

Carers in Hertfordshire Workshops from September 2020 onwards



We are now able to offer free online workshops to all registered carers. All events will be run on Zoom unless otherwise stated.

Availability is limited so 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
<p>Health and Wellbeing Workshop – Online and Phone. What makes for a healthy lifestyle? Health expert Brian Isbell will lead a discussion about sleep, nutrition, mental and emotional issues, genetics, familial tendencies, environment, social and spiritual aspects of health.</p>	<p>Wednesday 2nd September 2020 12.30pm – 2.30pm.</p>
<p>Nutrition Workshop – Online Join Hertfordshire Independent Living Service to learn how you can help the person you care for have a nutritious diet. This workshop will cover good nutrition for anyone, but particularly those aged 65+. Discover what malnutrition is and how to spot the warning signs using the nutrition checklist tool. We will also discuss how to fortify foods and make homemade supplements.</p>	<p>Tuesday 8th September 2020 12.30 – 1.30pm.</p>
<p>History Talk (History Society): The Lady Under the Carpet – Online, Lady Margaret Denny is buried in St Michael’s Church, Bishop’s Stortford. She was one of Queen Elizabeth I’s maids of honour and in her life, 1560-1648, saw many of the most dramatic events of this near-century.</p>	<p>Tuesday 15th September 2020 11am – 12pm noon.</p>

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<p>Care Towards the End of Life Course – Online A course, run with The Hospice of St Francis, for people who are coping with caring for somebody towards the end of their life. In this situation it is never too early to receive practical and emotional support. The course will cover introductions and difficult conversations, benefits and finance, community nursing, legal matters, funeral planning, and wellbeing and caring for carers.</p> <p>This course is for carers in the hospice’s catchment area – St Albans and Dacorum. If you live elsewhere, please get in touch to register your interest as the course may be opened up to other areas depending on uptake.</p>	<p>Wednesdays 16th, 23rd, 30th September, 7th, 14th and 21st October 2020.</p> <p>(6-week course)</p> <p>9.45am – 11am.</p>
<p>Chair Yoga – Online For all abilities. Standalone session. Book each session as wanted. Back by popular demand.</p>	<p>Wednesday 16th September 2020 10am – 10.45am</p> <p>Wednesday 23rd September 2020 10am – 10.45am</p> <p>Wednesday 30th September 2020 10am – 10.45am</p>
<p>Mindfulness Introduction Evening – Online The benefits of mindfulness. How to fit it into everyday life. Practise sessions of a mindfulness meditation. In these uncertain times it is easy to allow our minds to worry, become too imaginative, and feel stressed.</p>	<p>Thursday 17th September 2020 7pm – 7.45pm</p>
<p>Falls Prevention Workshop – Online Identify common causes of falls and develop self-management strategies to cope with them. A bespoke workshop for carers from Hertfordshire Care Providers Association.</p>	<p>Friday 18th September 2020 10.30am – 11.45am.</p>

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<p>Family History Introduction Workshop – Online Curious about your family history? Have you always wanted to find out more, but are not sure where to start? This session on getting started with family history will give you the essential information you need about starting the journey into your family. Please note, this session only covers English records and archives.</p>	<p>Tuesday 22nd September 2020 11am – 12pm noon</p> <p>or</p> <p>Thursday 5th November 2020 1pm – 2pm.</p>
<p>How to Get the Most Out of Your Smartphone Workshop – Online An informal introduction to some of the many ways smartphones can help us in our daily lives. We will also cover finding, downloading, and deleting apps, as well as how to change your phone’s settings.</p>	<p>Tuesday 29th September 2020 10.30am – 11.30am.</p>
<p>Dealing with Stress Workshop – Online and Phone Caring for someone can cause a great deal of stress, no matter what else is going on in our lives. This workshop will give you the opportunity to identify your own symptoms of stress and discover different techniques for managing it.</p>	<p>Wednesday 7th October 2020 2pm – 3.15pm.</p>
<p>Eat Well for Less Course – Online Build your confidence in the kitchen with this fun and informative 5-week course. Each week join Sarah Scotland on Zoom as she demonstrates how to cook quick, easy, and nutritious meals from affordable ingredients. As part of the course, you’ll receive copies of all the recipes and access to an online learning environment where you can find further information on a wealth of nutritional issues. All abilities welcome!</p>	<p>Wednesday 4th, 11th, 18th, 25th November and 2nd December 2020 (5-week course) 11am – 12pm noon.</p>

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<p>Family History Surgery – Phone A one-hour slot to discuss family history with an expert from Hertfordshire Archives and Local Studies. Examples of questions they can help with:</p> <ul style="list-style-type: none"> • I can't find my grandmother's birth certificate. He was born somewhere in London during the 1920s • I've traced my family back to the 1830s using certificates, but I'm not sure how to search church records • Why can't I find my great grandfather on the census in 1911? • Who did my grandfather serve with during the First World War? 	<p>Click on the link below and fill out the online form. A time will be arranged to call you on the phone.</p> <p>https://archives.hertfordshire.gov.uk/product-category/family-history-surgeries/</p> <p>Please reference Carers in Hertfordshire</p>
<p>Carers Allotment Plot – Hertford. A dedicated hardstanding area for your own trough to grow things that you want. Low maintenance and low commitment. Enjoy a tranquil area and meet fellow growers any time you like. Water, tools, polytunnel and benches to sit and ponder are available. Toilet on site (you can check whether it is open on the North Road Allotment Hertford website www.northroadallotments.com). This is a non-profit gardening group.</p>	<p>North Road Allotments, North Road, Hertford, SG14 2BZ.</p> <p>The group charges £5 per trough which comes with compost.</p> <p>Contact Trish Henderson on 07903 007949 or visit www.northroadallotments.com.</p>
<p>Hertfordshire Adult Family Learning Service (HAFLS) Online learning courses. Various topics including quilting, grow your mind, digital skills for work, and much more.</p> <p>Charges may apply. Please enquire before making a booking.</p>	<p>Please call HAFLS or email for further information: Ref Carers in Herts</p> <p>01992 556194</p> <p>Email hafsls@hertfordshire.gov.uk</p> <p>www.hertfordshire.gov.uk</p>

Course or Workshop	Details
<p>Footgolf Would you like to get out and enjoy a game of Footgolf? Kick a football into the hole, keeping to par if you can! Carers have in the past enjoyed this activity.</p> <p>Social distance rules will apply according to current Government advice for the time of playing. We will be looking at two areas to play: Panshanger and East Herts (Bishop's Stortford area). No dates set yet, but if you like the idea you can contact us, we'll register your interest and then we can set a date up. Looking forward to hearing from you.</p>	<p>Call 01992 586969</p> <p>Email learning@carersinherts.org.uk</p>