

Patient  Group  
Rothschild House Group

[www.rothschildhousesurgery.co.uk](http://www.rothschildhousesurgery.co.uk)

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## Local Health Newsletter Events Section

**17th February 2024 Edition**

This is the newly independent Events Section of our regular Local Health Newsletter. As the Events section has expanded we have decided to separate it from the main newsletter for greater clarity. Thanks to Gail for her help in compiling this listing.

Please note that the information contained in this newsletter is produced by the Patient Group (PPG) and doesn't necessarily reflect the views of the Rothschild House Group (RHG). **You should NOT use the [newsletter email address](#) to contact the Practice, it is solely for Patient Group newsletter use - this is [how to contact the Practice](#).** We encourage all newsletter readers to become a member of one of the patient groups, and contribute to helping us maintain the high standards of local healthcare to which we all aspire. The next newsletter and events section will be published on 2nd March.

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### Events

#### *Regular Events*

**Beavers Swimming Club** - Every Tuesday Tring School, Mortimer Hill 11:30-12:30. Swimming exercises for the able and disabled who can move freely. Membership £5 pa, session fee £2. Also offer 3 or 6 months for recovery after operations for broken limbs etc. Lifeguard in attendance. Please call Carol Lawrence, Membership Secretary 01442-822695 or [email Anne Emery](#), Leader 01442-824750.

**Berkhamsted & Tring Stroke Support Group** - normally meet every fortnight on a Tuesday at Northchurch Social Centre. Next meeting 20th February. Contact Ian Hines on 01442 381606 for more

details or visit the [website](#). The 2024 calendar of activities can be downloaded [here \(Dropbox pdf\)](#).

**Open Door** - 360 High Street Berkhamsted is a community arts space and café, a registered warm space, which runs many sessions with health benefits, such as yoga and Pilates. A 'Community Fridge' stall is held every Tuesday from 10.00 a.m. to midday, redistributing surplus food to the community. A Memory Café for people with dementia and Alzheimer's and a family member or carer is held every Friday from 10.30 a.m. to midday (please email before your first visit to the Memory Café to [info@opendoorberkhamsted.co.uk](mailto:info@opendoorberkhamsted.co.uk) ). More details of other events from [here](#).

**Hertswise Dementia Hubs** - operate Tuesday & Thursday in Bourne End Village Hall 1:30-3pm and Friday 10-11.15 a.m. in Redbourn Village Hall. More details and venues [here](#).

**Hertfordshire Health Walks** - [Winter Dacorum timetable](#) (pdf), Thursdays in Berkhamsted & Tring (next walks Berkhamsted **22nd and 29th February** and Tring **29th February**). Also Sunday afternoon walks at 2 p.m.: **18th February** Little Hay and **25th February** Aldbury.

**Healthy Hubs Hertfordshire** - are your free one-stop shop for health and wellbeing information, advice and support. Whether you choose to reach out to us from the comfort of your home ([Find your local Healthy Hub](#)) or pop along to your local hub (The South Hill Centre, Cemetery Hill, Hemel Hempstead, HP1 1JF, open 10 a.m. to 4 p.m. on Tuesdays and Fridays, phone 07929 861102), a member of our friendly team can help.

**Herts Haven Café**, run by Mind Hertfordshire, at the Quaker Meeting House in St Mary's Road Old Hemel, is open on Thursdays at 3.30-8pm and on Saturdays at 12-5pm. It is aimed at 10-18 year olds and provides a safe and welcoming drop-in space for compassionate, emotional and mental wellbeing information, as well as support and guidance from trained workers, without the need for a referral. More information from [Herts Haven Cafés - WithYouth](#).

