



Welcome to the monthly ebulletin from the Carers Development and Learning Team.

All our events are free for unpaid carers registered with Carers in Hertfordshire. Please feel free to share this information with any unpaid carers you may know.

Please click this link to download our full list of courses and workshops:
[Click Here](#)

Following requests from carers, we have developed a **Care Plan Reviews Workshop**. Its aim is to help learning disability carers to understand the legal status of the care plan and feel more confident about participating in care plan review meetings. It will take place on Zoom on Tuesday 28th June, 1-3.30pm. [Click here for more information.](#)

We are also running a wellbeing event for autism carers aged 16+ in partnership with Autism Hertfordshire. It will take place on Friday 8th July, 1-4pm, at Welwyn Civic Centre. There will be stalls with information relating to wellbeing, as well as free tasters of mindfulness, dance, acupuncture and more. [Click here for more information.](#)

For enquiries about any of our courses and workshops, please email learning@carersinherts.org.uk or call us on 01992 58 69 69.

Kind regards,

The Carers Development and Learning Team

