

UPCOMING COURSES – Hertfordshire

Caring with Confidence	Tuesdays 1 st May -29 th May 10.00 to 1.00pm	Covering all aspects of caring. Caring & Life, communicating, coping, resources, and Day to Day	96 Shenley Road Borehamwood, WD6 1EB Hospice of St Francis, Berkhamsted, HP4 3GW
	Mondays 1st October – 29th October 10.00 – 1.00pm		
Mindfulness	Thursdays 3 rd May – 14 th June 6.45pm – 8.30pm	Mindfulness Compassion at its core. Ideal for beginners. Introduces you to the experience of Mindfulness + meditation.	Oaklands College Campus, Welwyn Garden City, AL8 6AH
Manual Handling Training	Tuesday May 22 nd 10.00pm – 3.00pm	How to look after your back whilst helping someone else with limited mobility	Herts HomeCare 123 Lawn Lane, Hemel Hempstead, HP3 9HS
Practical Caring and Living	Mondays 11 th June to 9 th July 1.30pm – 3.30pm	Legal planning, practical care, relaxation, future planning all rolled into one course!	Garden House Hospice, Letchworth, SG6 1QU
Introduction to Resilience	Tuesday 19 th June 1.00pm – 3.00pm	An introduction to tools that may help you to become more resilient and able to cope with your caring role.	Letchworth Centre for Health Living, Rosehill, Hitchin Road, SG6 3NA
	Monday 18 th June 1.00pm – 3.00pm		Bishop's Stortford Baptist Church, Twyford Road, CM23 3LJ
IT beginners course on Tablets	Monday 18 th June – Monday 16 th July 10.30am – 12.30pm	An introduction to using a tablet computer or a laptop effectively.	Bedwell Community Centre, Stevenage, SG1 1NA
First Aid	Tuesday 10 th July 10.00am – 12.00pm	Key skills taught for everyday first aid	Buntingford Venue tbc
First Aid	Thursday 5 th July 10.00am – 12.00pm	Keys skills taught for everyday first aid	Rickmansworth Venue tbc
Assertiveness and Stress reduction workshop	Tuesday 26 th June 10.00am to 12.30pm	Learn how to ensure that your opinion is heard and feel less stress as a carer.	Knebworth Village Hall, Park Lane, SG3 6PD
Carers on the Green throughout the summer	Every Thursday from 10:00am – 12:00pm Just come along or call us for information -Some attend regularly and others when they can!	Join the group of carers who are enjoying these fun and informal sessions Instruction provided.	Hertford Castle Bowls Club, Pegs Lane, Wallfields, Hertford, SG13 8EQ.
Practical Caring Course	Wednesdays 4 th and 18 th July 1.00pm – 3.30pm	Washing, Dressing, Moving and Handling – get tips and hints to do these efficiently and safely.	Hospice of St Francis, Berkhamsted, HP4 3GW

Sleep Workshop	Thursday 13 th July 10.30am – 12.30pm	How best to ensure an effective night's sleep? A fascinating workshop around the power of sleep	Batford Memorial Hall, 16 Tallents Cres, Harpenden, AL5 5BS
Preparing for Care at the End of Life	Wednesdays 5 th September to 10 th October 9.30am – 11.30am	For people who are or will be coping with caring for somebody towards the end of their life. In this situation it is never too early to receive practical advice and support.	Hospice of St Francis, Berkhamsted, HP4 3GW