

Newsletter

SUMMER NEWSLETTER 2025

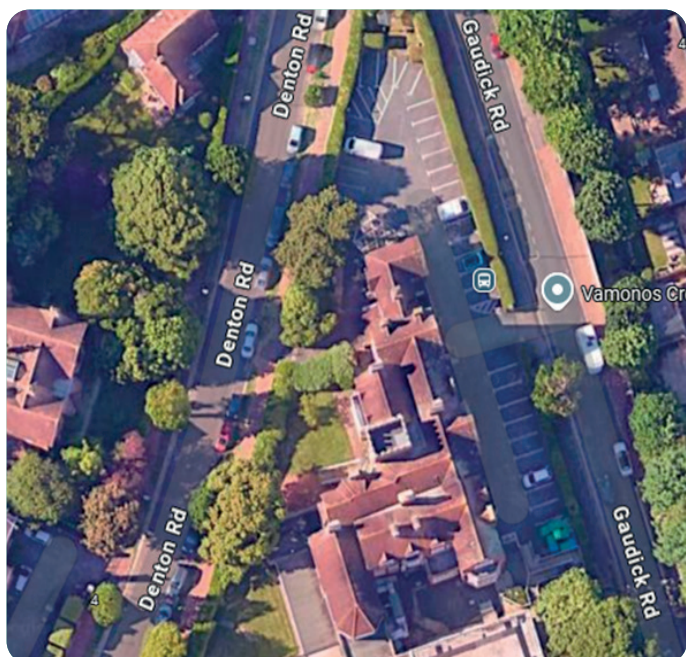
Reformer Movement – New to Hillbrow!

Discover the transformative power of Reformer Pilates – Our “Reformer Movement” studio is a bright, welcoming space, featuring premium equipment and expert-led classes designed for low-impact, full-body, high-result workouts.

No experience? No problem. Our classes are beginner-friendly and guided by supportive, knowledgeable instructors who’ll help you feel confident from your very first session. We take the time to walk you through the equipment, movements, and how everything works—so you’ll never feel lost or left behind.

To celebrate the launch of this service, you can book a **free introductory class*** using our promo code ‘**WELCOMERM**’. We are also offering **3 classes for £36!**

To find out more or to book a class visit reformermovement.co.uk *Terms and conditions apply.



Car Park Access

Hillbrow members and customers can now use the car park on Gaudick Road. There are 30 spaces available so please feel free to park there and walk through to Denton Road. We have some minor work to complete to open up the pathway leading on to Denton Road but in the meantime feel free to start using the car park. Please see our map. If you have any questions – please do speak to a member of the team.

Celebrating Nearly ONE Year Since We Opened!

Renew your membership early before August to unlock offers!

What's Happening?

Fun, Friendly Atmosphere

Join us as we celebrate almost a year since opening – reconnect, chat, and enjoy the day with the team.

Whether you're renewing your membership or just dropping by to soak up the vibe, we'd love to see you.

When: All day Friday 11th July Chance to Win Prizes!

All members on the day will get free entry into our prize draw – prizes include:

- Family entry to Newhaven Fort
- Free coffee card for Hillbrow – and more!

Can't make it on the day? No problem!

You can renew anytime by emailing:

memberships@hillbrowhealthandwellbeing.org or speaking to a team member at reception.

Let's kick off the countdown to our first birthday – together!

Look Back at our Quiz Night!

The first Hillbrow Health and Wellbeing quiz for members, friends and family took place on Saturday 29th March. It was organised by 2 staff members, Harvey Garbutt and Jim Chater, who also hosted it on the night. There were several rounds, including 2 picture rounds, general knowledge, flags and 2 musical rounds.

It was a fun night and everyone enjoyed themselves; the winners were "The Nuclear Quizicists" who had some great answers and scored 24 out of 24 on the music and artist round which was amazing. We hope to run another one in the next few months so watch this space and start thinking about who you would want in your team....



Stay Informed with Health & Wellness Insights

We invite you to explore a collection of informative blog articles written by SDHC GPs, addressing essential healthcare topics.

