

Free Carers Courses and Workshops Autumn 2017

<p>Carers on the Green Bowling until September then Indoor Boccia throughout the Autumn and Winter.</p>	<p>Every Thursday from 10:00 – 12:00</p> <p>Just come along or call us for information. Some attend regularly and others when they can!</p>	<p>Join the group of carers who are enjoying these fun and informal sessions on the green in the summer months. Instruction provided.</p>	<p>Hertford Castle Bowls Club, Pegs Lane, Wallfields, Hertford, SG13 8EQ.</p>
<p>Introduction to Resilience Workshop</p>	<p>Tuesday 15th August 18:30 – 20:30</p>	<p>How do you build up strength to cope with the stresses of caring?</p>	<p>Ware Priory, High Street, Ware, SG12 9AL.</p>
<p>Moving and Handling Workshop (Hertford)</p>	<p>Wednesday 6th September 10:00 – 12:30 Hertford</p>	<p>Learn how to help the person you care for without injuring yourself.</p>	<p>Sele Farm Community Centre, Perrett Gardens, Hertford, SG14 2LW.</p>
<p>Assertiveness and stress reduction (Bishop's Stortford)</p>	<p>Tuesday 12th September 10:30 – 12:30</p>	<p>This introductory workshop looks at ways of being assertive and reducing stress. Being assertive helps you communicate without causing stress to yourself and others – a skill that you can learn and put into practice.</p>	<p>Bishop's Stortford Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LJ.</p>
<p>Creatively Mindful Course A relaxing session for all those who enjoy simple arty, creative fun with added advice on mindfulness.</p>	<p>Thursdays September 14th - October 19th 10:00 – 11:30</p>	<p>Learn about your brain, how to breathe and take some time out to relax. Suitable for all artistic abilities, it's all about using creativity to keep calm and socialise.</p>	<p>Trinity United Reformed Church, Beaconsfield Road, St Albans, AL1 3RD.</p>
<p>Everyday First Aid</p>	<p>Monday 18th September 10:00 – 12:00</p>	<p>Learn first aid techniques for what to do in an emergency.</p>	<p>Knebworth Village Hall, Howard Court, Park Lane, Knebworth, SG3 6PF.</p>
<p>Practical Care Course Hospice of St Francis – you <i>must attend both of these sessions</i></p>	<p>Wednesday 20th September 13:00 – 15:00</p>	<p>Assisting with practical care needs</p>	<p>Hospice of St Francis, Spring Garden Lane, Berkhamsted, HP4 3GW.</p>
	<p>Wednesday 4th October 13:00 – 15:00</p>	<p>Back awareness in your caring role</p>	

Free Carers Courses and Workshops Autumn 2017

Caring with Confidence All sessions run from 10:00 – 13:00	Mondays 25 th September and 2 nd , 9 th , 16 th and 23 rd October	A five week knowledge and skills programme helping carers to make a positive difference to their lives.	Hospice of St Francis, Spring Garden Lane, Berkhamsted, HP4 3GW.
	Thursdays 21 st & 28 th September and 5 th , 19 th and 27 th October	A five week knowledge and skills programme specifically for those caring for someone with an acquired brain injury .	Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.
Yoga taster A gentle beginner class focusing on breath, movement, meditation and mindfulness.	Monday 25 th September 13:30 – 14:30	Take some time for yourself to release tension and enjoy being lead through a series of relaxing techniques that you can take into your everyday life	Hertford Venue TBC
Yoga taster A gentle beginner class focusing on breath, movement, meditation and mindfulness.	Tuesday 3 rd October 11:30 – 13:00	Take some time for yourself to release tension and enjoy being lead through a series of relaxing techniques that you can take into your everyday life	Hampson Park Community Centre, Webb Rise, Stevenage, SG1 5QU.
Practical Care Course These are standalone sessions – choose which ones you want to come along to	Wednesday 4 th October 10:00 -12:00	Moving & Handling	Crossroads Office, Warwick Road, Borehamwood, WD6 1GS.
	Wednesday 11 th October 10:00 – 12:00	Wash & Dress someone with limited mobility	
Everyday First Aid	Tuesday 10 th October 10:00 – 12:00	Learn first aid techniques for what to do in an emergency	Wyllyotts Centre, Darkes Lane, Potters Bar, EN6 2AA.
Care towards the End of Life	Wednesdays 18 th October – 22 nd November 11:00 – 13:00	Community nursing, funeral planning, benefits advice, legal planning, pain management and looking after your own wellbeing whilst caring for someone with a life-limiting illness	Hospice of St Francis, Berkhamsted.
Moving and Handling Workshop	Monday 6 th November 10:00 – 12:30	Learn how to help the person you carefor without injuring yourself	Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.

Free Carers Courses and Workshops Autumn 2017

Preparing for Care at the End of Life	Mondays 6 th November – 11 th December 14:00 – 15:30	Advance care planning, district nursing, benefits, funerals and legal planning discussed in a safe and supportive environment	Garden House Hospice, Gillison Close, Letchworth, SG6 1QU.
Everyday First Aid	14 th November Bishops Stortford 10:00- 12:00	Learn first aid techniques for what to do in an emergency	Bishops Stortford Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LJ.
Stop the pressure workshop	Friday 17 th November REGISTER YOUR INTEREST Time and venue TBC	A new workshop aimed at those caring for a family member with pressure sores	Central Herts Venue TBC
Mosaics with stained glass	October REGISTER YOUR INTEREST Dates and times TBC	Learn to make a mosaic of your own from stained glass over 5 weeks	Potters Bar Venue TBC
Creative Writing Online Would you like to learn creative writing skills and publish your own blog?.	5 sessions REGISTER YOUR INTEREST Dates and times TBC	This is a new course for carers who are competent in using a computer. Includes creative writing, stay safe online and blog writing sessions	Central Hertfordshire Venue TBC