

Carers in Hertfordshire

UPCOMING COURSES FROM OCTOBER ONWARDS

Caring with Confidence	1 st , 8 th , 15 th , 22 nd , 29 th October 5 week course 10am – 1pm	Would you like some practical and emotional support with your caring role? Improve your wellbeing and outlook to caring. Session titles: • Caring & Life, • Communicating, • Coping, • Resources and • Day to Day Caring	Hospice of St Francis, Spring Garden Lane, Berkhamsted, HP4 3GW
Legal Planning	1 st October 10.30am – 12.30pm	Would you like to know about some of these? Wills, Trusts, Probate, Power of Attorney. A Solicitor will explain the legalities of these topics and answer questions.	Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LJ
Legal Planning	9 th October 10.30am – 12.30pm	Would you like to know about some of these? Wills, Trusts, Probate, Power of Attorney. A Solicitor will explain the legalities of these topics and answer questions.	Birchwood Leisure Centre, Longmead Road, Hatfield, AL10 0AN
Legal Planning	26 th October 10.30am – 12.30pm	Has the person you looked after lost capacity? Learn about Deputyship and Court Protection.	Baldock Community Centre, Simpson Drive, Baldock, SG7 6DH
Caring with Confidence	30 th October, November 6 th , 13 th , 20 th & 27 th 5 week course 10am – 1pm	Would you like some practical and emotional support with your caring role? Each week you will learn the following; Caring & Life, Communicating, Caring & Coping, Resources, and Day to Day Caring.	Rhodes Art Complex, 1-3 South Road, Bishop's Stortford, CM23 3JG

A Talk on Sleep	30 th October 10.30am – 12.30pm	57% of Carers in Hertfordshire said it was hard to get a good night's sleep! Learn natural methods of promoting sleep, manage habits that effect sleep. Learn about variations in sleep. Types of insomnia and healthy sleep patterns.	Stanborough Centre, 609 St. Albans Road, Watford, WD25 9JL
Resilience	4 th December 1 – 3pm	An introduction to tools that may help you to become more resilient and able to cope with your caring role.	Cedars Park Café, The Meeting Room, Theobalds Lane, Waltham Cross, EN8 8RU
Everyday First Aid	6 th December 10.30am – 12.30pm	Learn 5-7 key skills for Everyday First Aid. Gain confidence with an interactive workshop.	St. Joseph's, 23 St. Johns Street, Herford, SG14 1RX
Health & Wellbeing Talk	14 th December 1 – 3pm	What makes for a healthy lifestyle? Sleep, Nutrition, mental, emotional, genetic, familial tendencies, environmental, social and spiritual aspects of health.	Elm Court Community Centre, 363 Mutton Lane, Potters Bar, EN6 3BP
Writing for the Wellbeing	15 th January , 22 nd , 29 th , 5 th & 12 th February 5 week course 10am – 12pm	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	The Old Monastery, Windhill, Bishop's Stortford, CM23 2ND
Caring with Confidence	30 th January, 6 th , 13 th , 20 th & 27 th February 5 week course 10am – 1pm	Would you like some practical and emotional support with your caring role? Each week you will learn the following; Caring & Life, Communicating, Caring & Coping, Resources, and Day to Day Caring.	Venue TBA Stevenage

Your Colours	30 th January 10.30am – 12.30pm	Would you like to know Which colour tones are right for you? Be confident with make-up. Find out how to dress for your body shape. Gain confidence from a professional stylist.	The Baptist Church, Twyford Road, Bishop's Stortford, CM23 3LT
Mindfulness	18 th , 25 th January, 1 st , 8 th & 15 th February 5 week course 10am – 12pm	Gain a perspective on your thoughts, anxiety or stress levels in everyday life. Learn strategies to cope with stresses and strains, recognising your own patterns of thinking & behaving. Learn gratitude for the skills and abilities you have.	Hemel Hempstead Venue TBC
Everyday First Aid	23 rd January Time TBC	Learn 5-7 key skills for Everyday First Aid. Gain confidence with an interactive workshop.	Watford Venue TBC
Resilience	7 th February 10.30am – 12.30pm	An introduction to tools that may help you to become more resilient and able to cope with your caring role.	Allum Manor, 2 Alum Lane, Elstree, WD6 3PJ
Everyday First Aid	13 th February Time TBC	Learn 5-7 key skills for Everyday First Aid. Gain confidence with an interactive workshop.	Hitchin Venue TBC
Immune System Talk	26 th February Time TBC	Content TBC	Hemel Hempstead Venue TBC
Tablet Intermediate Course	26 th February, 5 th , 12 th , 19 th & 26 th March 10.30am – 12.30pm	Follow on course from the Beginners Tablet Course.	Shephall Community Centre, Shephall Green, Hydean Way, Stevenage, SG2 9XR