

Carers in Hertfordshire

Courses and Workshops

September–November 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
Qi Gong	W	Online	Thursday 17 September	11–11.45am
Online Voice Skills Through Drama	W	Online	Thursday 17 September	7.30–8.30pm
Self-Massage for Carers	W	Online	Monday 21 September	1.30–2.30pm
Chair Yoga	W	Online	Tuesday 22 September	11.30am–12.15pm
Online 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
Looking After Your Emotional Wellbeing	C	St Albans	Thursdays 24 September, 1 and 8 October	10.30am–1pm
Online Drawing from Art History	W	Online	Thursday 24 September	7.30–8.30pm

MolyFit Exercise	W	Online	Friday 25 September	7–7.30pm
Writing for Wellbeing Group	W	Online	Monday 28 September	10.30am–12pm noon
River Meditation	W	Online	Tuesday 29 September	10–10.30am
Illustration Online	W	Online	Tuesday 29 September	7–7.45pm
Online Drawing from Art History	W	Online	Thursday 1 October	7.30–8.30pm
Caring Through Change: Understanding Types of Loss in Dementia	W	Online	Saturday 3 October	11am–12.30pm
Nervous System Regulation	W	Online	Tuesday 6 October	7–8pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 8 October	10.30am–12pm noon
Managing Stress and Anxiety for Dementia Carers	W	Online	Thursday 8 October	6–8pm
Online Drawing from Art History	W	Online	Thursday 8 October	7.30–8.30pm
Cooking Together Welwyn Garden City	W	Welwyn Garden City	Monday 12 October	10.30am–12pm noon
Breathing to Relieve Stress	W	Online	Tuesday 13 October	7–8pm
Creative Photography: From Basics to Beyond	C	Hemel Hempstead	Tuesdays 13, 20, 27 October and 3 November	1–3pm
Carers Workshops Feedback Group	W	Online	Wednesday 14 October	1–2pm
Mindful Movement and Meditation	W	Online	Thursday 15 October	2–2.45pm
Scene Felting	W	Welwyn Garden City	Monday 19 October	10am–12pm noon

First Aid	W	Elstree	Thursday 22 October	11am–12.30pm
Online Face Yoga	W	Online	Thursday 22 October	1–1.30pm
Online Singing	W	Online	Thursday 22 October	7.30–8.30pm
Writing for Wellbeing Group	W	Online	Monday 26 October	10.30am–12pm noon
Cooking Together Royston RESERVE LIST ONLY	W	Royston	Monday 26 October	10.30am–12pm noon
Chair Yoga	W	Online	Tuesday 27 October	11.30am–12.15pm
Illustration Online	W	Online	Tuesday 27 October	7pm–7.45pm
Ballet Barre	W	Online	Thursday 29 October	10.30–11.30am
Guided Meditation for Carers	W	Online	Thursday 29 October	7–8pm
MolyFit Exercise	W	Online	Friday 30 October	7–7.30pm
Understanding Probate	W	Online	Monday 2 November	10.30am–12pm noon
First Aid	W	Welwyn Garden City	Thursday 5 November	10.30am - 12pm noon
Heart Yoga Taster	W	Online	Monday 9 November	7–8pm
Looking After Your Emotional Wellbeing	C	Hitchin	Tuesdays 10, 17 and 24 November	10.30am–1pm
Cooking Together RESERVE LIST ONLY	W	Knebworth	Thursday 12 November	10.30am–12pm noon
Building Resilience for Dementia Carers	W	Online	Thursday 12 November	11am–1pm

Introduction to the SPECAL Method	W	Online	Friday 13 November	11.30am–12.30pm
Cooking Together Welwyn Garden City	W	Welwyn Garden City	Monday 16 November	10.30am–12pm noon
Online Face Yoga	W	Online	Tuesday 17 November	7.30–8pm
Breathing to Relieve Stress	W	Online	Wednesday 18 November	1–2pm

External Opportunities

Name	Organiser	Cost	Description	More information
Health Walks	Hertfordshire County Council	Free	Graded walks from 0 to 6 miles with no booking required.	Call 01992 555888
Connect to Work	Step2Skills	Free	Personalised supported employment programme for adults aged 18+.	Call 01992 556194
Carers: Change, Acceptance and Your Wellbeing	New Leaf College	Free	Online course for carers: Mondays 16 and 23 November, 10am–1pm.	Call 01442 864 966