Live Longer Better. in Hertfordshire

Revolutionists' Report
September 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***

Thank you! Celebrating an Incredible Celebration Day

We're still riding the wave of excitement from our fourth flagship Live Longer Better in Hertfordshire Celebration Day and it's all thanks to you!
More than 470 people came together to enjoy a fantastic day of activities, inspiration and community spirit.

A standout moment was keynote speaker, Christine Hobson. Guinness World Record holder, "fitfluencer" and former headteacher, Christine shared her inspiring journey of transforming her health after retirement through strength training and new challenges. Her uplifting message reminded us all that it's never too late to make positive changes and live longer better.

A huge thank you to everyone who attended, volunteered, exhibited and supported the event.

Relive the day in our image library and read the full event roundup here.

You can also watch a recording of Christine's inspiring talk.

Free Pickleball in Hemel Hempstead!

FREE

The Active Dacorum Hub are inviting residents to join their free local Pickleball sessions. Pickleball combines elements of tennis, badminton and table tennis into a fun, easy to learn game that is suitable for all fitness levels.

10:00am - 11:00am: Mondays, Tuesdays, Thursdays & Fridays

12:30-1:30pm: Monday - Fridays

The Active Dacorum Hub Tennis Courts in Grovehill, Hemel Hempstead, HP2 7BA.

APEX IN THE COMMUNITY healthy, active, fun

No equipment is needed, but you must pre-book here
Sessions run throughout September and October up until the Half Term holidays.

New Over 50's Social Badminton in Letchworth & Hitchin

This October, Hertfordshire Badminton Association's Over 50s sessions are launching in Letchworth and Hitchin, offering a fantastic opportunity to enjoy gentle exercise, connect with new people, and boost your overall wellbeing this autumn.

Fortescue Hall Pixmore Way, Letchworth, SG6 3TP.
Fridays starting 2nd October.
2:00-3.30pm (inc. refreshments)

Westmill Community Centre John Barker Place, Hitchin SG5 2PG.
Thursdays starting 1st October.
2:00-3.30pm (inc. refreshments)

To book contact Bob on 07952 932 662

Memory Support Hertfordshire

Dementia Friendly Accessibility Fund

The Dementia-Friendly Accessibility Fund offers grants of £200 to £1,000 to help local organisations make their premises more welcoming and accessible for people living with dementia and their carers. Funding can be used for practical improvements such as Dementia-friendly signage and wayfinding, better lighting and visibility, accessible information and much more!

The fund is provided by Hertfordshire County Council and administered by Memory Support Hertfordshire. For further information or to discuss a potential project contact:
Dementiafriendly@memorysupportherts.org.uk

International Day of Older People

On the 1st October communities across the UK will celebrate the International Day of Older People (IDOP). This year's theme, "What's on Your Doorstep?", encourages people to discover and celebrate the local services, activities and community connections that help make areas age-friendly. Get involved by sharing local projects, promoting support services, or joining events that bring people together and inspire new ideas. **Find out more about the day here.**

International Day of Older People

How will you mark the day?
There's lots happening across Hertfordshire on the 1st October and throughout the week, with some highlights listed below.
Why not join in and see what's on your doorstep?

Free Event in Stevenage

Head to Stevenage Leisure Centre to meet local charities and partner organisations, who will be on hand to offer support and information. Why not pop in for a free cuppa and a chat and enjoy the fun activities.

For more information, contact the Community Development team on **01438 242 912.**

Stevenage Leisure Centre, Lytton Way, SG1 1LZ
1st October
10:30am -2:00pm
FREE

Hatfield - Discover Over 55's indoor climbing!

Part funded by us (LLBiH) learn to build strength, confidence and resilience, one climb at a time. It's never too late to reach new heights!

To book a session, you'll first need to create a free account with Hertfordshire Sports Village **here.** Once registered you can book your session **here.** Bookings can be made up to 7 days in advance.

Hertfordshire Sports Village, University of Hertfordshire, De Havilland Campus, AL10 9EU.
Every Thursday from 1st October
11:00am - 12:30pm
£5 per session
Email: hsv.climbing@herts.ac.uk
01707 284 466

Please note: sessions are currently subsidised through LLBiH. Following 24 Dec 2026, the standard session price of £8.65 will apply.

Dementia Wellness sessions

In partnership with Welwyn Hatfield Council, these free wellbeing sessions are specially designed for people living with dementia and their carers. Enjoy gentle physical activity in a welcoming, supportive and friendly environment.

Sessions can be booked at reception.
Visit the website **here** for more information.

Hatfield Leisure Centre, Travellers Lane, AL10 8TJ.
Wednesdays
12:00 - 1:00pm
01707 629 596
FREE

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

- **Harpenden Library - Monday 28th September**
- **St Albans Library - Wednesday 7th October**
- **Rickmansworth Library - Tuesday 20th October**
- **Royston Library - Friday 6th November**
- **Bishop's Stortford Library - Thursday 12th November**
- **Letchworth Library - Wednesday 18th November**
- **Tring Library - Tuesday 24th November**
- **Hoddesdon Library - Thursday 3rd December**

Visit here for more information

Join the Revolution

Herts Together
One county, many voices, shared future.

www.livelongerbetterinherts.co.uk