Recent Topics Include:

- The Life-Changing Benefits of Physical Activity
- Childhood Vaccinations: When Does My Child Need Them? Are There Any Risks? Advice for Parents & Carers
- A Patient's Guide to Coeliac Disease
- Menopause: When Should You See a Doctor?

If there are any subjects/ topics you would like us to explore, please feel free to share your suggestions, **sdhc.feedback@nhs.net** and we will consider them for our upcoming articles.

Enhancing Health & Wellbeing: SDHC's New Home in Hillbrow

You may have noticed ongoing construction work in Hillbrow, and we would like to take this opportunity to inform you that, as of **April 2025**, SDHC, co-partner in Hillbrow Health and Wellbeing, has now relocated its operations to our newly developed on-site clinical suite.

With the introduction of this new facility, Hillbrow members and visitors will have access to a range of services, including vaccinations, phlebotomy, private weight loss clinics/ memory assessment services, private GP appointments, and more—all conveniently located just down the corridor and opposite the gym and Gaudick Hall.

Having SDHC as a neighbour within the building further supports our vision of enhancing community health and wellbeing by integrating medical care with physical exercise programs. We acknowledge that the building works may have caused some inconvenience, and we sincerely appreciate your patience and understanding during this period.



Introducing new seated classes

Seated QiQong

Ideal for those individuals unable to stand for 45 mins, seated Qi Gong gives you the support of a chair during this wonderful class. Qi Gong is the skill of working with Energy. It is also extremely effective at stabilising and/or diminishing ongoing issues. Unlike most high-impact or very strenuous activities, Qi Gong strengthens your body with a gentler approach, more power with less effort. Even if you're feeling low, not up to par, coming along to class will transform your energy for the better.

Seated Pilates

This class is designed to make Pilates exercises more accessible to individuals who may have difficulty getting down on the floor or who require additional support to either use a chair for sitting or balance. Helping to improve core strength, flexibility, balance and overall body conditioning in this varied class is a great introduction to the Pilates method. You'll be enhancing your overall well-being and quality of life along with feeling fabulous when you leave.

Introducing Supported Weight Management Appointments at Hillbrow

We are pleased to announce that SDHC now offers supported weight management appointments at Hillbrow Health & Wellbeing.

What sets this service apart is its comprehensive and flexible approach, offering both face-to-face and virtual consultations to guide you safely through your weight loss journey. Where clinically appropriate, weight loss injections may be prescribed to help control cravings, slow digestion, and enhance satiety, supporting long-term weight management success.

Unlike online weight loss services, this service is delivered by qualified GPs and nurses, who will ensure that your weight loss journey is safe and supported.

Booking Your Appointment

To schedule an appointment, you will need to complete a **pre-consultation questionnaire**. A clinician will review your responses and contact you to discuss the next steps.

For details on pricing and frequently asked questions, please visit the Supported Weight Management Service website by visiting:

sdhc.org.uk/sdhc-supported-weight-management-service

Supported Weight Management Service

Are you tired of trying to lose weight? Have you tried every diet going without long term success? Then our Private GP weight loss service in Eastbourne might just be what you are looking for.

- ✓ We deliver personalised weight management plans: Tailored to your needs for effective and lasting results.
- ✓ We provide self-administration training: Empowering you to safely administer weight loss injections at home.
- ✓ We offer ongoing support and adjustments: Regular check-ins to ensure continuous progress.

Ready to start? Complete our [Pre-Consultation Questionnaire](#), and a clinician will review and get in touch.

Our Clinicians

Dr Miriam Malak is a lifestyle medicine expert, fully accredited by the National Medical Weight Loss Programme, and supported by a team of experienced GPs/registered nurses.

Our Approach

Your safety and convenience are our top priorities, which is why we offer the flexibility of both in-person and online video consultations. Regardless of your preference, you will receive expert guidance at every stage.



New Walking football sessions

Looking for a fun and inclusive way to stay active? Our Walking Football drop-in session is now available every Friday! Whether you're a seasoned player or just starting out, this slower-paced version of the game is perfect for keeping fit while enjoying friendly competition.

No need to book—just turn up and join in! We look forward to seeing you on the pitch.

