

Carers in Hertfordshire Courses and Workshops from April 2019 onwards



If you are interested in any of the courses or workshops below, please phone 01992 58 69 69 or send an email to learning@carersinherts.org.uk to book a place.

If you wish to attend a course that runs over several weeks, please make sure you are available to go to all sessions when you book. We appreciate that your caring or personal situation may change and your ability to attend may be affected; if this is the case please let us know.

Broxbourne and East Herts

Course or Workshop	When	Where
Everyday First Aid Workshop Learn how to help someone in an emergency or to give some basic first aid. You will learn 5-7 key skills, such as care for burns and cuts and CPR.	Thursday 16th May 10:30 – 12:30pm	Ware Priory, High Street, Ware, SG12 9AL.

Dacorum, Watford and Three Rivers

Course or Workshop	When	Where
Getting Started with Family History Workshop Discover the best ways to take your family history research forward. A practical session with guidance on using four different websites to research the past.	Friday 12 th April 2019 10am – 12:30pm	Watford Central Library, Hempstead Road, Watford, WD17 3EU.

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Course or Workshop	When	Where
<p>Chair Yoga Workshop Gentle stretching, breathing and relaxation techniques that are suitable for beginners. Yoga can help improve your flexibility, restore your energy levels and calm your mind. This is not a strong physical workout and everyone is welcome. The teacher has had therapeutic training and is experienced in working with people with various conditions such as joint problems, heart conditions, lower back pain and osteoporosis. He is used to adapting the class to suit individual requirements.</p>	<p>Wednesday 15th May 10:30am – 12pm noon</p>	<p>Mill End Community Centre, Church Lane, Mill End, Rickmansworth, WD3 8HD.</p>
<p>Carers' Afternoon If you are caring for a relative or friend, you are invited to come along, be pampered and enjoy a relaxing afternoon. There will be plenty on offer, including tea and homemade cakes; craft, gift and plant stalls; mini manicures and live music. Book directly through The Hospice of St Francis: call 01442 869550 or email springcentre@stfrancis.org.uk</p>	<p>Friday 14th June 2019 2pm – 4pm</p>	<p>The Hospice of St Francis, Spring Garden Lane, Berkhamsted, HP4 3GW.</p>
<p>Moving and Handling Workshop Learn ways of moving and handling that will help keep your back healthy. Discover techniques for safe lifting.</p>	<p>Wednesday 26th June 2019 9:45am – 2pm</p>	<p>Herts HomeCare, 123 Lawn Lane, Hemel Hempstead, HP3 9HS.</p>

Course or Workshop	When	Where
<p>Practical Caring Workshop A workshop for carers looking at how to assist with personal care needs, and considering back awareness in the caring role.</p>	Thursday 27 th June 2019 10am – 1pm	The Hospice of St. Francis, Spring Garden Lane, Northchurch, Berkhamsted, HP4 3GW.
<p>Caring with Confidence Course Would you like some practical and emotional support with your caring role? Each week you will learn the following: caring and life, communicating, caring and coping, resources, and day-to-day caring.</p>	June/July 2019 Evening Date and time TBC	Watford Venue TBC
<p>Beginners' Skiing Course A 6-week skiing course for beginners. All equipment is provided.</p>	Wednesdays 24 th , 31 st July, 7 th , 14 th , 21 st and 28 th August (6-week course) 11am – 1pm	The Snow Centre, St Albans Hill, Hemel Hempstead, HP3 9NH.
<p>Stress and Worry Workshop This workshop is being run by Mind.</p>	Friday 6 th September 2019 11 – 12am	Harebreaks Community Hub, 81 The Harebreaks, Watford, WD24 6NJ.

Hertsmere, St Albans and Welwyn Hatfield

Course or Workshop	When	Where
<p>Legal Planning Workshop Would you like to know about wills, trusts, probate and power of attorney? Get your questions answered by a solicitor.</p>	Wednesday 10 th April 7:30pm – 9pm	Tesco Extra Community Room, Mount Pleasant, Oldings Corner, Hatfield, AL9 5JY.

