

Local Health Newsletter

Events Section

25th 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 **28th 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 **30th May** and **6th June** and Tring **6th June**). Also Sunday afternoon walks at **2 p.m.** on **26th May** Latimer and the Chess Valley (meet Church Lane, Latimer), **2nd June** Wilstone (meet at Village Hall) and **9th June** Kings Langley (meet at the Nap Car Park).

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

27th May 1.00 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](#).

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.

3rd June 11 a.m. – 12 noon Are you coping with sight loss? Come to Berkhamsted Library, 185 High St. to learn about the services the library can offer and to hear an inspiring member of the Library Visually Impaired Reading Group talk about his life and his continued interest in books. Followed by a question and answer session.

3rd June 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](#).

3rd June 3-4 p.m. 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.

5th June 11am-12pm - Visual Impairment talk Berkhamsted Library. A member of the Library Visually Impaired Reading Group is coming to talk about his experience of living with sight loss and his continued use of libraries. There will be an opportunity to ask him questions. It is a drop-in event, aimed at adults. More details click [here](#).

5th June 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](#).

6th June 10-11.30 a.m. Carers in Herts are hosting an online discussion 'Cholesterol – Is it such a hazard to health?' More information about the topics to be covered and booking [here](#).

8th June -
Women & Girls Festival Hemel Hempstead, come and try a range of sport and physical activity. Register [here](#).



11th June 11.15 a.m. - 12.45 p.m. – [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.

12th June 7- 8.30 p.m. - Support Group for Parents of Neurodiverse Children at Open Door. A support group for parents of neurodiverse children - those on the Autistic spectrum, which has been running for nearly 2 years at Open Door. We welcome all parents and carers of neurodiverse children, wherever they are on their journey, whether their child has a diagnosis, or not. 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, and our group provides a friendly, relaxed, and supportive environment for parents. Please email ponkgroup24@gmail.com for more info or to book.

13th June 12.30 to 1.30 p.m. - 'Post Cancer Support Group'. A free online session presented by the Community Interest Company 'Life after Cancer' supported by The National Lottery Community Fund. Tickets free from [Events | Life after Cancer \(life-aftercancer.co.uk\)](#). This company provides support groups and a coaching programme for those who have finished cancer treatment.

18th June 5 - 8.15 p.m. Mikron Theatre Group present 'Common Ground', a diverting ramble through the history of land access in England. Held in aid of the Lindengate charity, a mental health organisation that champions the benefits of learning and recovery

through nature. Venue next to Dobbie's Garden Centre, Wendover HP22 6BD. Bring a picnic! Tickets [here](#).

19th June 1-2 p.m. Webinar 'Long Covid – Moving Forwards' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

19th June 3-4 p.m. Webinar 'Menopause and Emotional Wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

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



19th June from 4.30 p.m. at Tring Park Cricket Club. Tring Running Club's annual Midsummer Fun Run in aid of Rennie Grove Peace Hospice. Registration and information [here](#).

30th June 'Walk your Ridgeway' in aid of the Hospice of St Francis. 13 or 26 miles, taking in the Hospice and its gardens. Registration and information [here](#) (also includes information about the Hospice's five-day full Ridgeway hike).

18th July 10am Healthwatch Hertfordshire Annual General Meeting. The meeting will be held at the Focolare Centre in Welwyn Garden Centre at 10am and will be a chance to look back at the work carried out by the organisation and to say goodbye to Chief Executive Geoff Brown, who is retiring. You can visit the [Healthwatch Herts website](#) to find out more about its work.

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](#).

OUTSTANDING CARE
HEALTHY COMMUNITIES
AND A GREAT PLACE TO WORK

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](#)



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