Drop in sessions available every day

Want to stay active and have fun? We've got you covered! In addition to our Walking Football drop-in session every Friday, we now offer daily drop-in sessions for badminton and table tennis. Don't be shy, just turn up, join in and have fun!

Coming Soon: Private Memory Assessment Service

We are excited to announce the upcoming launch of a Private Memory Assessment Service at Hillbrow Health & Wellbeing, led by Dr. Hayder Al-Shamaa. For further details visit: sdhc.org.uk/team/dr-hayder-al-shamaa

This service will provide comprehensive memory and cognitive function assessments, with same-week consultations available. You will receive personalised treatment plans and ongoing support for concerns such as dementia, all within a confidential, unrushed, and supportive environment.

Further details will be shared soon via our website: hillbrowhealthandwellbeing.org



Say goodbye to Nathan G.J

We would like to take a moment to acknowledge and thank Nathan, our dedicated Duty Manager for his contributions and commitment to the team. Nathan has left to pursue a new career in lorry driving, and while we will miss him, we wish him all the success in this exciting new chapter.



SDHC Loyalty Card Scheme for Private Patients

A new loyalty card scheme is being introduced for private service patients at Hillbrow. Through this initiative, you can collect stamps with each visit, and upon reaching the required number, you will be eligible for a complimentary 25-minute GP appointment.

In time further details will be shared via the SDHC Facebook page, and Hillbrow Health and Wellbeing Website, and future Newsletters as we approach the launch.

MyZone at Hillbrow Health and Wellbeing!

Myzone is an accurate fitness tracker and online social platform that rewards effort for all physical activity, helping you to feel good about exercise.

It is an innovative, wearable, heart rate-based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It monitors heart rate, calories and time exercising in real time and converts that into Myzone Effort Points (MEP's). It uses a game-based platform and social experience that rewards effort, not fitness, motivating users to reach their personal bests.

Find out more by visiting:

hillbrowhealthandwellbeing.org/myzone

or speak to a member of the team to find out about our latest Members Exclusive offers.



**SHOW
UP WITH
MYZONE**

Accurate heart rate tracking and real-time feedback.

Available to purchase at reception.



hillbrow health and wellbeing myzone®

www.hillbrowhealthandwellbeing.org



What is Myzone?



Myzone is an accurate fitness tracker and online social platform that rewards effort for all physical activity. Helping more people around the world to feel good about exercise.

It is an innovative, wearable, heart rate-based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It monitors heart rate, calories and time exercising in real time and converts that into Myzone Effort Points (MEP's). It uses a game-based platform and social experience that rewards effort, not fitness, motivating users to reach their personal bests.

1 Wear your Belt

Wearing your Myzone belt is easy and comfortable. Position the belt so that the centre piece is directly below your chest, on top of your sternum, or around your arm or wrist.

2 Exercise Anywhere

Whether you're in the gym watching your live feed, or in the pool and reviewing your workout later, you can rest assured you're earning MEPs and tracking effort anywhere you go!

3 Monitor your Results

By logging into your Myzone account on your computer or through the app, you'll be able to see minute-by-minute breakdowns of your exercise effort.

4 Challenge and Share

With built in leader boards, status rankings and social integration, you can show off your progress and challenge with others!

5 Achieve Your Goals

By using Myzone, you'll have access to relevant effort-based data to help you push your limits and reach new heights!



www.hillbrowhealthandwellbeing.org

Recent Topics Include:

- Innovations in Hip and Knee Replacement: A deep dive into modern surgical options.
- Eye Health: Understanding common conditions and how to protect your vision.
- Oral Health: Unlocking the secrets to a healthy smile. Managing Chronic Conditions: Practical tips and expert advice

The podcasts are available on several platforms:
lead.me/thehealthandwellbeingpodcast

If you have any suggestions for future topics, we would be delighted to hear from you! Please feel free to reach out, sdhc.feedback@nhs.net and we will consider them for our upcoming episodes.

Special Coffee Offer!

Enjoy a little extra treat with your coffee! For a limited time, receive a free biscuit with every coffee purchase. Don't miss out—come and grab yours today!