

Local Health Newsletter

Events Section

20th July 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](mailto:anne.emery@berkhamsted.org), Leader 01442-824750.

Berkhamsted & Tring Stroke Support Group

- normally meet every fortnight on a Tuesday at Northchurch Social Centre. Next meetings **23rd July** and **3rd September**. 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).

A 'Kids Eat Free' programme will operate throughout the school holidays, offering a packed lunch. Book your chosen date by using the link below.

More details of this and other events including Lego challenges and kids' gardening sessions [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 **25th July** and **all Thursdays**)

in August (Tring **1st**, **15th** and **29th August**). Also Sunday afternoon walks at **2 p.m.** on **21st July** Bovington (meet at the library), **28th July** Flaunden (meet at the Village Hall) and throughout **August**:
4th Little Hay Golf Club
11th Stocks Golf Club, Aldbury
18th Great Gaddesden (meet at the Garden Centre)
25th Gadebridge Park (meet at the white bridge by the 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 **5th August 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.

Herts and Mid-Essex Talking Therapies present a variety of self-help videos and webinars that focus on a range of topics including sleep, Long Covid, diabetes, menstruation, the menopause, nature and wellbeing, tips for healthcare staff, mindfulness and coping with problems such as stress, anxiety or depression. Details and dates are on their [website](#).

The Alzheimer's Society holds a coffee morning in the Marlowes, Hemel Hempstead on the first

Wednesday of every month, next **7th August** and **4th September**. 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 **7th August** and **4th September**.

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

20th July 1-3 p.m. – Rest and Refresh Pop-Up café 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. Tour the garden and nature reserve and enjoy tea and cake.

22nd July 12:30-1:30pm – online Community Grief Training, open to all. Register and more information from amber.plumbly@cruse.org.uk

23rd July 6-7pm – Hertfordshire County Council has commissioned some new Dementia Community Support Services which will be launched on 1 October 2024. This online virtual session has been organised to help answer any questions from people who use the

service, and their carers. You can join the Teams session directly [here](#).

25th July 1.30-3 p.m. – Carer’s Workshop: How to have Healthy Relationships at the Chiltern Neuro Centre, Oakwood Close, Wendover [HP22 5LX](#). Enquiries to cathygarner@chilternsneurocentre.org

25th-27th July 7.30 p.m. – ‘Sounds around the Abbey’. Rennie Grove Peace Hospice Care will be presenting a series of spectacular shows at St Albans Cathedral: rock, pop and West End classics. Information and booking [here](#).

29th July 6pm - Living Well with Advanced Prostate Cancer Support Group (online). Please email aidan.adkins@tackleprostate.org if you wish to attend.

30th July 6:10 for 6:30pm - National Prostate Cancer Partner Support Group, on Zoom. (Partners only, not patients.) Supporting partners of those diagnosed with Prostate Cancer. Partners should email Janet Daykin janetldaykin@gmail.com and Caroline carolineopcsq@gmail.com if they wish to attend.

5th August 11 a.m. – guided tour of St Albans Cathedral offered by Carers in Herts. Book here: [St Albans Cathedral Tour - Carers In Herts.](#)

6th August 10 a.m. – 2 p.m. (lunch provided) - An OPALS (Older Persons Activity Learning and Safety) event is taking place at the Tring Community Centre, Silk Mill Way, Tring, HP23 5EP. The aim is to provide quality information, advice and help available within the local community on a wide range of services available to reduce vulnerability of our senior citizens, to provide reassurance, safe and wellbeing support and

reduce loneliness. For details and booking contact Terry Morris, on 07740 670 642 or email: terry.morris@hertfordshire.gov.uk

8th August 12.30 - 1.30 p.m. - 'Online Cancer Support Group'. An 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. The next online coaching programme starts on **7th September**. Book at the same link (£33.22).

8th & 15th August - Moving Forward – King's Cross. Two half day courses held for those who have completed hospital treatment for primary breast cancer, organised by the charity '[Breast Cancer Now](https://www.breastcancer.org.uk)'. A confidential space where you can share your experience and listen to others. The courses are also held online. [Sign up](#) to participate and find other local events. Also at Northwood on **4th and 11th September**.

13th August 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.

14th August 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.

20th August 7-8 p.m. Cancel out Cancer (COC) Zoom session. COC is a public campaign developed by patients and supported by MacMillan Cancer Support. This local volunteer-led campaign aims to not only improve people's understanding of cancer, but also encourage everyone to take action to promote their health. This can then be taken one step further by spreading the message with friends, family, colleagues and neighbours. To register please email heather.aylward@nhs.net and a link will be emailed to attendees in advance of the session.

24th August 1-3 p.m. – Rest and Refresh Pop-Up café 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. Tour the garden and nature reserve and enjoy tea and cake.

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

2nd September 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](#).

4th September 7:45 for 8pm tbc [Friends of Prostate Sufferers \(FOPS\)](#) – Zoom support group meeting. FOPS holds excellent monthly sessions with three Urology Consultants, alternating between Zoom online and in person at Chorleywood. [Register](#) to participate.

8th September 10 a.m. – noon – Infant and Child First Aid Course at Open Door. Learn basic skills and be confident that you can act fast in an emergency. Information and booking (£25 fee) [here](#).

8th September – Rennie Grove Peace Hospice Care hold their annual Chiltern 3 Peaks Challenge with a range of walking routes. Information and registration [here](#).

10th September 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.

14th September from **9 a.m.** – DENS, the charity for the homeless in Dacorum, is holding sponsored walks of 2 and 10 miles starting at Berkhamsted Castle. Information and registration [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](#).



13th October from 10 a.m. – The Hospice of St Francis holds its annual Mud Pack Challenge in the grounds of Ashridge House. Early bird reservations currently being taken [here](#).

**George Edwards, Newsletter Editor
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Rothschild House Group Patient Participation Group

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