

Carers in Hertfordshire

Courses and Workshops

July–September 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
Qi Gong	W	Online	Thursday 16 July	11–11.45am
Forest Bathing RESERVE LIST ONLY	W	Chorleywood	Friday 17 July	12–2pm
Chair Yoga	W	Online	Tuesday 21 July	11.30am–12.15pm
Beginners' Skiing RESERVE LIST ONLY	C	Hemel Hempstead	Wednesdays 22, 29 July, 5, 12, 19 and 26 August	10am–12pm noon

Name	Course or Workshop	Location	Date	Time
Illustration Online	W	Online	Thursday 23 July	7–7.45pm
Cooking Together Royston	W	Royston	Monday 27 July	10.30am–12pm
Continuing Healthcare (CHC) Information Session	W	Online	Wednesday 29 July	10.30–11.30am
MolyFit Exercise	W	Online	Friday 31 July	7–7.30pm
Guided Meditation for Carers	W	Online	Tuesday 4 August	7.30–8.30pm
Face Yoga	W	Online	Wednesday 19 August	1–1.30pm
Ballet Barre	W	Online	Tuesday 25 August	10.30–11.30am
Sound Meditation	W	Online	Thursday 27 August	1–1.30pm
MolyFit Exercise	W	Online	Friday 28 August	7–7.30pm

Name	Course or Workshop	Location	Date	Time
Cooking Together Royston	W	Royston	Monday 7 September	10.30am–12pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 10 September	10.30am–12pm noon
Building Resilience for Dementia Carers	W	Online	Friday 11 September	11.30am–1.30pm
Breathing to Relieve Stress	W	Online	Tuesday 15 September	1–2pm
Introduction to the SPECAL Method	W	Online	Wednesday 16 September	10.30–11.30am
Beginners' Skiing RESERVE LIST ONLY	C	Hemel Hempstead	Wednesday 16, 23, 30 September, 7, 14 and 21 October	10am–12pm noon
Qi Gong	W	Online	Thursday 17 September	11–11.45am

Name	Course or Workshop	Location	Date	Time
Self-Massage for Carers	W	Online	Monday 21 September	1.30–2.30pm
Chair Yoga	W	Online	Tuesday 22 September	11.30am–12.15pm
Face Yoga	W	Online	Tuesday 22 September	7–7.30pm
Assertiveness for Dementia Carers	W	Online	Wednesday 23 September	11am–1pm
Yoga Practice for Finding Balance	W	Online	Wednesday 23 September	7–8pm

External Opportunities

Name	Organiser	Cost	Description	More information
Future Ready	Community Action Dacorum	Free	Bespoke employability support and mentoring for young adult carers.	01442 253935
Early Years Skills Bootcamp	Step2Skills	Free	Gain a Level 2 Certificate and a Paediatric First Aid Certificate.	01992 556194
Living Well with a Long-term Physical Health Condition	Hertfordshire Talking Therapies	Free	What it means to live with a long-term physical health condition.	0800 6444 101