

# Revolutionists' Report June 2025

*This newsletter shares the opportunities and projects underway in Hertfordshire from members of the Live Longer Better Revolution; our Revolutionists. If you would like your Active Ageing opportunities or resources shared via this newsletter please email [info@livelongerbetterinherts.co.uk](mailto:info@livelongerbetterinherts.co.uk)*

## Active Ageing Opportunities

### Walk for Parkinson's in Hatfield

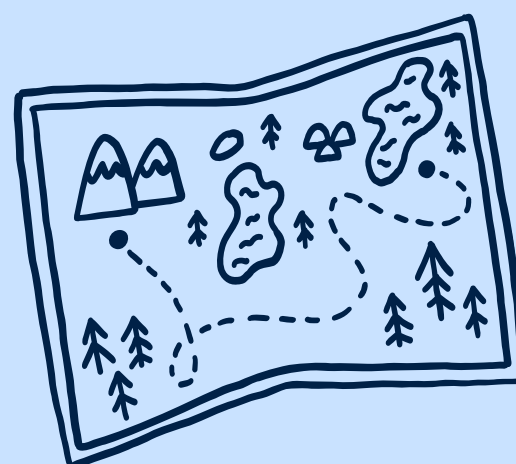
Get ready to make every step count! On **Saturday 5th July**, join an inspiring community walk at the stunning Hatfield House in support of *Parkinson's UK*. Choose your challenge: a 1.6-mile or 5.7 mile walk along scenic paths and breathtaking woodland trails. Whether you walk, wander, or stride with purpose, every step helps raise vital funds to bring specialist care and support to people living with Parkinson's. Dogs on leads are also welcome to this day!

£ £12 per adult / Under 18s FREE

📅 **Saturday 5th July, starts at 11:00am**

📍 **Hatfield House, Hatfield, AL9 5HX**

**Registration closes Sunday 29th June at 11.59pm**



**Sign up [HERE](#)**

### NHS Diabetes Prevention Programme

Sign up to the NHS diabetes prevention programme where people have experienced a 20% reduction in the likelihood of developing type 2 diabetes. To be referred onto the programme, you must have had a blood glucose test within the past 12 months.

- Speak to your GP or relevant health care professional and they can refer you to our programme if you are at risk.
- To register online, follow the steps [HERE](#).



#### How it works:

1. **Meet Your Coach** – Start with a one-to-one appointment to learn more and personalise your journey.
2. **Choose Your Path** – Join local group sessions or connect with your coach digitally through their app
3. **Make Lasting Changes** – Follow a tailored plan to improve your lifestyle and lower your risk of Type 2 Diabetes.



**[Register HERE](#)**

### Walk for Wellbeing around Tring Reservoirs

Join a leisurely guided walk hosted by the *Canal & River Trust*. Led by knowledgeable volunteers, the walk begins and ends at Marsworth/Startop's End Reservoirs Car Park, taking in scenic views of the reservoirs. Along the way, learn about the canal and reservoir system, enjoy birdwatching at Wilstone bird hide and enjoy a pit stop at the Meads Farmhouse Kitchen for a cuppa!

£ Free to attend!

📅 **Tuesday 24th June at 11:00am, Friday 25th July at 11:00am and Friday 22nd August at 2:30pm**

📍 **Marsworth/Startop's End Reservoirs Car Park, HP23 4LJ**



**Canal &  
River Trust**  
Making life better by water

**[Book for June](#)**

**[Book for July](#)**

**[Book for August](#)**



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## Active Ageing Opportunities

### Feel Stronger, Sit Smarter: Chair Based Exercise Class in Harpenden!

Are you ready to boost your strength, improve posture and gain flexibility? *Nannies4Grannies* invites you to join their brand-new 40minute gentle chair-based exercise class, specially designed to support those with reduced mobility while promoting a fun and active lifestyle. Whether you're easing back into fitness or looking for a low-impact way to stay strong, *Nannies4Grannies* will have you sitting tall and feeling fantastic! The session is also followed by refreshments and social.

£ £5 donation all proceeds go to the Harpenden Trust

Tuesdays 2:00pm - 3:30pm

Salvation Army Hall, Leyton Green, Harpenden AL5 2TG.

To book call 01582 764 305



Learn more about  
Nannies4Grannies  
HERE

### The Big Step Out 2025

Join the *Big Step Out 2025*, The National Community Walking Festival dedicated to the nation's 10million unpaid carers and the people they care for. Between the 11<sup>th</sup> and 26<sup>th</sup> June, you are invited to be active and make every step count. You are able to set up your own fundraising page or donate to the campaign. Walk, wheel, dance, run, jog, trot or play...dogs' steps also count! Wherever you are, whoever you are with, whatever your activity may be, count the steps or wheel revolutions to the Big Step Out total!

Learn more about the campaign [HERE](#).



Photos and stories can be sent  
with the hashtag  
#TheBigStepOut 25 to:  
Insta @carersstepoutuk  
X/Twitter @carersstepout  
Facebook - carerssteppingout

### NEW Strength & Balance Class Starting in Tring!

Residents of Tring and surrounding villages will soon have the chance to boost their health and wellbeing with the launch of a new Strength and Balance class, starting 17th June.

Run by *Karen Kelly Mobility & Fitness*, the weekly sessions are designed to promote independence and reduce the risk of falls, offering a supportive and inclusive environment for anyone looking to stay active, improve mobility and enhance stability.

To book call Karen on 07745 547 100

£ £6.50

Tuesdays at 10:00am

Victoria Hall, Akeman Street, Tring, HP23 6AA

### Hertfordshire Residents Celebrate Ageing & Challenge Ageism!

To mark *Age Without Limits Day* on the 11th June 2025, Live Longer Better launched a compelling new video designed to challenge societal perceptions of ageing. The video features Initiatives such as *Generation Circus*, *Walking Squash* and *Judo for Safer Falling*, illustrating that growing older doesn't mean slowing down, but rather redefining what's possible. the video aims to ignite a cultural shift in how ageing is perceived.

Read the article and watch the video [HERE](#)

