

**Live
Longer
Better.**

Live Longer Better. in Hertfordshire

Movement updates July 2024

in Hertfordshire

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.

Live Longer Better in Hertfordshire events

Inclusive Communities: Empowering Ageing and Dementia-Friendly initiatives

Professors Stephen Page and Joanne Connell developed a handy guide for Live Longer Better in Hertfordshire Revolutionists, which provides tips and simple steps to being inclusive, as an individual or as an organisation.

You can also catch-up on the masterclass recording, which goes through practical steps for creating inclusive communities, with a focus on connecting to the outdoors. Local plans for developing World Health Organisation accredited Age-Friendly communities and Hertfordshire Dementia-Friendly communities were shared.

[YOU CAN WATCH THE WEBINAR HERE](#)



Become a Dementia Friend

We are inviting all Revolutionists' to become Dementia Friends.

Join our online Dementia Friends information session, hosted by the Alzheimer's Society to develop a better understanding of what it means to live with dementia and how to better support someone living with dementia.



 **Wednesday
24th Jul**
 **12:00-13:00**
 **[Register here](#)**

Live Longer Better in Cowley Hill, Borehamwood

 Monday 12th August

 10:30am-2:30pm

FREE to attend!

 Aberford Park Community Centre, Aberford Rd, Borehamwood WD6 1PN

The *Active Local Team* at *Herts Sport & Physical Activity Partnership* are hosting their first localised, Live Longer Better physical activity event for older adults, in Cowley Hill.

The day offers opportunity to try a range of free physical activity sessions, including Tai Chi, Bowls and Badminton. Please come along and try something new, to help you stay strong, maintain balance and enhance flexibility, alongside other people from your community.

Find out more about the event and book your space [HERE!](#)

*Active Local
Cowley Hill*



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Active Ageing opportunities

Looking for learning and development funding for your organisation?

Hertfordshire Community Foundation are offering *Training and Development Grants* of up to £1,500 (including up to £500 for individuals) for those in voluntary and community organisations, that provide adult social care in Hertfordshire. This can include community organisations helping residents to Live Longer Better.

Perhaps you'd like some training in evidence-based falls prevention exercises? Or how to support individuals with long-term health conditions?

Full details of the grant can be found [HERE](#).

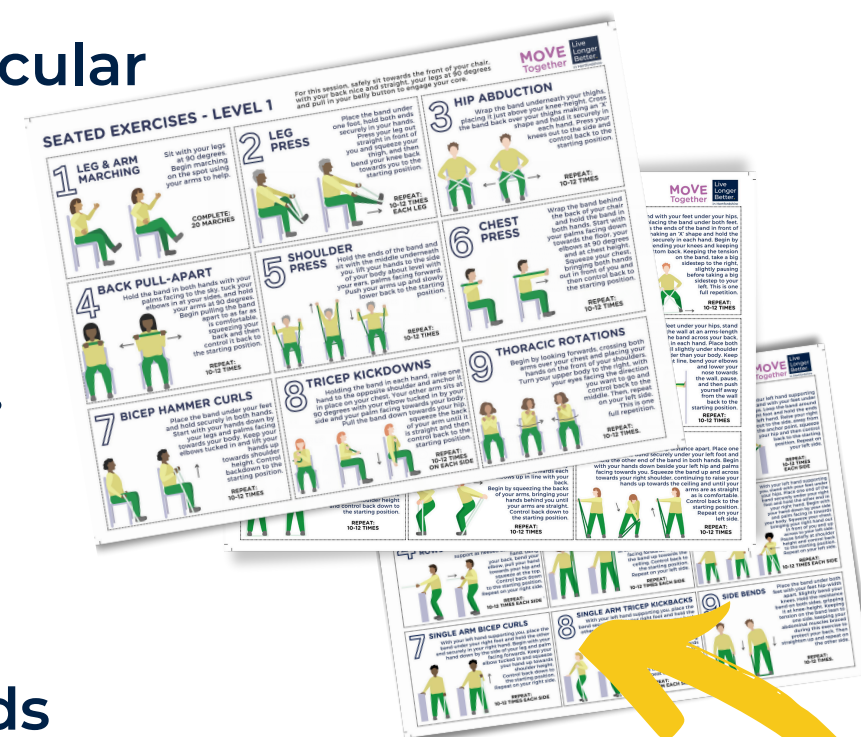


FREE exercise guide for resistance bands

Physical activity can reduce risk of type 2 diabetes by 40%, cardiovascular disease by 35% and falls by 30%.

The Chief Medical Officer guidance recommends adults aged 65 and over should:

- Aim to be physically active every day, even if it's just light activity.
- Do activities that improve strength, balance and flexibility on at least 2 days a week.
- Do at least 150 minutes of moderate intensity activity a week.
- Reduce time spent sitting or lying down and break up long periods of inactivity.



[CLICK TO DOWNLOAD](#)

Our friends at Move Together have developed a handy downloadable resource of resistance band exercises that you can practice at home. We know hundreds of our Revolutionists' have a red or blue resistance band from coming along to events, so hopefully this resource will be helpful! Happy Moving!

Champions corner

Champion Spotlight - Making a Difference award

On the 27th June two of our Live Longer Better in Hertfordshire Champions, John Molyneux and Claire Uwins were presented with an 'outstanding service to Health and Wellbeing' award from Hertfordshire's High Sheriff, Annie Brewster JP.

Proceedings took place at Grange Paddocks, *Everyone Active Leisure Centre*, where both Champions are involved with the Parkinson's support group. [Read more about their nominations](#)



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