Live Longer Better.

Live Longer Better. in Hertfordshire

Revolutionists' Report October 2025



in 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 Active Ageing opportunities or resources shared via this newsletter please email info@livelongerbetterinherts.co.uk

Upcoming Events

Better your understanding of arthritis and the benefits of staying active for joint health!

We have partnered with Arthritis UK to deliver a webinar designed for people living with arthritis and for those who support them.

Join us for this informative session where you'll:

- Gain an understanding of what arthritis is, including the symptoms, how it affects daily life, and the pain cycle.
- Discover the truth about physical activity and arthritis by busting common myths.
- Explore effective ways to self-manage arthritis to engage in physical activity.
- Learn about the support and resources available from Arthritis UK
- Find out about local opportunities to get moving and stay connected in your community.

For any further questions, please email t.woods2@herts.ac.uk

9Arthritisuk









Book here

Live Longer Better in North Herts Celebration Day

Join this localised Live Longer Better event delivered by Active in the Community, North Herts Council, and Everyone Active, this event is your chance to find out all about staying active, healthy, and confident as we age!

What to Expect:

- Local physical activity taster sessions to help you stay strong, steady, and supple
- Marketplace where local organisations will share opportunities and offer health and wellbeing support.
- Free refreshments

Come along, try something new, and discover ways to keep moving and thriving in your community.

Any questions, contact adam.howard@aitc.org.uk



O North Herts Leisure Centre, Baldock Road, Letchworth Garden City SG6 2ER.

10:00am - 1:00pm <u>Book here</u>





Get Involved in Hertfordshire's Year of Disability Sport & Physical Activity 2026!

Herts Sport & Physical Activity Partnership are calling all partners, stakeholders, and supporters to the Disability Sport Symposium: Breaking Barriers, Moving Together, to hear from leading voices in disability sport.

This inspiring evening will showcase powerful stories from individuals who've experienced the transformative impact of sport and physical activity first-hand. It also marks the official launch of Hertfordshire's Year of Disability Sport & Physical Activity 2026. Guests will have the chance to connect, exchange ideas, and explore new ways to make sport and physical activity more inclusive throughout Hertfordshire.



Thursday 27th November



6:30pm-8:30pm



Free to attend



University of Hertfordshire de Havilland Campus, AL10 9EU

Book here



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Active Ageing Opportunities

Slipper Swaps are returning to Hertfordshire Libraries

Worn-out slippers can increase the risk of slips, trips, and falls, sometimes leading to hospital visits

and a loss of independence.

Join *Hertfordshire Libraries* for a friendly cuppa and swap your old slippers for a free new pair of anti-slip ones! Visit a participating library to get advice and support from occupational therapists and local community partners, all helping you stay safe and well this winter. **No need to book just turn up!**

Locations

- Marshalswick Library Wednesday 22nd October
- Welwyn Garden City Library Wednesday 5th November
- Buntingford Library Thursday 13th November
- Radlett Library Thursday 20th November
- Hitchin Library Friday 28th November
- Waltham Cross Library Tuesday 2nd December

All events are 10:00-1:00pm,



Visit <u>here</u> for more information

Living Well with a Long-term Health Condition Online Webinar

Join NHS Hertfordshire and Mix Essex Talking Therapies for an introductory webinar exploring what it means to live well with a long-term health condition and how it can affect mental health. Whether you've been recently diagnosed or living with your condition for years, this session is for you.

Topics include:

- The link between physical and mental health
- Stress management and mindfulness techniques
- Energy management (including spoon theory)
- The importance of self-compassion
- How to access further support

Wednesday 12th November



Libraries



Book here

Take away simple, effective strategies to support your wellbeing and live more comfortably with your condition.

Champion's Corner

Our Live Longer Better in Hertfordshire Champions have been actively spreading the word about the benefits of active ageing at recent community events. One highlight was Maggie's engaging *Thinking Lunch* talk in St Albans, where she explored key topics such as reducing isolation and stress, boosting physical activity, and keeping the mind sharp.

Sharon, Helen, and Carol recently took part in the Potters Bar Older Person's Activity Learning and Safety (OPALS) event, where they shared valuable health and wellbeing resources with local residents, helping to support a more informed and active community.

Interested in becoming a Champion? All of our Champions have completed a short online training to get started. You can learn more about the training and how to join them here.



