



## Celebrating Two Years of Hillbrow

As we approach our second anniversary on 1st August, we'd like to take a moment to thank every member, patient, partner, customer and staff member who has been part of the Hillbrow journey so far.

The last two years have certainly come with their challenges, but thanks to the support of our community, we're increasingly confident that the Hillbrow Health and Wellbeing model works.

By bringing healthcare, wellbeing, fitness and community services together under one roof, we're seeing first-hand how a joined-up approach can help people take greater control of their health and wellbeing. We're encouraging and helping people to access support earlier, stay active and independent for longer, and take positive steps towards healthier lifestyles. This approach aligns with the Government's plan for the NHS to focus more on prevention and community-based care to help reduce pressure on hospitals.

We believe Hillbrow is playing an important role in supporting the health and wellbeing of Eastbourne and the surrounding area, demonstrating what can be achieved when healthcare and leisure work together.



More people are choosing Hillbrow Health and Wellbeing to support their health and wellbeing, our services continue to grow, and we have many stories from members and customers highlighting the positive impact our approach is having on individuals and the wider community.

As we move into our third year, we're committed to building on the good work done to date, to learn the lessons of things that have not gone so well and to continue improving the facilities, activities and experience we offer.

By renewing your membership, and continuing to be active with Hillbrow, you remain part of the story, helping us reinvest every pound into better facilities, innovative services and a healthier future for our whole community. Together, we're creating a place where more people can live healthier, happier and more active lives.

## Join Us at Our FREE Annual Summer Party

To celebrate our second anniversary, we'd love you to join us at our **FREE** Annual Summer Party on Friday 31st July.

This is a fantastic opportunity to meet the Hillbrow team, connect with other members, and hear more about our plans for the future. You'll also have the chance to ask questions about your membership, our facilities, upcoming improvements, and the services available across Hillbrow.

Most importantly, it's an opportunity for us to thank you personally for your continued support and for being part of the Hillbrow community.

To book your place, please see the booking details on Page 4 of this newsletter.

We look forward to celebrating with you and sharing what promises to be an exciting next chapter for Hillbrow Health and Wellbeing.

## Saturday Swimming Lessons Now Live at Hillbrow

We're delighted to announce that Saturday swimming lessons are now available at Hillbrow Health and Wellbeing.

The introduction of weekend lessons expands our Wave Active Swim School programme, allowing even more children to learn this essential life skill in a fun, safe and supportive environment. With greater flexibility for families, it's now easier than ever to find a lesson time that works for you.

### Make the Most of Your Wave Swim School Membership

Did you know that with a Wave Swim School membership, your child can swim for FREE in our public swim sessions outside of their lessons? The only cost is for the accompanying adult, making it a great opportunity to practise skills, build confidence and enjoy quality time together as a family.

With the **warmer weather** here, there's no better time to make the most of your membership and spend more time in the water.

Swimming lessons are about much more than learning strokes. They provide children with vital water safety and survival skills that can help keep them safe for life. Regular practice outside of lessons is one of the best ways to reinforce learning, improve confidence and support progression.

Swim England recommends that children should be able to:

- Swim 100 metres continuously
- Float unaided for 60 seconds
- Tread water for 30 seconds
- Swim whilst wearing clothing

These are crucial skills for water safety and drowning prevention. However, Swim England research shows that 70% of children leave swimming lessons before becoming fully competent in all four areas, with many unable to confidently float or tread water – two of the most important survival skills.

At Wave Swim School, we're passionate about helping children become confident, capable swimmers while supporting drowning prevention through high-quality swimming lessons and regular opportunities to practise.

**Did you know** we also offer adult swimming lessons? Whether you're learning to swim for the first time, looking to improve your technique or wanting to build confidence in the water, our instructors are here to help.

Not already a member? Join Wave Swim School from just £29 per month and start your swimming journey today.

To find out more about our new Saturday lessons or to book a place, please email [WaveSwimSchool@waveactive.org](mailto:WaveSwimSchool@waveactive.org).

### Water Safety Matters

Drowning remains one of the leading causes of accidental death in children.

Learning to float and tread water can save lives.

Practising outside of lessons helps build confidence and competence.

Every swim session is an opportunity to develop a life-saving skill.

## New Services Now at Hillbrow

We're pleased to welcome new services and share exciting growth within the clinical offering at Hillbrow Health and Wellbeing.

### The Hearing People

Previously known as Audiological Science, The Hearing People provide expert hearing care, including hearing assessments, advice, and ongoing support for a range of hearing needs.

