Carers in Hertfordshire

Courses and Workshops

November 2026 – January 2027

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
Breathing to Relieve Stress	W	Online via Zoom	Wednesday 18 November 2026	1–2pm
Making the Most of Your Carers Assessment	W	Online via Zoom	Thursday 19 November 2026	10–11am
Beginner's Mind Meditation	W	Online via Zoom	Thursday 19 November 2026	2–2.30pm
Employments Rights for Carers	W	Online via Zoom	Thursday 19 November 2026	2–3pm
Guided Meditation for Carers	W	Online via Zoom	Thursday 19 November 2026	7–8pm
Cooking Together Royston **RESERVE LIST ONLY**	W	Royston	Monday 23 November 2026	10.30am–12pm noon

Name	Course or Workshop	Location	Date	Time
Direct Payments Talk	W	Online via Zoom	Monday 23 November 2026	11am–12pm noon
Assertiveness for Dementia Carers	W	Online via Zoom	Wednesday 25 November 2026	11am–1pm
Pacing Masterclass	W	Online via Zoom	Wednesday 25 November 2026	2–3pm
Festive Card Crafting	W	Hertford	Wednesday 25 November 2026	12.30–2.30pm
Qi Gong	W	Online via Zoom	Thursday 26 November 2026	11–11.45am
Wreath–Making **RESERVE LIST ONLY**	W	Radlett	Friday 27 November 2026	10.30am–12.30pm
MolyFit Exercise	W	Online via Zoom	Friday 27 November 2026	7–7.30pm
Writing for Wellbeing Group	W	Online via Zoom	Monday 30 November 2026	10.30am–12pm noon
Paying for Care: An Informative Online Event	W	Online via Zoom	Tuesday 1 December 2026	10–11am

Name	Course or Workshop	Location	Date	Time
Chair Yoga	W	Online via Zoom	Tuesday 1 December 2026	11.30am–12.15pm
Adult Carers Ongoing 'Social Ski' Session **RESERVE LIST ONLY**	W	Hemel Hempstead	Tuesday 1 December 2026	1–3pm
Illustration Online	W	Online via Zoom	Tuesday 1 December 2026	7–7.45pm
Continuing Healthcare (CHC) Information Session	W	Online via Zoom	Wednesday 2 December 2026	10.30–11.30am
Wreath–Making **RESERVE LIST ONLY**	W	Stevenage	Thursday 3 December 2026	10am–12pm noon
Festive Cooking	W	Online via Zoom	Thursday 3 December 2026	11am–12.30pm
Understanding Personal Boundaries	W	Online via Zoom	Friday 4 December 2026	11am–1pm
Cooking Together Welwyn Garden City	W	Welwyn Garden City	Monday 7 December 2026	10.30am–12pm noon
Ballet Barre	W	Online via Zoom	Tuesday 8 December 2026	10.30–11.30am

Name	Course or Workshop	Location	Date	Time
Cooking Together **RESERVE LIST ONLY**	W	Knebworth	Thursday 10 December 2026	10.30am–12pm noon
Managing Stress and Anxiety for Dementia Carers	W	Online via Zoom	Monday 14 December 2026	10.30am–12.30pm
Adult Carers Ongoing 'Social Ski' Session **RESERVE LIST ONLY**	W	Hemel Hempstead	Tuesday 15 December 2026	1–3pm
Online Face Yoga	W	Online via Zoom	Wednesday 16 December 2026	1–1.30pm
Winter Wind–Down Meditation	W	Online via Zoom	Thursday 17 December 2026	10–10.30am
Introduction to the SPECAL Method	W	Online via Zoom	Saturday 19 December 2026	10.30–11.30am
Writing for Wellbeing Group	W	Online via Zoom	Monday 21 December 2026	10.30am–12pm noon
Festive Quiz	W	Online via Zoom	Tuesday 22 December 2026	7–8.30pm
Breathing to Relieve Stress	W	Online via Zoom	Wednesday 23 December 2026	7–8pm

Name	Course or Workshop	Location	Date	Time
Guided Meditation for Carers	W	Online via Zoom	Tuesday 29 December 2026	11.30am–12.30pm
Zentangle	W	Online via Zoom	Monday 4 January 2027	1pm–2pm
New Year's Meditation	W	Zoom	Tuesday 5 January 2027	10–10.30am
Guided Meditation for Carers	W	Online via Zoom	Thursday 7 January 2027	7–8pm
Cooking Together Royston **RESERVE LIST ONLY**	W	Royston	Monday 11 January 2027	10.30am–12pm noon
Looking After Your Emotional Wellbeing	C	Cheshunt	Wednesday 13 January 2027	10.30am–1pm
Introduction to the SPECAL Method	W	Online via Zoom	Wednesday 13 January 2027	1.30–2.30pm
Cooking Together **RESERVE LIST ONLY**	W	Knebworth	Thursday 14 January 2027	10.30am–12pm noon
Flower Fusion Art	W	Bishop's Stortford	Monday 18 January 2027	10.30am–12.30pm

Name	Course or Workshop	Location	Date	Time
Building Resilience for Dementia Carers	W	Online via Zoom	Tuesday 19 January 2027	10.30am–12.30pm
Sound Bath	W	Hertford	Wednesday 20 January 2027	7.30–9pm

External Opportunities

Name	Organiser	Description	More information
Sound Bath – Hertford	The Secret Space	Free charity sound bath on **Saturday 12th December, 5.30–6.30pm**. Places are available on a first come, first served basis. **Booking required.**	01992 503141
Community Garden – Berkhamsted	Everyone Active	Free volunteer-led gardening sessions, **Thursdays 10am–12pm. Booking required.**	dacorumactivecommunities@everyoneactive.com
Adult Care Services Learning and Development	Hertfordshire County Council	Care-related training for family/unpaid carers and direct payment employees.	acslearninganddevelopment@hertfordshire.gov.uk

	While unpaid carers are welcome to attend, this training is primarily aimed at professional care staff. It may include clinical language and use a formal, workplace-focused approach.