

Carers in Hertfordshire Courses and Workshops from January 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.

Course or Workshop	When	Where
<p>Writing for Wellbeing Course Improve your wellbeing by learning a new skill. On this course you will learn about effective methods of writing. Choose your own theme each session, be it fiction, non-fiction, poetry and more. This course is taught by a published author.</p>	<p>Tuesdays 15th January, 22nd, 29th, 5th and 12th February 2019 (5-week course) 10am – 12pm noon</p>	<p>The Old Monastery, Windhill, Bishop's Stortford, CM23 2ND.</p>
<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 16th January 10:30am – 12:30pm</p>	<p>Birchwood Leisure Centre, Longmead, Hatfield, AL10 0AN.</p>
<p>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.</p>	<p>Wednesday 23rd January 2019 10:30am – 12:30pm</p>	<p>Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.</p>

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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>Tuesdays 29th January, 5th, 19th, 26th February and 5th March 2019 (5-week course) 10am – 1pm</p>	<p>Toby Carvery Old Forge, London Road, Stevenage, SG2 8DT.</p>
<p>Falls Prevention Workshop Identify common causes of falls and develop self-management strategies to cope with them. This is a bespoke workshop for carers.</p>	<p>Wednesday 30th January 2019 10am – 1pm</p>	<p>Hertfordshire Business Services, Mundells, Welwyn Garden City, AL7 1FT.</p>
<p>Yoga Relaxation for Beginners Course Introduction to basic yoga for all ages and abilities. Yoga helps to develop core strength, flexibility, co-ordination and general good health. Chairs can be used if you have poor mobility.</p>	<p>Thursdays 31st January, 7th and 14th February 2019 (3-week course) 10:15am – 11:15am</p>	<p>Markwell Pavilion, The Causeway, Bishop's Stortford, CM23 2EJ.</p>
<p>Mind, Body and Soul Course A holistic approach to wellbeing. Improve your confidence and health through exercise, mindfulness and arts and crafts. Learn to manage your stress, improve your self-esteem and become more assertive as you learn new skills and meet new people.</p>	<p>Wednesdays 6th, 13th, 20th, 27th February, 6th, 13th, 27th March and 3rd April 2019 (8-week course) 12pm noon – 2:30pm</p>	<p>Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.</p>

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<p>Mindfulness Learn how to bring the mind to rest. Discover the basics of mindful living, learn simple meditation techniques, practise mindful meditation, and reap the benefits of physical, emotional and mental health that mindfulness can provide.</p>	<p>Wednesdays 6th, 13th, 27th February, 6th and 13th March 2019 (5-week course) 10:30am – 12:30pm</p>	<p>Oxlease House, Travellers Lane, Hatfield, AL10 8TJ.</p>
<p>Resilience Workshop An introduction to tools that may help you to become more resilient and able to cope with your caring role.</p>	<p>Thursday 7th February 2019 10:30am – 12:30pm</p>	<p>Allum Hall and Manor House, 2 Allum Lane, Elstree, WD6 3PJ.</p>
<p>Everyday First Aid Workshop Learn 5-7 key skills for Everyday First Aid. Gain confidence with an interactive workshop.</p>	<p>Wednesday 13th February 2019 10:30am – 12:30pm</p>	<p>Tilehouse Street Baptist Church, Upper Tilehouse Street, Hitchin, SG5 2EE.</p>
<p>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.</p>	<p>Wednesday 13th February 2019 7.30pm – 9pm</p>	<p>Tesco Extra Community Room, Mount Pleasant, Oldings Corner, Hatfield, AL9 5JY.</p>
<p>Nature Talk A local man with an interest in nature, who writes newspaper articles on the subject, will be talking about nature from Sri Lanka.</p>	<p>Tuesday 19th February 2019 10:15am – 11:45am</p>	<p>Seth Ward Community Centre, Luynes Rise, Buntingford, SG9 9SG.</p>

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<p>Resilience Workshop Learn techniques to help you cope with the stresses of being a carer and to build up resilience.</p>	<p>Wednesday 20th February 2019 10:30am – 12:30pm</p>	<p>Mill End Community Centre, Church Lane, Rickmansworth, WD3 8HD.</p>
<p>Immune System Talk Learn how to adapt your lifestyle, diet and exercise to improve the health of your immune system. This talk will introduce the structure and function of the immune system, explain the importance of symptoms of infection and explore the different foods that support the immune system.</p>	<p>Tuesday 26th February 2019 10:30am – 12:30pm</p>	<p>South Hill Centre, Cemetery Hill, Hemel Hempstead, HP1 1JF.</p>
<p>Tablet Computer Course (Intermediate Level) Learn about the features of your device, including browsing the web, sending emails, apps, and protecting yourself on-line. The course will re-cap previous learning from the beginners' sessions. New learners welcome to enhance their knowledge.</p>	<p>Tuesdays 26th February, 5th, 12th, 19th and 26th March 2019 (5-week course) 10:30am – 12:30pm</p>	<p>Shephall Community Centre, Shephall Green, Hydean Way, Stevenage, SG2 9XR.</p>
<p>Your Colours Workshop Learn, through a practical demonstration, how wearing the right colours and make-up can boost your confidence. Find out how to put together a capsule wardrobe, so you can save time and money when shopping for clothes and make-up.</p>	<p>Wednesday 27th February 2019 10am – 12pm noon</p>	<p>St Paul's Church, Blandford Road, St Albans, AL1 4JP.</p>

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<p>Art for Relaxation Course This course takes place over six weeks and focuses on relaxation with different activities and media each week. Discover simple art techniques that you can use to stay calm at home. Suitable for all abilities.</p>	<p>Thursdays 28th February, 7th, 14th, 21st, 28th March and 4th April 2019 (6-week course) 11am – 12:30pm</p>	<p>Redbourn Village Hall, High Street, Redbourn, AL3 7LW.</p>
<p>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.</p>	<p>Tuesday 5th March 2019 10:15am – 12:15pm</p>	<p>Bishop's College, Churchgate, Cheshunt, EN8 9XQ.</p>
<p>Archives Tour A tour of reading rooms, basement stores and conservation studio at the Hertfordshire Archives and Local Studies building. View 12-15 documents of interest – maybe of your area!</p>	<p>Thursday 7th March 2019 2pm – 4pm</p>	<p>Hertfordshire Archives and Local Studies, County Hall, Pegs Lane, Hertford, SG13 8EJ.</p>
<p>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.</p>	<p>Tuesday 12th March 2019 10.30am – 1pm</p>	<p>Royston Town Hall, Melbourn Street, Royston, SG8 7DA.</p>
<p>Continuing Healthcare Workshop A workshop on how to apply for Continuing Healthcare - free social care arranged and funded by the NHS - for adults with long-term complex health needs.</p>	<p>Friday 15th March 2019 1pm – 3pm</p>	<p>Hemel Hempstead Library, The Forum, Marlowes, Hemel Hempstead, HP1 1DN.</p>

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Resilience Workshop Learn techniques to help you cope with the stresses of being a carer and to build up resilience.	Tuesday 26 th March 2019 1pm – 3pm	Central Library, Campus West, Welwyn Garden City, AL8 6AJ.
Coping with Loss and Change 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.	Wednesday 24 th April 2019 1pm – 3pm	Letchworth Venue TBC