

Carers in Hertfordshire Courses and Workshops from August 2019 onwards



If you are interested in any of the courses or workshops below, please phone 01992 58 69 69 or send an email to learning@carersinherts.org.uk to book a place.

You can also book online at www.carersinherts.org.uk/events

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.

Broxbourne and East Herts

Course or Workshop	When	Where
Resilience Workshop Learn techniques to help you cope with the stresses of being a carer and to build up resilience.	Tuesday 20 th August 2019 1pm – 3:30pm	Mill Bridge Rooms, The Seed Warehouse, The Wash, Hertford , SG14 1PX.
Mindfulness Course This 8-week course aims to equip you with a range of strategies to help reduce stress in daily life. Gain a positive attitude. Be taught how to make life enhancing changes.	Mondays 16 th , 23 rd , 30 th September, 7 th , 14 th , 21 st , 28 th October and 4 th November 2019. Follow-up session: Monday 2 nd December 2019 (8-week course) 10am – 12pm	Charis Centre, Water Lane, Bishop's Stortford , CM23 2JZ.
Healthy Living Made Easy A combination of mindfulness, gentle light exercise and craft.	Tuesdays 17 th and 24 th September, 1 st , 8 th , and 15 th October (5 week course) 1pm – 3pm	Ware Priory, High Street, Ware , SG12 9AL.
Creative Writing Course Learn a new skill. On this course you will be taught 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.	Thursdays 19 th and 26 th September, 3 rd 10 th and 17 th October (5-week course) 1pm – 3pm	Seth Community Centre, Luyne's Rise, Buntingford , SG9 9SG.

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Dacorum, Three Rivers and Watford

Course or Workshop	When	Where
<p>Everyday First Aid 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.</p>	<p>Wednesday 7th August 2019 10:30am – 12:30pm</p>	<p>Northchurch Social Centre, Bell Lane, Northchurch, HP4 3TS.</p>
<p>FootGolf Enjoy some fresh air and exercise with a round of FootGolf, where you play golf with a football. Kick the ball into the specially designed holes, avoiding the hazards along the course. FootGolf is a fun way to relax and suitable for complete beginners.</p>	<p>Friday 9th August 2019 11am – 12:30pm</p>	<p>Little Hay Golf Complex, Box Lane, Bovingdon, HP3 0DT.</p>
<p>Stress and Worry Workshop This workshop, delivered by Mind, will suggest ways you can support your wellbeing and reduce your levels of stress and worry. It will provide you with tools that may help you manage or prevent mental health problems.</p>	<p>Friday 6th September 2019 11am – 12am</p>	<p>Harebreaks Community Hub, 81 The Harebreaks, Watford, WD24 6NJ.</p>
<p>Beginners' Skiing Course Carers can learn how to ski on a real snow slope. The course is run over six sessions and there is a high ratio of instructors to learners, meaning you can progress at your own pace. All equipment is provided. We also have funding for individual sessions - contact us for more details or to apply.</p>	<p>Wednesdays 11th, 18th, 25th September, 2nd, 9th and 16th October 2019 (6-week course) 10am – 12pm</p>	<p>The Snow Centre, St Albans Hill, Hemel Hempstead, HP3 9NH.</p>

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<p>Care Towards the End of Life Course A six week course for people who are coping with caring for somebody towards the end of their life. Topics covered include finance, legal matters, and advance care planning.</p>	<p>Wednesdays 18th, 25th September, 2nd, 9th, 16th and 23rd October 2019 (6-week course) 9:45am – 11:45am</p>	<p>The Hospice of St Francis, Spring Garden Lane, Berkhamsted, HP4 3GW.</p>
<p>Resilience Workshop Learn techniques to help you manage the everyday stresses of being a carer and build up resilience. We will discuss how to cope practically and emotionally, build support networks and deal with relationship changes.</p>	<p>Wednesday 30th October 2019 1pm – 3pm</p>	<p>Northchurch Social Centre, Bell Lane, Northchurch, HP4 3TS.</p>