For more information, visit:  
[www.thehearingpeople.co.uk](http://www.thehearingpeople.co.uk)

### Sussex Community Dermatology Service (SCDS)

The Sussex Community Dermatology Service (SCDS) is expanding its presence at Hillbrow with dedicated clinical rooms from April. SCDS provides specialist assessment and treatment for a wide range of skin conditions, delivered by an experienced team including Consultant Dermatologists, GPs with extended roles, specialist nurses, and surgical staff. Services range from common skin concerns to more complex conditions, including minor skin surgery.

In East Sussex, patients are referred via their GP or healthcare professional using the NHS e-Referral Service.

For more information, visit:  
[www.sussexcds.co.uk](http://www.sussexcds.co.uk)

## Refer a Friend & Get Rewarded 🤝

**Know someone who would love Hillbrow?  
Refer them today and enjoy a reward on us!**

Simply complete our referral form and when your friend joins on a MAX or FLEX membership, you'll receive £25 off your direct debit or 2 extra weeks added to your annual membership.

**It's easy:**

Refer a friend  
They join  
You get rewarded

👉 **Scan the QR code to get started**

**Refer a  
Friend**

**SCAN  
ME!**



## Reformer Movement Celebrates One Year

In July, we **celebrated the first anniversary** of Reformer Movement at Hillbrow Health and Wellbeing.

Over the past year, Reformer Movement has gone from strength to strength, helping people of all ages and abilities improve their strength, mobility, balance and overall wellbeing. The popularity of the programme is a testament to the dedication of our instructors and the commitment of everyone who has taken part.

We're proud to see Reformer Movement becoming another successful Hillbrow story, supporting our vision of helping people move more, feel better and live healthier lives.

### Making Reformer More Accessible

One of the biggest developments this year has been the introduction of new pricing bundles, making Reformer Pilates more accessible than ever before. Our 10-class bundle is now available at just £10 per class, helping to break down barriers and make high-quality Reformer Pilates affordable for more people. The response from members has been incredibly positive, with many welcoming the flexibility and value that the new pricing structure offers.



### Exciting Changes Ahead

As Reformer Movement continues to grow, we're delighted to announce that a brand-new Reformer Movement app will be launching soon. The new app will provide an enhanced member experience, making it even easier to book classes, manage sessions and stay connected with the Reformer Movement community.

### Supporting Health Through Movement

We're also excited to be developing new referral pathways into Reformer Movement through our healthcare partnerships. As healthcare increasingly recognises the role that movement plays in prevention, rehabilitation and long-term health management, we're creating opportunities for more people to access the benefits of Reformer Pilates as part of their wellbeing journey.

This is another example of how Hillbrow, Wave Active Health & South Downs Health and Care are working together to provide innovative, joined-up health and wellbeing solutions for our community.

**Thank you** to everyone who has supported Reformer Movement during its first year. We look forward to continuing to grow and helping even more people experience the benefits of movement in the years ahead.

# SELF-REFER FOR A HEALTH ASSESSMENT



## SELF-REFER FOR A HEALTH ASSESSMENT

No GP referral needed



### What We Support With:

- Living with long-term health conditions
- Joint or muscle pain
- Recovering after injury
- Improving strength, mobility, and fitness
- Building confidence to exercise safely

### Delivered By:

- ✓ Qualified Health & Wellbeing professionals
- ✓ Personalised exercise prescription
- ✓ Ongoing structured support

### Get in Touch

- ✉ [referral@waveactive.org](mailto:referral@waveactive.org)
- 🌐 <https://hillbrowhealthandwellbeing.org/healthcare-2/>
- ☎ 01323 408857
- 📍 Hillbrow Health and Wellbeing, 1 Denton Road, Eastbourne BN20 7SS

### Scan to Self-Refer

#### Try It for Yourself

Enjoy a **free pass** and discover everything included in membership.

We'll contact you to arrange your appointment.



[www.hillbrowhealthandwellbeing.org](http://www.hillbrowhealthandwellbeing.org)

## Take the first step towards better health

Our experienced health practitioners are here to support you every step of the way. Whether you're living with a long-term condition, recovering from injury, or simply looking to improve your strength, mobility, and confidence, we're here to help.

You'll receive personalised guidance, structured support, and a programme tailored to your needs — all delivered in a friendly, welcoming environment.

### Getting started is easy:

Simply scan the QR code to self-refer for a health assessment — no GP referral needed.

Enjoy a free pass and discover everything included in a Hillbrow membership, with our team on hand to support you throughout your journey.

Scan to Self-refer or email us:  
[referral@waveactive.org](mailto:referral@waveactive.org)



## Book Your Place at Our Annual Summer Party!

Bring Your Friends & Family!

Share the fun at our Annual Summer Party. Enjoy a free BBQ, garden games, music and great company in the sunshine. Everyone is welcome, so book your FREE tickets today!

