

Carers in Hertfordshire



Courses and Workshops from August 2021 onwards



We offer free courses and workshops to all registered carers. All events will be run on Zoom unless otherwise stated.

Click on the dates and times below for more information and to book a place, or visit www.carersinherts.org.uk/events. You can also book by calling 01992 58 69 69 or emailing learning@carersinherts.org.uk.

If you want to attend a course that runs over several weeks, please make sure you can 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
Creating Your Own Bird Feeder All you will need is cardboard (thin card like an old cereal box), smooth peanut butter and birdseed, different size cookie cutters if you have them, pencil, scissors, ruler and some wool or string to hang up your bird feeder. Suitable for children and adults. However, children will need the help of an adult (we will be baking our bird feeders in the oven).	Wednesday 28th July 2021 2pm – 3pm 
Making Your Own Mosquito Repellent Candle Holder Fed up with insects biting you? Make your own mosquito repellent holder for a floating candle. You will need 2 glass jars, a lemon and a lime, a sprig of rosemary or lavender if you have it, an essential oil (lavender, peppermint, lime, eucalyptus, lemon all work well), a knife and a suitable surface to cut the lemon and lime, water to put in your jars, and finally a small tea light candle! Suitable for teens and adults.	Wednesday 4th August 2021 10.30am – 11.30am 

1 of 5

Carers in Hertfordshire Course and Workshop List

To book call us on 01992 58 69 69 or email learning@carersinherts.org.uk

To keep updated about our courses and workshops visit

www.carersinherts.org.uk/events

Course or Workshop

Details

Discovering Astronomy

Learn about what it means to be astronomer and explore our Universe from giant galaxies to potential alien life! Find out fascinating facts about space in this online talk from the University of Hertfordshire.

[Tuesday 10th August 2021](#)
[7pm – 8pm](#)



Getting Ready to Care at the End of Life

Find out what you can do to prepare as the person you're caring for reaches the end of life. In a small group and supportive environment, you'll learn practical tips on personal care and mobility, legal and financial matters, and how to look after yourself as well as others. Delivered in partnership with Rennie Grove Hospice for carers in Bucks, Dacorum and St Albans.

[Wednesdays 8th, 15th, 22nd, 29th](#)
[September and 6th October](#)
[2021](#)
[10am – 12pm noon](#)



Moving and Handling Workshop – HEMEL HEMPSTEAD

Learn safer moving and handling techniques to help you look after your own back while caring for someone. Check out the range of equipment available to support you and the person you care for. This workshop is delivered by Herts HomeCare.

Herts HomeCare, Hemel Hempstead

[Friday 10th September 2021](#)
[10am – 2pm](#)




2 of 5

Carers in Hertfordshire Course and Workshop List

To book call us on 01992 58 69 69 or email learning@carersinherts.org.uk

To keep updated about our courses and workshops visit

www.carersinherts.org.uk/events

Course or Workshop	Details
<p>Assertiveness Workshop</p> <p>Learn techniques to help you practise assertiveness in both personal and professional situations. Start communicating with confidence, stating your wishes clearly and standing up for yourself while still respecting others. We will also be taking a closer look at how to be assertive online and over the phone.</p>	<p>Friday 17th September 2021 10.30am – 12pm noon</p> 
<p>Pottery Painting Workshop – HATFIELD</p> <p>Paint your own decorative plaque or figurine. Draw your design directly onto the piece or use the stencils, sponges and stamps provided. Start painting, then leave to be glazed and fired. Your creation will be ready for collection within a week.</p>	<p>Pots of Art, Hatfield</p> <p>Tuesday 21st September 2021 10.30am – 12.30pm</p> 
<p>Resilience Workshop</p> <p>Learn techniques to help you manage the everyday stresses of being a carer and build up your personal resilience. We will discuss how to cope practically and emotionally, build support networks and deal with changing relationships.</p>	<p>Thursday 30th September 2021 7pm – 8.30pm</p> 
<p>Self-Compassion for Carers</p> <p>Self-compassion when you are experiencing a difficult time can increase feelings of wellbeing, acceptance and happiness. This course will explore how you can use self-kindness rather than self-judgement; common humanity rather than isolation; and mindfulness rather than over-identification. In a non-judgemental and supportive environment, discover techniques that can help you become more compassionate to yourself. Delivered in partnership with the Herts Mind Network.</p>	<p>Mondays 4th, 11th, 18th October, 1st and 15th November 2021 (5-week course) 10am – 12pm noon</p> 

3 of 5

Carers in Hertfordshire Course and Workshop List

To book call us on 01992 58 69 69 or email learning@carersinherts.org.uk

To keep updated about our courses and workshops visit

www.carersinherts.org.uk/events

Course or Workshop	Details
--------------------	---------

Tai Chi

Try out tai chi in this session led by Michele Bamberg. Tai chi is a gentle, low impact exercise which uses flowing movements and deep breathing. It is suitable for all.

[Wednesday 13th October 2021](#)
[7pm – 7.40pm](#)



Stress Busting: Quick Techniques to Empower Carers

Improve your mental fitness in this session from 360 from the Core – a group of carers, life coaches, educators and therapists. During this session, you'll learn some 10-second exercises you can use anywhere at any time to tame your racing mind and instantly calm yourself. Take a break from caring to connect with yourself and learn new coping strategies, which can also be adapted for use by children.

[Wednesday 20th October 2021](#)
[2.30pm – 3.30pm](#)



External Opportunities (charges may apply)	Details
---	---------

Hertfordshire Adult Family Learning Service (HAFLS)

English and Maths qualifications starting in September 2021 in Stevenage, Waltham Cross, Borehamwood and online.

Please call HAFLS or email for further information: Ref Carers in Herts

Call 01992 556194 or visit <https://www.hertfordshire.gov.uk/microsites/adult-learning/campaigns/english-and-maths.aspx>

External Opportunities (charges may apply)

Details

Dealing with Depression

This webinar from Hertfordshire Partnership University NHS Foundation Trust (HPFT) looks at the origins and experience of depression. It looks at tools and techniques to help you understand your own feelings and make positive changes.

Dates in August and September

For more info and to book visit:
<https://www.hpft-iapt.nhs.uk/resources-and-self-help/webinars/dealing-depression>

Wellbeing in Pregnancy and Early Parenthood Webinar

This webinar from HPFT is for imminent and new parents struggling with the pressures of their changing role. It offers an insight into the common triggers and symptoms of postnatal stress and provides guidance on cognitive and behavioural techniques which you can learn and use yourself to tackle these symptoms.

Dates in September

For more info and to book visit:
<https://www.hpft-iapt.nhs.uk/resources-and-self-help/webinars/wellbeing-pregnancy-and-early-parenthood>

5 of 5

Carers in Hertfordshire Course and Workshop List

To book call us on 01992 58 69 69 or email learning@carersinherts.org.uk

To keep updated about our courses and workshops visit

www.carersinherts.org.uk/events