

# Revolutionists' Report March 2025

*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](mailto:info@livelongerbetterinherts.co.uk)*

## Upcoming Events

### Live Longer Better Webinar: Nutrition for Health & Vitality

Want to stay strong, energised and thriving as you age? Discover how nutrition can be your secret weapon for better bone health, muscle strength and overall wellbeing!

 Thursday 10th April 2025

 12:00pm-1:00pm

 Online

**Sign up for the webinar here!**

Whether you're looking to improve your own health, support a loved one, or work with older adults, this session is packed with valuable insights and resources from Hertfordshire's NHS Nutrition and Dietetics team to support healthy ageing habits and will share local community provision supported by Live Longer Better in Hertfordshire.



**NHS**  
Hertfordshire Community  
NHS Trust

### Step Up: Become a Waterside Walk Leader in Tring!

Love the outdoors? The Canal & River Trust is looking for Waterside Walk Leaders to guide scenic walks along the Grand Union Canal. This volunteer role is perfect for nature lovers who enjoy meeting people and promoting well-being through walking. No experience? No problem! Full training is provided, details below.

 Tuesday 25th March 2025

 Wilstone Village Hall, Tring

 Free

**Sign up HERE!**

 **Canal & River Trust**  
Making life better by water



### Parkinson's health and wellbeing support in Watford

Watford Woodside Leisure Centre are hosting a free wellbeing event for people living with Parkinson's. The event will offer exercise tasters and expert support.

 Tuesday 1st April 2025

 12:30pm-2:30pm

 Everyone Active, Woodside, Watford, WD25 7HH

**FREE** Free Everyone Active memberships for those with Parkinsons and their carers

Weekly ongoing sessions at Woodside Leisure Centre for Parkinson's:

- Light exercise class: Tuesdays, 11:00am-12:00pm
- Supervised gym session: Wednesdays, 10:15am-11:15pm
- Badminton drop-in session: Thursdays, 10:00am-11:00am
- Aqua exercise class: Fridays, 10:30am-11:15am

**Read more here!**

 **WATFORD**  
BOROUGH  
COUNCIL

**everyone**  
ACTIVE

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

 **SPORT**  
ENGLAND

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Active Ageing Opportunities

## Parkinson's Golf Sessions in Three Rivers



Golf in Society have a new programme of golf sessions designed for people living with Parkinson's. No experience needed—just a willingness to give it a go!



- 📅 Mondays (Monday 17th March FREE)
- 🕒 1:30pm-2:30pm
- 📍 Rickmansworth Golf Course, WD3 1QL
- 💷 £6 per session or £50 for a 10-week block

## Over 50s Badminton Sessions in Letchworth



Looking for a fun and social way to stay active? Over 50's Badminton has just launched in Letchworth offering a great opportunity to enjoy light exercise, meet new people, and improve overall wellbeing.



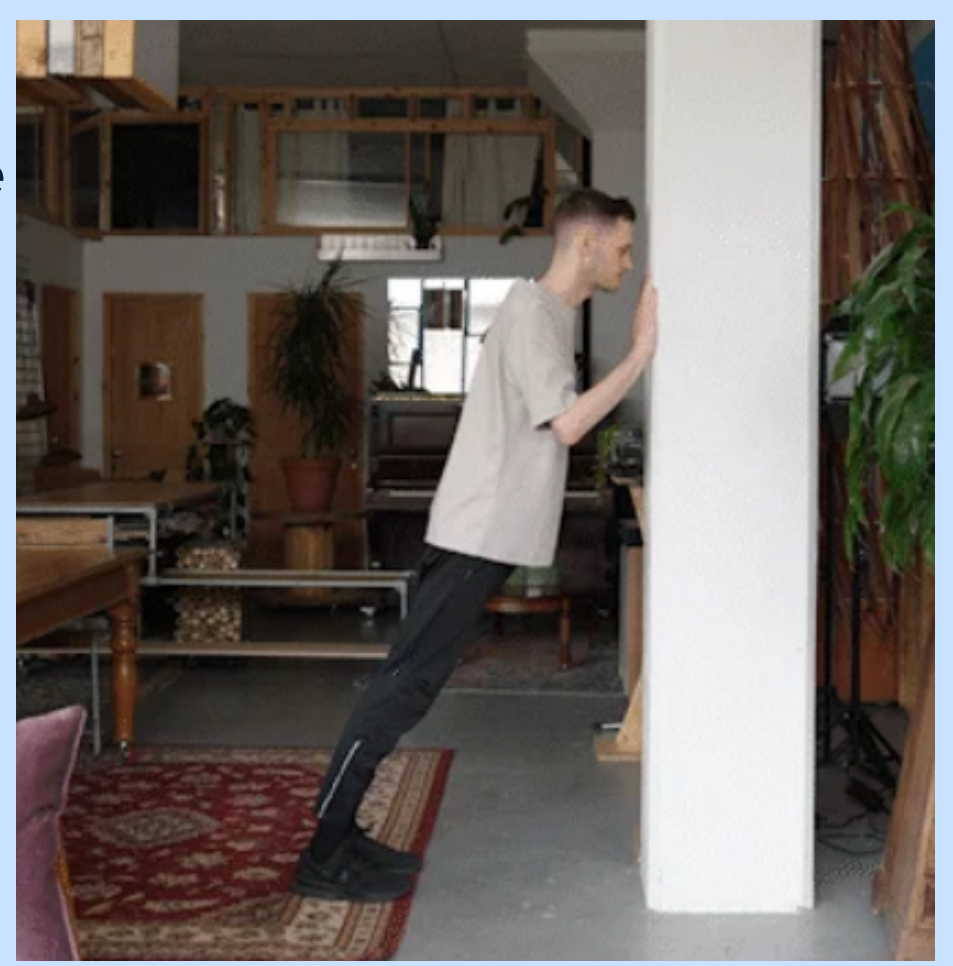
- 📅 Wednesday's
- 🕒 2:00pm-3:00pm followed by refreshments and social
- 📍 Jackmans Community Centre, Letchworth, SG6 2NL
- ✉️ [cbn@abcegg.co.uk](mailto:cbn@abcegg.co.uk)
- ☎️ Contact Bob, 07952932662
- 💷 FREE until 9th April

## Free Exercise Guides to Boost Heart Health

The British Heart Foundation (BHF) has launched an online resource to guide you through strength training at home, helping to improve muscle strength and heart health. Created by clinical exercise physiologists, the guides includes 10 simple exercises requiring minimal equipment.



The BHF also offers resources on resistance band exercises, chair-based workouts and cardiac rehabilitation, for all fitness levels. Helping you to take charge of your health from home.



[Click HERE to see the BAND exercises!](#)



[Click HERE to see the STRENGTH exercises!](#)

This is a great opportunity to grab your Live Longer Better in Hertfordshire Resistance Band and practice the BHF 10 exercises. The webpage has a video to show the movement and easy to follow written instructions for seated and standing options.