Fit Steps Chair Dance at Hemel Hempstead!

everyone ACTIVE

DACORUM BOROUGH COUNCIL

A fun, low-impact dance fitness class done from a chair, combining simple steps with great music to improve mobility, confidence and wellbeing. Suitable for all abilities.

For more information email
DacorumActiveCommunities@everyoneactive.com
or call 01442 507 100 select option 1

Book your place here via the Everyone Active App or visit their website here

Monday's
10:00am-11:00am
Grovehill Community Centre Henry Wls Sq, Hemel Hempstead HP2 6BJ
£6.10 per class

Unsure how to use Everyone Active's app? Some sites are offering **Teach & Tech Days** where you can learn how to book community classes, find sessions near you and includes a free taster class plus refreshments! See dates below.

Tuesday 3rd March - Wilbury Hall, Letchworth
1:30pm - 2:30pm (Teach & Tech)
2:30pm - 3:30pm (Free Circuits taster)

Any questions call 01763 255 190 (option 2)

Thursday 5th March - Baldock Community Centre
11:00am - 12:00pm
(Includes Free Extra Care taster)

Funding for St Albans over 60's projects!

The Grace Muriel Legacy Small Grants Fund supports local projects benefiting people aged 60+ in the St Albans District. Constituted community groups and charities can apply for grants of up to **£5,000** to help reduce financial hardship and promote physical and mental wellbeing.

What can be funded?

- Projects for beneficiaries aged 60 or older and live within St Albans District.
- Running costs, equipment, items, also new or ongoing projects and activities.

Learn more about the fund here.

St Albans Old People's Trust
Registered Charity no 222522

Padel Beginners Course in Bushey!

Padel is an enjoyable, tactical racket sport that is growing in popularity across the UK. Scoring is the same as tennis except a padel court has walls, so shots can be played off them, like in squash. This is a four-week beginner course designed to help you build confidence on court, learn the rules, and develop proper technique and strategy.

To book download the **Playtomic mobile app** and search for Padel Tree at Metropolitan Bushey and head to Competitions or alternatively call **01923 243 947**

Starts Sunday 1st March
3:00pm-4:00pm
Metropolitan Bushey, Aldenham Road, Bushey, WD23 2TR
£20.00 for the entire course

Hertfordshire's Year of
Disability Sport & Physical Activity

No Limits 2026

Supporting Patients with Disabilities to Be More Physically Active

This webinar aims to equip healthcare professionals with the knowledge and confidence to better support patients with disabilities to become more physically active. Bringing together national insight, local provision, and lived experience, the session will explore the role of healthcare professionals in promoting physical activity.

Register your place here.

Tuesday 3rd March
9:30am-11:30am
Online
FREE

Join the Revolution

Herts Together
One county, many voices, shared future.

www.livelongerbetterinherts.co.uk