

# Movement updates August 2025

*The Live Longer Better Revolution is a national approach to support older adults to live longer, healthier and happier lives. Live Longer Better in Hertfordshire launched in April 2021 aiming to increase opportunity for older adults to be physically active. Our approach is to connect organisations and individuals, provide upskilling opportunities and support access to funding for Active Ageing projects.*

## Upcoming Events

### Potters Bar Health & Wellbeing Event!

Looking to take charge of your wellbeing? Don't miss Potters Bar's annual community fair which is a free event designed to support your health and wellness. No booking required, just come along and browse over 25 stalls offering wellbeing information. There is a wide variety of taster sessions on the day such as Laughter Yoga to Solo Latin Dance. The Wylllyotts café will be serving a variety of lunchtime specials.

 Friday 12<sup>th</sup> September

 Wylllyotts Theatre, Darkes Lane, EN6 2HN

 10am to 3pm

 [friendsofparkfieldppg@gmail.com](mailto:friendsofparkfieldppg@gmail.com) for more information!

**FREE** to attend!



### Stay Active, Stay Well: A Social Prescribing Webinar

If you have not already, remember to sign up to our free upcoming webinar. Are you curious about how exercise and social prescribing can work together to support your work as an exercise professional?

This will be an informative and easy-to-follow online session hosted by the Herts Sports & Physical Activity Partnership. The webinar will explain how personalised care is evolving, and how physical activity can play a bigger role in improving wellbeing and integrating with activity. During the session, you'll:

- Learn what social prescribing is and how it's being used today
- Understand how physical activity can support your personal health goals
- Hear real examples of how movement and personalised care are being successfully combined

Whether you're already active or looking for ways to get moving, this session is designed to inspire and inform. Everyone is welcome!

 Tuesday 9<sup>th</sup> September 2025

 9.30am - 11.30am

[Register Here](#)



### Watford's First Ever Celebration Day

Join us at Woodside Leisure Centre this International Day of Older Persons for Watford's first ever Live Longer Better Celebration Day. Hosted by Watford Borough Council, Everyone Active, and Herts Sport & Physical Activity Partnership, the day promotes the benefits of staying active in later life. We're proud to welcome Mayor Peter Taylor and Councillor Jennifer Pattinson to open the event, as Watford celebrates becoming Age-Friendly accredited. Expect fun activities, expert advice, Boditrax state of the art body composition trackers and a vibrant community atmosphere helping more people to get more active, more often!

 Wednesday 1<sup>st</sup> October



Horseshoe Ln, Watford WD25 7HH

everyone  
ACTIVE



[Book Tickets  
Here](#)



[Join the Revolution](#)

[www.livelongerbetterinherts.co.uk](http://www.livelongerbetterinherts.co.uk)



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## Hertfordshire Updates

### Hatfield community fair!

On the 12<sup>th</sup> August Live Longer Better had the wonderful opportunity to have a stall at the very busy Hatfield Community Fair. It was a very informative and fun day for everyone, filled with numerous activities for all family members to take part in! Live Longer Better Champion, Dave Bartlett, joined us to man the stall on the day and spread our message to the community and raise awareness of the brilliant community badminton sessions.



### Case Study: Power of Partnership

Read about HSP's support in developing the transformative Judo for Safer Falling programme in partnership with British Judo and University of Hertfordshire. This pioneering judo-based programme is helping older adults to fall safely, improve balance, and regain confidence. Nearly 200 coaches have been trained and real results have been shown, including a 17.4% reduction in fear of falling. Whilst its impact across the UK is growing and gaining international recognition, the programme is setting a new global standard in active ageing and injury prevention through the power of martial arts.



[Read the case study here](#)

### Yoga4Health: Gentle, Supportive Classes for Your Wellbeing

Yoga4Health classes are designed to be welcoming and suitable for everyone. They're not linked to any religion and focus on helping you look after your health through gentle movement, breathing, relaxation, and mindfulness. No experience is needed, and you can take part in a way that suits you, either in a chair or on a mat. The sessions are calm, friendly, and aimed at helping you feel more confident in managing your wellbeing. There will be handouts to take home with you for in between sessions that you can do at home. The upcoming class is beginning in Ware and at the start of October they will also be running in Hertford! To get booked in and see prices please use the link!



 Tuesday 2<sup>nd</sup> September 2025  October 1<sup>st</sup> September 2025

[Class Details](#)

## Champion's Corner

### Ray's balance tip!

Live Longer Better in Hertfordshire Champion Ray Wilkinson has shared his top tip; a simple and easy way to improve your balance. A great way to start improving balance is whilst we brush our teeth! This is to challenge ourselves by standing on one leg when we brush the top teeth, then swap when we brush our bottom teeth. It is easy to do and it is a free two minutes twice a day when we are already standing. Adding simple things like this into our lives are great ways to start effectively improving our balance.

