

Movement updates November 2024

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.

Upcoming events


Parkinson's & Movement: A Game-Changer for Better Living

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Join Parkinson's UK for an impactful online webinar designed for healthcare professionals. Discover how physical activity can transform the lives of people with Parkinson's and the vital support the charity offers.

Email Rachel at relitty@parkinsons.org.uk to book your spot!

 **Wednesday**
20th Nov
 15:00 - 16:00
 Online

 **Tuesday**
3rd Dec
 10:00 - 11:00
 Online

Previous events

Live Longer Better in North Herts Celebration Day

On 12th November 2024, Active in the Community hosted a Live Longer Better in North Herts Celebration Day. It was inspiring to see so many embracing health and wellbeing.

Attendees were invited to join physical activity taster sessions which included options such as Walking Football, Walking Tennis, Forever Cycling and more. Local activity providers, health professionals and community groups were on hand to provide information on local fitness offerings, health tips, and wellness resources in the marketplace.



[CLICK HERE TO ACCESS ALL PHOTOS](#)



Grassroots Sports Funding webinar

If you missed the opportunity to attend Herts Sports & Physical Activity Partnerships Funding webinar, then fear not, you can now watch the session back [HERE!](#)

Find out ways to access funding, benefit from a charity status and monetise on the work of volunteers!



Gift Aid – Funding via volunteer expenses

- Your volunteers give up an amazing amount of time and effort helping your club
- In addition to their time, often what they do is at their own expense
- Volunteers often undertake their role in sports clubs because their children play for the club, a history of playing there etc...
- No volunteer expects financial reward or reimbursement for

Funding opportunities

Community Grants East Herts

From £300 up to £3,000
Deadline Sunday 5th January
More information found [HERE!](#)



Community Grants Scheme Broxbourne

Small grants
Deadline Monday 2nd December
More information found [HERE!](#)



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Active Ageing Opportunities

New Squash Programme for Over 60s in Hertfordshire

Hertfordshire's *Squashed Egos* programme, part of Live Longer Better in Hertfordshire, is encouraging older adults to try squash. Launched by Herts Sport & Physical Activity Partnership (HSP), the programme uses modified rules to make the sport accessible, including a smaller court and bouncier balls. The first session saw a positive response, with participants quickly developing their skills.

 Herts Sports Village, Mosquito Way, Hatfield, AL10 9EU

 Friday 13th December

 Drop in between 11:00am & 1:00pm

 **FREE to attend!**

 For more details, contact Charlotte Bird at c.bird3@herts.ac.uk



Step Into Strength: Free Chair-Based Classes in Waltham Cross

Join the NEW chair-based exercise class to take a step towards better health! These welcoming, chair-based sessions help improve strength, mobility, and overall well-being. Perfect for those looking to stay active and connect with their community.

 Imperial Club, Eleanor Cross Road, Waltham Cross, EN8 7LA

 Every Thursday

 11:30am - 12:30pm

 **FREE to attend!**



 community@stevenagefcf.com

 01438 222 222



Embrace the joy of volunteering as a Champion

As we age, finding meaningful ways to stay active and engaged in our communities becomes increasingly important.

Herts Sport & Physical Activity Partnership are working with sports clubs to source Live Longer Better in Hertfordshire Champions. If you are interested in making a positive impact and staying physically active please get in touch!

Read more [HERE](#).

 Email Ben at b.woodford@herts.ac.uk to express your interest



Herts Basketball needs YOU!

Herts Basketball is calling Live Longer Better Revolutionist's to become scorekeepers and timekeepers for local games.

This is a paid opportunity and training will be provided.

Stay active, make new friends and be part of an energetic sports community. Read more [HERE!](#)

 Email Bob at bobbhania@gmail.com to express your interest