**Friends of Prostate Sufferers (FOPS)** - holds excellent monthly sessions with three Urology Consultants, alternating between Zoom online and in person at Chorleywood. Date of next Zoom Wednesday **6th March**. Face-to-face meetings at Christ Church, The Common, Rickmansworth Road, Chorleywood [WD3 5SG](#) . [Register](#) to receive details. The King's public diagnosis of an enlarged Prostate has highlighted the need to [check your risk](#) and talk to specialists like the FOPS team

**Macmillan Support and Information Service** at University College Hospital facilitate regular support groups, in person and online, for the hospital's cancer patients and their families, carers and

friends. Details of groups can be found at [Support Groups](#) or phone 020 3447 3816 email [uclh.supportandinformation@nhs.net](mailto:uclh.supportandinformation@nhs.net) (please include your full name, hospital number and the group you'd like to join in your email)

**Carers in Herts** offer support, information and advice to unpaid carers, including online groups who meet once a month in the evenings or mornings (including meetings just for men) to share support or to discuss a book or hear a talk. See the range of events at [Check out our latest events - Carers In Herts](#)

**Rennie Grove Peace Hospice Compassionate Café** - [Wigginton Community Shop](#) on the first Wednesday of every month, next 6th March.

**Say it with a Smile** - a Watford-based charity offering a support group for those affected by dementia. They also run social / music events in one of the barns at their farm in Piccotts End. More information on their Facebook page [Say It With A Smile | Facebook](#) or by contacting Hannah Say on 07398 425 040.

#### *Other Events*

**20th February 12noon-1p.m.** 'How to return to work successfully after cancer'. A free advice and support session offered by the Social Enterprise Company 'Working with Cancer' Tickets (Eventbrite) [here](#).

**22nd February 2-3pm** - ICB webinar presentation on additional roles at GP practices and in primary care networks, plus care navigation. Join the Teams event via your [browser](#) Meeting ID: 319 789 838 461 and Passcode: 8Nb8gM

**23rd February 1-2 p.m.** Webinar 'Menstrual Health and Mental Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information [here](#). Other mental health topics are covered by Herts and Mid-Essex Talking Therapies on a regular basis. See [Webinars | HPFT IAPT Services \(hpft-talkingtherapies.nhs.uk\)](#) for more information.

**28th February 7-8pm** - Herts and West Essex Diabetes Support Group webinar. Journalist and author Gary Taubes will speak about the ground-breaking research he has carried out on type 2 diabetes and the balance between diet and eating. Book your free place on the webinar or simply [find out more](#).

**29th February 09:00** - Patients' Association Webinar "Understanding the changes in primary care". This third webinar will be about the new **Pharmacy First** service. Patients' Association Chief Executive Rachel Power will chair the webinar and there will be a patient on the panel too. It's free to register and it's your opportunity to hear about the new Pharmacy First Service, launched on 31st January. Those joining the event include:

- David Webb, Chief Pharmaceutical Officer for England.

- Pallavi Dwada, Head of Delivery, Clinical Strategy Community Pharmacy, NHS England.
- Leighton Colegrave, member of Hertfordshire and West Essex ICB's Patient Engagement Forum

To register follow [this link](#).

**29th February 10.30 a.m.-1 p.m.** Carers in Herts are running a face to face info session at St Albans for carers supporting someone with dementia, or an older person. Representatives from many support organisations will be on hand. More information and booking [here](#).

**3rd March** sign up now for the Hospice of St Francis's Half Marathon and Fun Run. Details [here](#).

**4th March** 11 a.m.-12.30 p.m. Stoma Support Group, meeting at Wing Hall near Leighton Buzzard. Carers and partners welcome. Details on the Rothschild House website [here](#).

**5th March 09:00** - [Zoom webinar](#) from the Patients Association "Expanding access and improving experiences, the future of diagnostic testing for patients".

**8th March 1-2 p.m.** Webinar 'Menopause and Emotional Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information at [this link](#).

**12th March, 11.15am - 12.45pm** – Berkhamsted Carers Support Hub [Berkhamsted Hub - Carers In Herts](#) allows you to meet with other carers, share information, support each other and chat over a cuppa. The Vyne Theatre - Berkhamsted Arts Centre, Northbridge Road, Berkhamsted HP4 1EH.

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We believe that patients have useful ideas and feedback to share and we would also like to keep you updated by emailing you with regular updates like this. If you were forwarded this newsletter from someone else and would like to receive your own copy in future, please sign up using this short form.

**George Edwards, Newsletter Editor**

**Patient Participation Group**

**Rothschild House Group**

**Email:** [newsletter@rothschildhousepatients.net](mailto:newsletter@rothschildhousepatients.net)

<https://rothschildhousesurgery.co.uk/>

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**Rothschild House Group Patient Participation Group**

**Chapel St, Tring HP23 6PU**

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