


## Carers in Hertfordshire Workshops from November 2020 onwards



We are now offering 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](mailto: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	Details
<p><b>Eat Well for Less Course</b> 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! This course is funded by Hertfordshire Community Foundation.</p>	<p>Wednesday 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> November and 2<sup>nd</sup> December 2020 (5-week course) 11am – 12pm noon</p> 
<p><b>Birdwatching for All</b> View the winter waterfowl visitors of the flooded areas of the King's Meads with a guide to assist with identifying the fowl. Bring your own binoculars if possible, but some will be available to borrow. This event is run with Herts and Middlesex Wildlife Trust.</p> <p>Good mobility required to walk some rough ground and climb stiles. Wear weather-appropriate clothing and footwear.</p> <p>Group size: 6 max, including guide. Social distancing guidelines apply. Booking essential.</p>	<p>Friday 13<sup>th</sup> November 2020 11am – 12pm or 2pm – 3pm</p> <p>Meet outside the King's Mead Pub, Hertford Road, Ware, SG11 9LE.</p>

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<p><b>Immune System Workshop</b> As we head into winter, learn how to adapt your lifestyle, diet and exercise to improve the health of your immune system. This talk by Brian Isbell will introduce the structure and function of the immune system and explain the importance of symptoms of infection.</p>	<p>Friday 13<sup>th</sup> November 2020 12.30pm – 2pm</p>
<p><b>Adult Barre Ballet Sessions</b> Gain strength, flexibility and posture alignment for all ages. Use a chair or surface to hold onto. Not high intensity, but a full workout. Varied options for ability, including seated, for beginners to advance. Book for each session.</p>	<p>Thursdays 19<sup>th</sup>, 26<sup>th</sup> November and 6<sup>th</sup> December 2020 10.30am – 11.30am</p>
<p><b>Art Workshop in the Style of Cézanne</b> Learn to draw an apple in the style of post-Impressionist artist Paul Cézanne. Join tutor Natasha Rehman for this friendly, informal art class – suitable for all.</p> <p>You will need:</p> <ul style="list-style-type: none"> <li>• several sheets of paper</li> <li>• pencil</li> <li>• rubber</li> </ul>	<p>Tuesday 24<sup>th</sup> November 2020 10am – 11am</p> <p>or</p> <p>Thursday 26<sup>th</sup> November 2020 6.30pm – 7.30pm</p>
<p><b>Legal Planning Workshop</b> Are your legal documents up to date? Prepare for the future by learning about wills and powers of attorney. Gemma Young from Setfords Solicitors will be leading this workshop and taking your questions.</p>	<p>Wednesday 2<sup>nd</sup> December 2020 12.30pm – 2pm</p>
<p><b>Everyday First Aid Workshop</b> Learn how to help someone in an emergency and to give basic first aid. In this interactive workshop you will learn 5-7 key skills, such as care for burns and cuts, and CPR. This event is run with the British Red Cross.</p>	<p>Tuesday 8<sup>th</sup> December 2020 1pm – 2.30pm</p>


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<p><b>History Talk: Malt Houses Across Hertfordshire</b> Join our online history talk with Helen Gibson on malt houses in Hertfordshire. Until the 1980s the making of malt was the most important source of economic activity in Herts and was the reason for the navigation of the Lee and Stort rivers and the railway which followed their courses from the 1840s. Helen delivers her talks in an engaging and amusing way.</p>	<p>Wednesday 9<sup>th</sup> December 2020 11am – 12pm</p>
<p><b>Festive Baking Workshop</b> Have some seasonal fun with Sarah Scotland and learn how to make delicious festive biscuits. All abilities welcome! This workshop is funded by Hertfordshire Community Foundation.</p>	<p>Wednesday 16<sup>th</sup> December 2020 11am – 12pm</p> 
<p><b>Skiing Lessons</b> Free skiing lessons for individual adult carers or young carers and their families. Contact us now for more information and to complete a brief application form.</p>	<p>Choose a time to suit you.</p> <p>The Snow Centre, St Albans Hill, Hemel Hempstead, HP3 9NH.</p>
<p><b>Family History Surgery</b> 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"> <li>• I can't find my grandmother's birth certificate. She was born somewhere in London during the 1920s</li> <li>• I've traced my family back to the 1830s using certificates, but I'm not sure how to search church records</li> <li>• Why can't I find my great grandfather on the census in 1911?</li> <li>• Who did my grandfather serve with during the First World War?</li> </ul>	<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><a href="https://archives.hertfordshire.gov.uk/product-category/family-history-surgeries/">https://archives.hertfordshire.gov.uk/product-category/family-history-surgeries/</a></p> <p>Please reference Carers in Hertfordshire</p>

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<p><b>Carers Allotment Plot</b>  A dedicated hardstanding area for your own trough to grow things that you want. Low maintenance, 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. 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 <a href="http://www.northroadallotments.com">www.northroadallotments.com</a>.</p>
<p><b>Hertfordshire Adult Family Learning Service (HAFLS)</b>  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 <a href="mailto:hafis@hertfordshire.gov.uk">hafis@hertfordshire.gov.uk</a></p> <p><a href="http://www.hertfordshire.gov.uk/microsites/adult-learning">www.hertfordshire.gov.uk/microsites/adult-learning</a></p>

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