online	Tuesday 14 July	7–7.30pm	Click here to book
Qi Gong	W	Online	Thursday 16 July	11–11.45am	Click here to book
Forest Bathing	W	Chorleywood	Friday 17 July	10am–12pm	Click here to book
Chair Yoga	W	Online	Tuesday 21 July	11.30am–12.15pm	Click here to book

External Opportunities

Name	Organiser	Cost	Description	More information
Big Step Out	Stepping Out	£5	Walking festival at Hatfield House for carers and those they care for.	Click here
Diabetes and Emotional	Hertfordshire and Mid Essex Talking Therapies	Free	Exploring the relationship between physical and mental health.	Click here

Wellbeing Webinar				
Connect to Work	Step2Skills	Free	Programme to help people including carers and ex-carers into work.	Click here