

Local Health Newsletter

Events Section

11th May 2024 Edition

Please note that the information contained in this listing and associated [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. Thanks to Gail for her regular help in compiling this listing.

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 **14th May**. 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). 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 - [Summer Dacorum timetable](#) (pdf), Thursdays in Berkhamsted & Tring (next walks Berkhamsted 23rd and 30th May and Tring 23rd May). Also Sunday afternoon walks at 2 p.m. on 12th May Sarratt, 19th May at Berkhamsted Canal Fields and Wilstone Village Hall 2nd June.

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 session Monday **3rd June at 7:15pm**. 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 or [email](#) (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](#)

The [Hertfordshire Family Centre Service](#) offers help and advice to families from pregnancy to 19 years old. Find out what's on at your local Family Centre, contact details and information on health, wellbeing, and childcare. Activities include baby groups, baby weigh-ins, infant food workshops, family fun events & more.

The Alzheimer's Society holds a coffee morning in the Marlowes, Hemel Hempstead on the first Wednesday of every month, next 5th June. From 10 a.m. – 12 noon, come and chat to the team (located in the Community Hub by Savers) for a catch-up, or talk about any queries or concerns.

Rennie Grove Peace Hospice Compassionate Café - [Wigginton Community Shop](#) on the first Wednesday of every month, next **5th June**.

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 – 12th May [Dying Matters Awareness Week](#).

11th May 12 noon – 4 p.m. Open day at Open Door's newly created garden on Berkhamsted High Street. Tickets [here](#).

11th May 1-4 p.m. Open Day at Lindengate's gardens - beside Dobbie's Garden Centre, Wendover HP22 6BD. [Lindengate](#) is a mental health organisation that champions the benefits of learning and recovery through nature. Tickets [here](#).

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](#).

13th - 19th May Mental Health Awareness Week, on the theme of 'movement: moving more for our mental health'. There is a range of free, NHS-evidenced support available through the [Every Mind Matters website](#).

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.

15th May 6.00 to 7.00 pm - St Albans & Harpenden Patient Group (SAPG) next zoom meeting will feature Amanda Budd, Lead Nurse for Patient Care and Experience, West Herts Teaching Hospitals NHS Trust.

She will speak and lead Q&A on "Patients are our Passion: Improving Patient Care and Experience." All welcome please join us for this important presentation. Contact johnwigley33@yahoo.co.uk to receive your Zoom invitation.

15th 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](#).

16th May 11 a.m. – 12 noon Webinar 'Dealing with Depression' presented by Herts and Mid-Essex Talking Therapies. More information [here](#). On the same website you will find a variety of self-help videos available that focus on a range of topics including stress, sleep, nature and wellbeing, tips for healthcare staff and mindfulness.

16th May 12.30-1.30 p.m. 'How to manage fear of cancer recurrence'. 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](#).

Let's start the conversation during Mental Health Awareness Week

13 - 19 May

Thursday 16 May, 6.30pm

<https://www.ticketsource.co.uk/hwedsg/t-nogeryj>

NHS Hertfordshire and West Essex Integrated Care Board

16th May 6:30pm - This one-hour **FREE** webinar on MS Teams will give you an opportunity to reflect. Michael Riggans, who is Services Manager for our local Mind Network, and a local GP, will take us through the reflection process by

addressing various mental health issues. Click here for more [details](#).

18th May 10 a.m. – 3 p.m. - the Hospice of St Francis will be opening their gardens with a plant sale, garden tours and teas, more information [here](#).

19th May - the Hospice's annual Bubble Rush will be held in Gadebridge Park, more information [here](#).

20th May 10-11 a.m. Webinar 'Living well with persistent pain' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

21st May 9-10am - Patients' Association [webinar](#) to support Future Health's campaign, The Forgotten Majority. This important campaign aims to raise awareness about the real life every day challenges faced by people with long-term health conditions. The panel will share their insights on the importance of addressing the needs of people with long-term health conditions and will advocate for improved care and support services. If you are interested in being on the panel, please complete this [expression of interest form](#).

22nd May 7-8.30 p.m. Carers in Herts are holding an online session in conjunction with the Herts and West Essex ICB. The ICB wants to understand carers' experiences of getting support from their GP and from the other healthcare professionals who work alongside them. They want the chance to listen to your feedback so they can share and promote good practice across the county. More information and booking [here](#).

22nd May 6-7pm – Are you at risk of type 2 diabetes? The latest in the well-received free webinars hosted by

the Herts and West Essex Diabetes Support Group. Signup from this [website](#).

23rd May 2-3 p.m. Webinar 'How to sleep better' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

25th – 26th May Rennie Grove Peace Care is looking for support in the Ultra Challenge long distance events including London to Brighton. Full details of dates and locations on their [website](#).

29th May 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](#).

29th May 6-7pm - St Albans & Harpenden Patient Group (SAPG) "Update on the Elective Care Hub at St. Albans City Hospital." A Zoom presentation and Q&A session by Lottie Crain, Hub Programme Manager, and her colleagues from the West Herts Teaching Hospitals NHS Trust. The new facility at SACH will provide a centre with additional capacity for planned routine surgery available to all patients in Herts and West Essex, so starting a major effort to reduce waiting lists. Contact johnwigley33@yahoo.co.uk to receive your Zoom invitation.



Mobility Roadshow
Wednesday 19 June

Featuring:

- Herts Ability
- Steering Developments
- Better Mobility

Come along and speak to the experts, try products and see demonstrations.

CHILTERN'S NEURO CENTRE
TREATING, SUPPORTING & EMPOWERING

chilternsneurocentre.org/mobility

19th June –
[Mobility Roadshow](#) at the Chilterns Neurocentre.

OUTSTANDING CARE
HEALTHY COMMUNITIES
AND A GREAT PLACE TO WORK

NHS
Buckinghamshire Healthcare
NHS Trust

Open Day & AGM at Stoke Mandeville Hospital

Saturday 14 September 2024
9.15am-2pm



- Find out what goes on at your local NHS
- Careers fair and talks for secondary school students
- Unique behind the scenes tours
- Join us for a day of food, fun and music
- Free parking

To find out more,
visit our website




14th September 09:15-2pm - Bucks Healthcare Trust Open Day & AGM at Stoke Mandeville Hospital. Events include behind the scenes tours - more details from the [website](#).

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