

Patient  Group
Rothschild House Group

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Local Health Newsletter

Events Section

3rd 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.

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 17th February.

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 6th 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). 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 **8th and 15th February** and Tring **15th February**). Also Sunday afternoon walks at 2 p.m.: **4th February** Kings Langley and **11th February** Little Gaddesden 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 face-to-face Monday 5th February at Christ Church, The Common, Rickmansworth Road, Chorleywood [WD3 5SG](#) . [Register](#) to receive details.

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 (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 **7th February**.

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

6th February 11.30 a.m. - 2 p.m. A drop in event giving advice on coping with the cost of living will be hosted by DENS at Open Door Berkhamsted. More details [here](#).

6th February 4-5 p.m. – Patients Association webinar (with NHS England) exploring pilot studies that have tested ways to include patients’ and families’ concerns in the review of serious and sudden illness in hospitalised patients. NHS England’s Worry and Concern Group is looking into how hospitals can make sure the worries and concerns of patients, their family and friends are taken into account by doctors, nurses and other health professionals. This webinar is free, follow this [Zoom Link](#) to register.

8th February 12.30 to 1.30 p.m. - ‘Post Cancer Support Group’. A free (donation optional) online session presented by the Community Interest Company ‘Life after Cancer’ supported by The National Lottery Community Fund. Tickets and [details here](#). This company provides support groups and a coaching programme for those who have finished cancer treatment. Visit the same page for ‘Improving your sleep after cancer treatment’ on **15th February** at the same time.

8th February 6.30 p.m. – Could you walk on a path of blazing embers to raise funds for Rennie Grove Peace Hospice? Details [here](#). And sign up now for the Hospice of St Francis’s Half Marathon and Fun Run on **3rd March**. Details [here](#).

13th February, 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. This month there will be talk about lasting powers of attorney by Age UK.

14th February, 7-8.30 pm - Support Group for Parents of Neurodiverse Children at Open Door Berkhamsted. A support group for parents of neurodiverse children - those on the Autistic spectrum. The group is run by parents, for parents, with the aim of sharing stories, experiences, and ideas. It can be very lonely and isolating when you have a child who is neurodivergent. We hope that having set up this group we can offer support for one another and a new community. Please email ponkgroup24@gmail.com for more info or to book.

15th February 3-4 p.m. Webinar 'Diabetes and Emotional Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information at [this link](#).

16th February 10-11 a.m. Webinar 'Menopause and Emotional Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information at [this link](#).

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](#).

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.

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. Joining the event are:

- David Webb, Chief Pharmaceutical Officer for England.
- Pallavi Dwada, Head of Delivery, Clinical Strategy Community Pharmacy, NHS England.

To register follow [this link](#).

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.

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