

Local Health Newsletter

Events Section

22nd June 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 **25th June**. 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 **27th June** and **4th, 11th, 18th** and **25th July** and Tring **4th** and **18th July**). Also Sunday afternoon walks at **2 p.m.** on **23rd June** Tring (meet at Tring Garden Centre), **30th June** Chipperfield (meet outside St Paul's Church) and **14th July** Ashley Green (meet at Memorial Hall, HP5 3PN).

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 Wednesday **3rd July 7:45pm for 8pm**. 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 **3rd July**. 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 **3rd July**.

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

23rd June 10 a.m.–noon – Open Door are holding an Infant and Child First Aid course. Learn basic skills and get confidence to act fast in an emergency. More information and booking [here](#).

23rd June 2.30-6.30 p.m. – Oxhey Open Gardens in aid of Rennie Grove Peace Hospice Care. For further information visit: www.oxheyopengardens.co.uk

24th June 10-11 a.m. Webinar 'How to sleep better' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

24th June 6pm - Living Well with Advanced Prostate Cancer Support Group (online). Please email aidan.adkins@tackleprostate.org if you wish to attend.

25th June 6.30-7.30 p.m. Webinar 'Menstrual Cycle and mental wellbeing' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

26th June 1-2 p.m. Webinar 'Living well with persistent pain' presented by Herts and Mid-Essex Talking Therapies. More information [here](#).

26th June 7-8pm – Prostate Cancer UK: Breaking down barriers to early diagnosis. Find out more about the barriers preventing early diagnosis and how you can have lifesaving conversations about risk with the men in your life.
https://prostatecanceruk.zoom.us/webinar/register/4217162806897/WN_UGqWivCaTEeMnqUUvvEVIa#/registration

29th June 1-4 p.m. Say it with a Smile support group for those affected by dementia are holding a Summer Party at Wood Farm, Dodds Lane Piccotts End, [HP2 6JJ](#). More information [here](#) or phone Hannah Say on 07398 425 040.

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).

2nd July 1-2 p.m. Webinar 'Introduction to Mindfulness' presented by Herts and Mid-Essex Talking Therapies. More information [here](#), including further webinars on specific uses of mindfulness techniques.

3rd – 24th July Four online group sessions over four weeks, for younger women (20-45) with breast cancer – connect with others who understand the challenges you're facing, in a confidential online space. Held by the charity Breast Cancer Now, more information and registration [here](#).

7th July Noon-4 p.m. – The Big Deaf Summer Picnic beside the Ashridge Estate Visitor Centre. For Deaf families, friends, BSL students, Hearing families with Deaf children/members, Deafblind, all Deaf welcome. More information [here](#).

9th July 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.

9th July 10-11 a.m. Webinar 'Dealing with Depression' presented by Herts and Mid-Essex Talking Therapies and **1-2 p.m.** 'How to cope with stress'. More information [here](#) and [here](#). On the same website you will find a variety of self-help videos and webinars that focus on a range of topics including stress, sleep, nature and wellbeing, tips for healthcare staff and mindfulness.

10th July 1:00-5:30pm Rothschild House Group Staff Training, practice closed. More details [here](#).

10th July 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.

11th July 12.30 - 1.30 p.m. - 'Online 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 \(life-aftercancer.co.uk\)](https://www.lifeaftercancer.co.uk). This company provides support groups and a coaching programme for those who have finished cancer treatment.

11th July 6:45pm 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

13th July from noon, the Hospice of St Francis are holding a combined event 'Summer Sounds and Classic Cars' at Dudswell [HP4 3TA](#) with entertainment for all the family. Information and booking [here](#).

18th July 10a.m. 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.

1st September Noon – 5 p.m. The Hospice of St Francis holds its annual garden party at Ashridge House. More information [here](#). **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](#).



The poster for the Open Day & AGM at Stoke Mandeville Hospital features the NHS logo and the text 'Buckinghamshire Healthcare NHS Trust'. It includes a list of activities: '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', and 'Free parking'. A QR code is provided for more information, with the text 'To find out more, visit our website'. The poster also shows a photograph of staff and a circular inset image of a behind-the-scenes tour.

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

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