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<p>Caring with Confidence Course Would you like some practical and emotional support with your caring role? Each week you will learn the following: caring and life, communicating, caring and coping, resources, and day-to-day caring.</p>	<p>Wednesdays 24th April, 1st 8th, 15th and 22nd May (5-week course) 10am – 1pm</p>	<p>Birchwood Leisure Centre, Longmead, Hatfield, AL10 0AN.</p>
<p>Getting Started with Your Tablet Course Take a tour around your Apple/Android tablet, get to grips with the interface, explore the apps store, search, download, delete and manage your apps. Discover the different uses for your tablet and learn how to personalise your device.</p>	<p>Wednesday 24th April, 1st 8th, 15th and 22nd May (5-week course) 10am – 12pm noon</p>	<p>Hatfield Community Hub, White Lion House, Town Centre, Hatfield, AL10 0JL.</p>
<p>Gentle Fitness Workshop A light exercise class, combining gentle stretching with movements from yoga and Pilates.</p>	<p>Tuesday 28th May 2019 2pm – 3pm</p>	<p>Allum Manor House & Hall, 2 Allum Lane, Elstree, WD6 3PJ.</p>
<p>Getting to Grips with Your Smartphone Course Get more out of your phone in these practical sessions where we will explore 'apps' - how to search, download and delete them; phone storage; how to transfer pictures; understanding common terminology; how you can amend your phone settings; and more.</p>	<p>Fridays 7th and 14th June 2019 12:45pm – 3:15pm</p>	<p>Hertsmere Borough Council Offices, Elstree Way, Borehamwood, WD6 1WA.</p>

Course or Workshop	When	Where
<p>Games Afternoon A pilot session, developed in response to feedback from male carers. Come along to play a variety of board and card games – chess, cribbage, draughts, bridge and more. Tea and biscuits will be provided throughout the afternoon.</p>	Tuesday 11 th June 2019 1pm – 3pm	Oxlease House, Travellers Lane, Hatfield, AL10 8TJ.
<p>Falls Intervention Workshop What should you do if you or the person you care for has a fall? Learn what you can do for yourself and when you need to call for help.</p>	Tuesday 13 th August 2019 10am – 1pm	Hertfordshire Care Providers Association, Mundells, Welwyn Garden City, AL7 1FT.

Stevenage and North Herts

Course or Workshop	When	Where
<p>Coping with Loss and Change Workshop Learn how to cope with different forms of loss, such as loss of independence, memory or a relationship. You will explore different ways of acknowledging and managing emotions. This workshop will also cover skills for dealing with periods of change and uncertainty.</p>	Wednesday 24 th April 2019 1pm – 3pm	Mrs Howard Memorial Hall, Norton Way South, Letchworth Garden City, SG6 1NX.
<p>Silkscreen for Ceramics Workshop A workshop for novices to people who have experience of using silkscreen stencils, learn how to use the flood painting technique onto a plate or a mug. Useable items that are dishwasher safe. Items will be fired and ready to collect the following week.</p>	Thursday 13 th June 10:30am – 12:30pm	Glazed Creations, 3, Baldock Street, Royston, SG8 5AY.

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<p>Legal Planning Workshop Would you like to know about wills, trusts, probate and power of attorney? Get your questions answered by a solicitor.</p>	<p>Wednesday 19th June 2019 10:30am – 12:30pm</p>	<p>Town Hall, Melbourn St, Royston, SG8 7DA.</p>
<p>Caring with Confidence Course Would you like some practical and emotional support with your caring role? Each week you will learn the following: caring and life, communicating, caring and coping, resources, and day-to-day caring.</p>	<p>September Daytime Date and time TBC</p>	<p>Royston Venue TBC</p>