Live Longer Better. in Hertfordshire

# Revolutionists' Report
## March 2026

Age-Friendly Hertfordshire

*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 opportunities shared via this newsletter please email* ***info@livelongerbetterinherts.co.uk***

## Tuesday 7th April is World Health Day!

**This year's theme is Global Action for Universal Health Coverage, highlighting the importance of ensuring everyone can access essential health services without financial hardship.**
**To mark the occasion, Everyone Active will be offering a range of free activities from blood pressure checks and personal training taster sessions across their sites.**

**Hitchin Swimming and Fitness Centre - SG5 1HA**
Blood Pressure Checks - 10-11am & 2-3pm
Public Swimming - 12-1pm

**North Herts Leisure Centre - SG6 2ER**
Blood Pressure Checks - 9-10am & 12-1pm
Table Tennis - 10-11am & 1-2pm
Women and girls swimming - 8-10pm

**Royston Leisure Centre - SG8 7XT**
Blood Pressure Checks - 10am-1pm
Public Swimming - 12-1pm

**Knights Templar Sports Centre - SG7 6EY**
Free Blood Pressure Checks - 10am - 1pm

**Westminster Lodge - AL1 2DL**
9-1pm in the sports hall.

**Hartham Leisure Centre - SG14 1QR**
Disability Swim - 9:30-10:30am
Inclusive Swim - 10:30-11:30am
Good Boost - 12:00-1:pm
Seated Pilates 2-2:45pm

**Hemel Hempstead Leisure Centre - HP1 1JS**
10am-2pm, Bouncy castle, beginners pickleball, laser shooting, fencing, Zumba, stalls & more!

**Stevenage Arts and Leisure Centre - SG1 1LZ**
Blood Pressure Checks - 8:30am-2pm
Pickleball - 12:30-2:30pm
Senior Table Tennis - 2-4pm

**Woodside Leisure Centre - WD25 7HH**
Health Checks - 11am-12:30pm
Introduction to exericse - 12:30-1pm
Senior Dance - 11:30am
Rejuvenate - 12:15pm
Circuits - 2pm
Breathing Space 2:30pm

**Grange Paddocks Leisure Centre - CM23 2HH**
Senior Swim - 9-10am
Forever Fit - 12:30-1:15pm
Meditation 1:45-2:30pm
Disability Swim - 2:30-3:30pm

**You don't need to be an Everyone Active member to join the day, just create a free EA account on the EA app or contact the specific EA site by phone or visit the reception in person.**

## Three Rivers Health event

Join Three Rivers Council for an informative afternoon on health and wellbeing. Hear a practical talk from an NHS Consultant Respiratory Physiotherapist on managing asthma and share your experiences of accessing NHS services to help shape future support. Local organisations will also be available with information and advice, including Hertfordshire Mind Network, Manor View Practice and cancer screening representatives.

**FREE**

**Thursday 19th March**
**Parish Council Office, Oxhey Drive, WD19 7SB**
**1:30pm-3:00pm**
**Book your place here**

## Finding your Feet Judo Course for Exercise Professionals

British Judo is offering a Finding Your Feet course (Judo for Safer Falling) for exercise professionals who work with older adults. The course teaches techniques to help participants fall and land more safely, aiming to reduce injuries from falls.

**St Albans Judo Club, Batchwood Golf & Sports Centre, AL3 5XA**
**Tuesday 14th April**
**10:00am - 3:00pm**
**£30.00**

**Book your place here.**

**Our LLB Champions can attend for free contact t.woods2@herts.ac.uk to confirm (requires eligible qualification)**

BRITISH JUDO

## Circle Dancing in St Albans

Circle dancing is an ancient tradition found in many cultures, bringing people together to celebrate, connect and build community. Modern circle dance includes traditional dances from countries such as the Balkans, Greece, Israel, Russia and France, as well as newer dances set to classical and contemporary music. Dances can be lively or gentle, but the aim is always the same: to enjoy moving together and share a sense of well-being. **No experience or partner is needed,** each dance is taught and everyone is welcome.

- **3rd April, 2:00pm-4:00pm**
- **1st May, 7:00pm-9:00pm**
- **5th June, 7:00pm-9:00pm**
- **3rd July, 7:00pm-9:00pm**
- **4th Sept, 7:00pm-9:00pm**
- **3rd Oct, 2:00pm-4:00pm**
- **7th Nov, 2:00pm-4:00pm**
- **5th Dec, 2:00pm-4:00pm**

**First Friday of the month**

**St Albans Quaker Meeting House, AL1 3UD.**

**Free taster session then £8 per session.**

**To find out more call Mary on 07837 169 670**

## Cancer Rehabilitation sessions

Join Everyone Active for supportive and gentle exercise sessions for those living with or recovering from breast cancer.
Led by a Level 4 Cancer Rehabilitation Trainer, these sessions are designed to help you:

- Move safely
- Rebuild strength
- Boost confidence

**Book online via the EA app, or call 01442 507 100**
**DacorumActiveCommunities@everyoneactive.com**

**Hertfordshire's Year of**
Disability Sport & Physical Activity

No Limits 2026

activity alliance
disability inclusion sport

## An Introduction to Inclusive Communications & Marketing

Aimed at representatives of community clubs, organisations and any professionals supporting disabled people, this webinar will equip attendees with practical strategies to improve their social media and marketing materials.

Individuals will be able to form an action plan to enhance their inclusivity and marketing reach with disabled audiences, ensuring their club or organisation is welcoming to all.

**Monday 23rd March**

**11:30am-1:00pm**

**Online**

**FREE**

**Book your place here.**

## Inclusion Tennis Showcase & Coaching Forum 2026

Middlesex Tennis

LTA HERTS TENNIS

10:00-13:00

Thursday 26th March

Gosling Sports Park, Stanborough Road, Welwyn Garden City, AL8 6XE

Herts Tennis and Middlesex LTA are hosting a Coaching Forum focused on delivering Disability Tennis Programmes. The event is open to club committee members, volunteers, coaches and community organisations interested in inclusive tennis.
Attendance is free for volunteers and community groups. Accredited tennis coaches can attend for £15, with the opportunity to claim CPD licence credits through Independent Learning.

**Book your place here.**