

Local Health Newsletter Events Section

13th April 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.

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](mailto:anne.emery@beaversswimmingclub.co.uk), Leader 01442-824750.

Berkhamsted & Tring Stroke Support Group - normally meet every fortnight on a Tuesday at Northchurch Social Centre. Next meeting 16th April. 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 18th and 25th April Berkhamsted and Tring 25th April). Also Sunday afternoon walks at 2 p.m.: 14th April Tring and 21st April Chipperfield.

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 **1st May**. 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 (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 **1st May**.

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

15th April 3-4 p.m. Webinar 'Living Well with Persistent Pain' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

16th April 2-3.30 p.m. Carers in Herts present the first of their in-person information and guidance sessions, delivered by a head of service at Hertfordshire County Council, about charging for social care. 'Demystifying charging for social care and financial assessments'. Repeated online 23rd April 7-9 p.m. More information and booking [here](#).

16th April 7-8 p.m. Hertfordshire and West Essex Integrated Care Board 'Cancel out Cancer' campaign invites you to a free online talk about the signs and symptoms of cancer, the importance of early diagnosis and suggestions for small lifestyle changes to help prevent cancer. More information and tickets (Eventbrite) [here](#).

17th April 1-2 p.m. Webinar 'Living Well with a Long-term Physical Health Condition' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

17th April 7:00-8:00 pm - join us for a deep dive into the world of diabetes medicines, exploring current treatments and exciting future developments! Given by NICE it covers current and future medication for both Type 1 and Type 2 Diabetes. To reserve your free place [click here](#).

18th April 12.30-1.30 p.m. 'Benefits of Weights and Strength Training after Cancer'. This is an online session run by the Community Interest Company 'Life After Cancer' which provides support to those who have finished treatment for cancer. Information about this and other events, and booking, [here](#). Free but a donation welcome.

21st April is the date of the London Marathon. If you have a place and are looking for a charity to partner the Hospice of St Francis and Rennie Grove Peace Hospice would both welcome your support. See 2024 TCS London Marathon ([stfrancis.org.uk](#)) or London Marathon - [Rennie Grove Peace Hospice Care](#).

24th April 3-4 p.m. Webinar 'Menstrual Cycle and Mental Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

25th April 10-11 a.m. Webinar 'Menopause and Emotional Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More

information [here](#).

25th April 10 a.m.-12 noon Carers in Herts present the second of their in-person information and guidance sessions, delivered by a head of service at Hertfordshire County Council, about charging for social care and financial assessments. Repeated online 25th April 7-9 p.m. More information and booking [here](#).

29th April - Living Well with Advanced Prostate Cancer Support Group (online). Please email aidan.adkins@tackleprostate.org if you wish to attend.

1st May 1.30 pm - HENRY free online "Fussy Eating Workshop" for children up to 5 years old living in Hertfordshire. The HENRY service supports families with children aged 0-5 years to provide the best and healthiest start in life for their children. Book [here](#).

9th May 6:45 for 7pm - Prostate Brachytherapy UK Support Group on Zoom. Support group for those who have had, or who are considering Prostate Brachytherapy. If you are interested in joining this group, please email support@prostate-brachytherapy.uk.

12th May from 9.30 a.m., the Berkhamsted Walk (6,12 or 18 miles) in support of The Children's Society, starting next to the Cricket Club. More information [here](#).

13th May 7pm - [Beds Prostate Cancer Support Group](#) (patients and partners). A lesson in CPR, Sue Collins, Senior Resuscitation Nurse Practitioner at Bedford Hospital at Bedford Borough Bowling Club, Goldington Road [MK40 3NF](#).

14th May 11.15 a.m. - 12.45 p.m. - [Berkhamsted Carers Support Hub](#) 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.

Looking ahead to May, the Hospice of St Francis will be opening their gardens with a plant sale, garden tours and teas on **18th May**, more information here, and the annual Bubble Rush will be held the next day, **19th May**, in Gadebridge Park, more information [here](#).

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

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