

Free CDL Courses and Workshops Winter 2016

Winter Boccia (like indoor boules or petanque)	<p>Every Thursday from 10am – 12pm</p> <p>Just come along or call us for more information</p>	<p>Join the group of carers who are enjoying these fun and informal sessions inside the clubhouse during the winter. Instruction is provided. Some people attend regularly and others attend when they can!</p>	<p>Hertford and Hertford Castle Bowls Club, Wallfields, Pegs Lane, Hertford, SG13 8EG.</p>
Gadgets to assist with caring workshop	<p>Tuesday 1st November 10:30am – 12:30pm</p>	<p>Careline present an information workshop on their range of gadgets and gizmos (community alarm, sensors such as fall detectors and other telecare solutions) to give you a peace of mind whilst caring for someone.</p>	<p>Crossroads Hertfordshire South Offices, Warwick Road, Borehamwood, WD6 1GS.</p>
Rickmansworth Carer Support Hub Information and Support Event	<p>Wednesday 2nd November 10.30am – 1.30pm</p>	<p>Come along and find out:</p> <ul style="list-style-type: none"> • What help is available locally • How you can get involved by volunteering at your local hub and help shape future support for carers. • Take a break from caring, meet other carers and enjoy a free relaxation session. <p>Lunch and refreshments are provided.</p>	<p>Watersmeet, High Street, Rickmansworth, WD3 1EH.</p>
Stay safe online - Using the internet safely	<p>Wednesday 2nd November 10:30am – 12pm</p>	<p>A new pilot course for carers who have at least 3 months experience using a computer/tablet computer. Learn about:</p> <ol style="list-style-type: none"> (1) Using the internet safely (2) How to use ebay and (3) Writing your own blog. <p>Dates for sessions 2 & 3 are to be confirmed.</p>	<p>Welwyn Garden City Library, Campus West, Welwyn Garden City, AL8 6AJ.</p>
Caring with Confidence Cheshunt	<p>Wednesdays 9th November until 7th December 10am – 1pm</p>	<p>A five week knowledge and skills programme helping carers to make a positive difference to their lives</p>	<p>Wolsey Hall, Windmill Lane, Cheshunt, EN8 9AA.</p>
Legal Planning workshop	<p>Wednesday 9th November 10am – 12:30pm</p>	<p>Solicitor led workshop on Wills, Trusts and Powers of Attorney</p>	<p>Rhodes Centre, 1–3 South Road, Bishop's Stortford, CM23 3JG.</p>

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Moving and Handling Workshop Stevenage FULL – reserve list spaces only	Thursday 10th November 10am -12:30pm	Learn how to help the person you care for without injuring yourself.	Stevenage Venue TBC
Caring with Confidence Rickmansworth	Mondays 14 th November -12 th December 10am – 1pm	A five week knowledge and skills programme helping carers to make a positive difference to their lives	Café in the Park, The Aquadrome, Frogmore Lane, Rickmansworth, WD3 1NB.
Volunteer Mentor Training	Tuesdays 15 th ,22 nd and 29 th November 9:30am – 3pm	Do you have an hour a week to spare as a volunteer to provide a listening ear and non-judgemental approach to supporting other carers? If you are interested we are running some training. You will be provided with ongoing training and support from Carers in Hertfordshire. You would be matched with a carer looking for support and will meet them in a café. We use a goal setting approach and the relationships last about six months.	Crossroads Hertfordshire South Offices, Warwick Road, Borehamwood, WD6 1GS.
Stevenage Library Tablet Taster Session	Wednesday 16 th November 10am – 12pm	Get to know a tablet computer – small group training for beginners on tablets. Tablet computers are provided.	Stevenage Central Library
Everyday First Aid Workshop <i>- training for those who are caring for older people in the Watford area</i>	Monday 28 th November 10am – 12pm noon	The aim is to pass on a few simple life saving skills in a way that is easy to remember and helps to build confidence. This training session is particularly relevant for carers of older people, whose cared for are more likely to experience trips and falls, include helping those with: broken bones, strains and sprains, head injuries, bleeding and dealing with unresponsiveness.	Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.
Researching family history	Monday 5th December 10am -12pm noon	A workshop for complete beginners in researching family history. The Herts Archive and Local Studies Library (HALS) and computer suite will be available to use. Instruction provided.	HALS County Hall, Pegs Lane, Hertford, SG13 8EJ.

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Volunteer Ambassador Training	Register your interest for January 2017 10am – 2pm Dates TBC	Register your interest in training to be a Volunteer Ambassador for Carers in Hertfordshire. This role looks at how you can identify carers in your local community and persuade them to get information and support from Carers in Hertfordshire. Contact Alex Daar to discuss.	Borehamwood
Practical Caring Course – Pilot of 3 sessions	Register your interest for Mondays 10am -12pm. Dates TBC January 2017	<ol style="list-style-type: none"> 1) Wash and Dress someone with limited mobility 2) Moving and Handling 3) Hand Massage, Relaxation and Sleep <p>These will be standalone sessions - you can choose which ones you want to come along to.</p>	Garden House Hospice, Gillison Close, Letchworth, SG6 1QU.
	Register your interest for Borehamwood Pilot Dates TBC		Or Borehamwood
Lifting the lid on tablet computers course	Register your interest January/February 2017	Introductory course over six weeks on tablet computers, email, internet and basic functions.	Hemel Hempstead

To book a place or register an interest in any of our courses contact learning@carersinherts.org.uk call 01992 58 69 69 or visit the Events Section of our website <http://www.carersinherts.org.uk/events>

We can help with transport and alternative care for most of the above events – please talk to us