### How to Book

- Reserve your FREE ticket at Reception
- Simply speak to a member of the team to secure your place.
- Prefer to book by phone?
- Call us on 01323 407400.
- Don't wait too long!

Free tickets are limited and will be allocated on a first come, first served basis.



## Investing in Your Health and Wellbeing at Hillbrow

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At Hillbrow, we believe healthcare should be proactive, personalised and accessible. Through our partnership with South Downs Health & Care (SDHC), we are continuing to expand the range of services available within the Clinical Suite, making it easier than ever for members to access expert healthcare advice, preventative screening and specialist support in one convenient location.

Read on to discover the latest developments and services available at Hillbrow.

### How Well Do You Really Know Your Health?

When was the last time you had a thorough health check?

Many of us service our cars every year, yet when it comes to our own health, it's easy to put things off until something doesn't feel quite right.

But what if you could gain a clearer picture of your health before problems develop?

At the Clinical Suite at Hillbrow, SDHC offers a range of comprehensive Private Health Check Packages, designed to help individuals better understand their health, identify potential risk factors and take proactive steps towards long-term wellbeing.

#### Prevention Starts with Understanding

Many common health conditions, including heart disease, high blood pressure, diabetes and high cholesterol, can develop silently without obvious symptoms. Early identification can make a significant difference, allowing people to make informed lifestyle choices and access appropriate treatment sooner if needed.

A health check provides an opportunity to take stock of your health, understand your personal risk factors and receive expert advice tailored to your individual needs.

#### A Health MOT for Your Future

Whether you're looking for reassurance, have a family history of certain conditions, are approaching a milestone birthday, or simply want to invest in your wellbeing, SDHC's Health Check Packages provide a convenient and professional way to do so.

Packages may include:

- Comprehensive blood testing
- Cardiovascular health assessments
- Diabetes screening
- Cholesterol and lipid profiling
- Liver and kidney function checks
- Lifestyle and wellbeing reviews
- Personalised health recommendations from experienced clinicians

Our experienced healthcare professionals take the time to explain your results clearly, answer any questions and help you understand what steps you can take to maintain or improve your health.

## Invest in Your Health Today

Your health is one of your most valuable assets. Taking time to understand it today could make a lasting difference tomorrow.

To learn more about our Health Check Packages or to book an appointment, visit: [Health Check Packages - SDHC Private GP Services](#)

### Is It More Than Just Forgetfulness?

Have you or someone you care about noticed changes in memory, concentration or day-to-day thinking? Perhaps names are becoming harder to recall, appointments are being forgotten more often, or familiar conversations seem a little more difficult to follow.

While occasional forgetfulness is a normal part of life, ongoing changes in memory can sometimes leave people with questions, concerns and uncertainty.

The reassuring news is that expert support is available locally.

At the Clinical Suite at Hillbrow Health and Wellbeing, SDHC offers a Private Memory Assessment Service, helping individuals and their families gain a clearer understanding of memory and cognitive concerns in a supportive and professional environment.

#### Early Answers Can Make a Difference

Memory difficulties can occur for a variety of reasons and do not automatically indicate dementia. Seeking advice early can often provide reassurance, help identify underlying causes and ensure that the right support is available when it is needed most.

This service has been carefully designed to provide a thorough, patient-centred assessment, giving individuals and their families the time, expertise and support they deserve.

#### Expert Assessment, Delivered Locally

The service is led by Dr Hayder Al-Shamaa, an experienced GP with a special interest in dementia and cognitive health, supported by a multidisciplinary team including a registered nurse.

Assessments may include:

Comprehensive memory and cognitive assessments  
Advanced neuropsychological testing  
Personalised recommendations and care planning  
Support and guidance for patients and families  
Clear advice on appropriate next steps and treatment options where needed

By offering appointments locally at Hillbrow, patients can access specialist expertise closer to home, without the uncertainty of lengthy waiting times.

#### Find Out More

To learn more or enquire about an appointment, visit: [Memory Assessment Service - SDHC Private GP Services](#)

## Understand Your Health Better with Our Complimentary Medicube X Self-Scan Service

We're pleased to announce that Hillbrow members can now access the Medicube X free of charge, conveniently located within the Clinical Suite at Hillbrow.

This innovative health assessment station provides a fast and convenient way to gain valuable insights into your wellbeing. In just a few minutes, the **Medicube X** can measure a range of key health indicators, including body composition, blood pressure and other important wellness metrics, helping you build a clearer picture of your current health.

At the end of your assessment, you'll receive a personalised results printout to take away with you.

