

## Free CDL Courses and Workshops May – Oct 2017

<b>Mindfulness Taster</b>	Tuesday 16 <sup>th</sup> May 10:00 – 13:00	Would you like to find out more about mindfulness? Come along to a session to find out about mindfulness practice and how it can help you to relax	The Venue Borehamwood
<b>Creative Writing Online</b>	Wednesday May 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> , & June 7 <sup>th</sup> and 14 <sup>th</sup>  10:30 – 12:30	A new course for carers who are competent with using a laptop or tablet and would like to learn to write creatively and publish a blog. The course will include two creative writing sessions, an internet safety session as well as two sessions on publishing a blog	Borehamwood Crossroads Offices
<b>Everyday First Aid Courses</b>	Wednesday 24 <sup>th</sup> May 10:00 – 12:00	Learn what to do in an emergency	Royston Town Hall
	Monday 12 <sup>th</sup> June 10:30 – 13:00		Hospice of St Francis Berkhamsted
<b>Carers on the Green Bowling from May</b>	Every Thursday from 10:00 – 12:00  Just come along or call us for information - Some attend regularly and others when they can!	Join the group of carers who are enjoying these fun & informal sessions on the green in the summer months. Instruction provided.	Hertford and Hertford Castle Bowls Club Wallfields Hertford
<b>Caring with Confidence</b>	Tuesdays June 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> and July 4 <sup>th</sup>	A five week knowledge and skills programme helping carers to make a positive difference to their lives	Christ Church Chorleywood
<b>All sessions timed from 10:00 – 13:00</b>	Mondays 17 <sup>th</sup> July, 24 <sup>th</sup> & 31 <sup>st</sup> and August 7 <sup>th</sup> & 14 <sup>th</sup>		St Pauls Church St Albans
	Mondays 25 <sup>th</sup> September and 2nd, 9 <sup>th</sup> , 16 <sup>th</sup> and 23rd October		Hospice of St Francis Berkhamsted
<b>Volunteer Ambassador Training</b>	Tuesday June 20 <sup>th</sup> 10:00 – 14:00	Would you like training to be a Volunteer Ambassador for Carers in Hertfordshire. This role looks at how you can identify carers in your local community and persuade them to get information and support from Carers in Hertfordshire. Contact Alex to discuss.	Seth Community Centre Buntingford
<b>Introduction to Resilience Workshops In St Albans and Ware</b>	St Albans Trinity Project Thursday 10 <sup>th</sup> August 2-4pm <i>Carers can attend with their cared for (with mild to moderate needs), who will be looked after at Trinity day centre</i>	How do you build up strength to cope with the stresses of caring?	St Albans Trinity Church Project.
	Ware Tuesday evening 15 <sup>th</sup> August 18:30 – 20:30		Ware Priory

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<b>Assertiveness and stress reduction</b>	Tuesday 12 <sup>th</sup> September 10:30 – 12:30	This introductory workshop looks at ways of being assertive and reducing stress. Being assertive helps you communicate without causing stress to yourself and others. It is a skill that you can learn and put into practice	Bishops Stortford Baptist Church
<b>Mentor Training</b>	Register your interest Thursdays 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> September and 5 <sup>th</sup> October 10:00 – 13:00	The next mentor training course will be held in Knebworth. On this course you will learn how to listen in a non-judgmental way and learn techniques to enable carers to identify small goals for themselves that may help to reduce stress in their life and improve their confidence. Contact Julie or Alex for further information.	Knebworth Village Hall
<b>Legal Planning workshop</b>	Monday 2 <sup>nd</sup> October 10:00 – 12:30	Solicitor led workshop on Wills, Trusts and Powers of Attorney	St Pauls Church St Albans
<b>Preparing for Care at the End of Life</b>	Wednesdays 18 <sup>th</sup> October – 25 <sup>th</sup> November 11:00 – 13:00	Advance care planning, district nursing, benefits, funerals and legal planning discussed in a safe and supportive environment	Hospice of st Francis Berkhamsted
<b>Mind and Body Conditioning</b>	Register your interest Dates and times TBC June and July	A course introducing you to movement and exercise that simultaneously engages the mind and body to enhance your mental and physical wellbeing	Hemel Hempstead Venue tbc
<b>Mosaics</b>	Register your interest Dates and times TBC	A 5 week practical course in making Mosaics.	Knebworth – Venue TBC
<b>Skiing for carers</b>	Dates coming up in the summer Register your interest	See article in carewaves	Hemel Hempstead Snow Centre
<b>Moving and Handling Workshop</b>	Autumn Dates and time tbc Register your interest	Learn how to help the person you care for without injuring yourself	Hertford and Watford
<b>Practical Care Course</b> These are standalone session – choose which ones you want to come along to	Wash & Dress someone with limited mobility Moving & Handling	Dates tbc – register your interest	Borehamwood And Hospice of St Francis

To book a place or register an interest in any of our courses contact [learning@carersinherts.org.uk](mailto:learning@carersinherts.org.uk) call 01992 58 69 69 or visit the Events Section of our website [www.carersinherts.org.uk](http://www.carersinherts.org.uk)  
We can help with transport and alternative care for most of the above events – please talk to us