Hertsmere, St Albans and Welwyn/Hatfield

Course or Workshop	When	Where
<p>Falls Intervention Workshop What should you do if you or the person you care for has a fall? Learn what you can do for yourself and when you need to call for help.</p>	<p>Tuesday 13th August 2019 10am – 1pm</p>	<p>Hertfordshire Care Providers Association, Mundells, Welwyn Garden City, AL7 1FT.</p>
<p>Falls Prevention Workshop Learn about different causes of falls and how to avoid them. This session will also cover what to do if you or the person you care has a fall.</p>	<p>Wednesday 14th August 2019 7:30pm – 9pm</p>	<p>Tesco Extra (Community Room), Mount Pleasant, Oldings Corner, Hatfield, AL9 5JY.</p>
<p>FootGolf Enjoy some fresh air and exercise with a round of FootGolf, where you play golf with a football. Kick the ball into the specially designed holes, avoiding the hazards along the course.</p>	<p>Tuesday 10th September 2019 11am – 12pm noon</p>	<p>Panshanger Golf Complex, Old Herts Lane, Welwyn Garden City, AL7 2ED.</p>

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<p>Sleep Workshop Learn natural methods of promoting sleep and how to manage habits that affect sleep. Discover how our sleep requirements can vary, exploring healthy sleep patterns and types of insomnia. This workshop is led by health science expert Brian Isbell.</p>	<p>Tuesday 8th October 2019 10:30am – 12:30pm</p>	<p>Elm Court Youth and Community Centre, 363 Mutton Lane, Potters Bar, EN6 3BP.</p>
<p>Mentor Training Are you interested in training to be a volunteer mentor to support unpaid family-and-friend carers? Mentoring is carried out on a 1:1 basis, mainly face-to-face but could also be on the telephone. Mentors provide a listening ear and help carers think through their options. The aim is to increase carers' confidence and their knowledge of where to go for support. You will need to attend most dates. Please email volunteer@carersinherts.org.uk for more details.</p>	<p>Wednesdays 16th, 23rd October, 6th, 13th, 20th and 27th November 2019 (6-week course) 6:45pm – 9:15pm</p>	<p>Tesco Extra Community Room, Mount Pleasant, Oldings Corner, Hatfield, AL9 5JY.</p>

Stevenage and North Herts

Course or Workshop	When	Where
<p>Arts and Crafts Course for Dementia Carers Local art and craft enthusiasts will help you make something special and try something new. No skill or experience required. Choose whichever sessions appeal to you – or book a place on all six! This series of workshops has been organised with The Red Shed Project and is designed for those caring for people with dementia. 21st August: Macramé Garden Lights 28th August: Pebble and Sea Glass Pictures 4th September: Scrapbooking Memories 1 18th September: Scrapbooking Memories 2 25th September: Tiles with Plants 2nd October: Cyanotype Pictures</p>	<p>Wednesdays 21st, 28th August, 4th, 18th, 25th September and 2nd October 2019 (no session 11th September) (6-week course) 2pm – 4pm</p>	<p>The Red Shed Project, Bedwell Crescent, Stevenage, SG1 1NJ.</p>
<p>Introduction to Mindfulness Workshop Have you ever wondered what "mindfulness" is? In this introductory workshop you will learn what mindfulness is and how you can fit it into everyday life. Practise mindfulness techniques and other exercises to help gain some balance in your life.</p>	<p>Friday 13th September 10am – 12pm noon</p>	<p>Brotherhood Hall, Gernon Road, Letchworth, SG6 3HL.</p>

Course or Workshop	When	Where
<p>Caring with Confidence Course Would you like some practical and emotional support with your caring role? Each week you will learn the following: caring and life, communicating, caring and coping, resources, and day-to-day caring.</p>	<p>Tuesdays 17th and 24th September, 1st, 8th and 15th October (5 week course) 10am – 1pm</p>	<p>Melbourn Community Hub, 30, High Street, Melbourn near Royston, SG8 6DZ.</p>
<p>Creative Writing Course Learn from a published author how you can unlock your own creativity. On this course you will learn about effective methods of writing. Choose your own form each session: fiction, non-fiction, poetry or more.</p>	<p>Fridays 20th, 27th September, 4th and 11th October (4-week course) 10am – 12:30pm</p>	<p>The Shephall Centre, Shephall Green, Shephall, Stevenage, SG2 9XR.</p>
<p>Cooking for Carers Course Come along to have fun, meet other carers and share a delicious meal. Cooking for Carers will help you learn or practise basic cooking skills and try new, simple, healthy and cost-effective recipes. This course is led by qualified and registered nutritionists, who will offer nutrition tips and ideas to keep you and whoever you cook for healthy.</p> <p>Funded by:</p> <p>NORTH HERTFORDSHIRE DISTRICT COUNCIL</p> 	<p>Wednesdays 16th, 23rd, 30th October and 6th November 2019 (4-week course) 1pm – 3pm</p>	<p>McFadyen Webb House, Norton Way North, Letchworth, SG6 1BU.</p>