### Understanding Your Results

Your printout includes a QR code linking to further information about your measurements and whether they fall within recommended ranges. Alternatively, the reception team in the Clinical Suite can provide a reference guide to help you better understand your results and what they may mean for your overall health.

### Turn Your Results into Actionable Health Insights

The Medicube X provides a valuable snapshot of your current health, but understanding what those measurements mean for you personally is where the real value lies.

**For members** seeking greater clarity, reassurance or personalised advice, we offer an Enhanced Health MOT for just £25.99. This service includes:

- ✓ GP review of your Medicube X results within 5 working days
- ✓ A follow-up discussion with a GP to explain your results and answer any questions
- ✓ Guidance on any lifestyle changes or next steps that may benefit your wellbeing

Whether you're monitoring your health, working towards specific wellness goals, or simply curious about your results, the Enhanced Health MOT helps transform your screening data into practical, personalised advice from a healthcare professional.

Discover more:

[MedicubeX - SDHC Private GP Services](#)



## Women's Health Service Coming Soon to Hillbrow!

We are delighted to announce that a dedicated Women's Health Service will soon be launching within the Clinical Suite at Hillbrow, delivered by South Downs Health & Care as part of its expanding private healthcare offering.

Designed to support women at every stage of life, the service will provide timely access to expert advice, assessment and treatment in a professional, welcoming environment.

### Services will include:

- Contraception advice and support
- Contraceptive implant fitting and management
- Copper and hormonal coil (IUD) fitting and management
- Menopause support and symptom management
- Hormone Replacement Therapy (HRT) reviews, including support for heavy bleeding
- Hormone testing where clinically appropriate
- Breast health examinations
- Post-menopausal health reviews, including bone density referral assessments

### Stay Connected

We are currently finalising arrangements and look forward to sharing the official launch date very soon.

To make sure you are among the first to hear about:

- Service launch dates
- Appointment availability
- New healthcare services
- Health promotion campaigns
- Patient offers and updates

Please keep an eye on our new website [Private GP Services in Eastbourne](#) | SDHC and follow us on:

Facebook: search [South Downs Health & Care](#)

LinkedIn: search [South Downs Health & Care](#)



## Taking the Next Steps to Reduce Pain and Increase Movement

Joint pain affects thousands of people every day, limiting mobility, reducing independence and making even simple tasks more challenging.

Whether caused by arthritis, inflammation, injury or an ongoing musculoskeletal condition, persistent pain can have a significant impact on quality of life, affecting everything from exercise and work to sleep and everyday activities.

To help meet the growing need for accessible musculoskeletal care, SDHC will soon be launching a new Joint Injection Service at the Clinical Suite at Hillbrow.

The service will provide expert assessment and, where appropriate, corticosteroid injections for a range of common joint and soft tissue conditions, helping to reduce inflammation, relieve pain and support improved movement.

Steroid injections are not suitable for everyone. An initial GP assessment will be undertaken first to determine whether a person's condition is suitable for this type of management. The GP will review symptoms, medical history and any relevant clinical factors before discussing the most appropriate treatment options.

Patients will have access to experienced clinicians who will provide personalised assessments based on individual needs and symptoms.

Conditions that may benefit from treatment include knee arthritis, shoulder pain, hip pain, tennis elbow, golfer's elbow, trigger finger, plantar fasciitis and other common musculoskeletal conditions.

Further details, including launch dates and appointment availability, will be announced soon.

To stay up to date with new services, healthcare updates and special offers, visit [www.sdhcprivategp.co.uk](http://www.sdhcprivategp.co.uk) and follow South Downs Health & Care on Facebook and LinkedIn.



## Looking for a friendly chat?



Our Chatty Table offers a warm and welcoming space where you can meet new people, enjoy good conversation, and build connections within your local community.

Everyone is welcome—just come along and pull up a chair.

## ☀️ Have You Got Your Wellness Summer Passport Ready?

There's still time to take part in our Wellness Made Simple Spring/Summer Passport, but be quick – the challenge ends on 10th July!

Collect stamps by taking part in activities such as gym sessions, swimming, fitness classes, downloading the app, completing the gym challenge, following us on social media, referring a friend, cycling or walking to Hillbrow, and visiting the Clinical Suite.

Complete your passport and you'll be entered into our grand prize draw to WIN an unforgettable Maverick Boat Adventures experience! 🛶

You'll also have the opportunity to enter additional prize draws, including a FREE 25-minute GP appointment when you visit the Clinical Suite.

⌚ Don't miss out! The Wellness Summer Passport closes on 10th July, so there's still time to collect your stamps and be in with a chance of winning. Pick up your passport from reception and start your wellness journey today!

Collect stamps. Improve your wellbeing. Win amazing prizes!

