

# Live Longer Better.

in Hertfordshire

## Future Lives Webinar

**Tania Woods,** Herts Sport & Physical Activity Partnership – Project Assistant

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# Background.

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## ***Vision: More People, More Active, More Often***

- **Herts Sport & Physical Activity Partnership was Established in 2003**
- **One of 43 Active Partnerships in the Active Partnership Network**
- **Work with a wide range of stakeholders, partners and organisations**
- **Core funding received from Sport England and Local Authorities**
- **Based at the University of Hertfordshire**

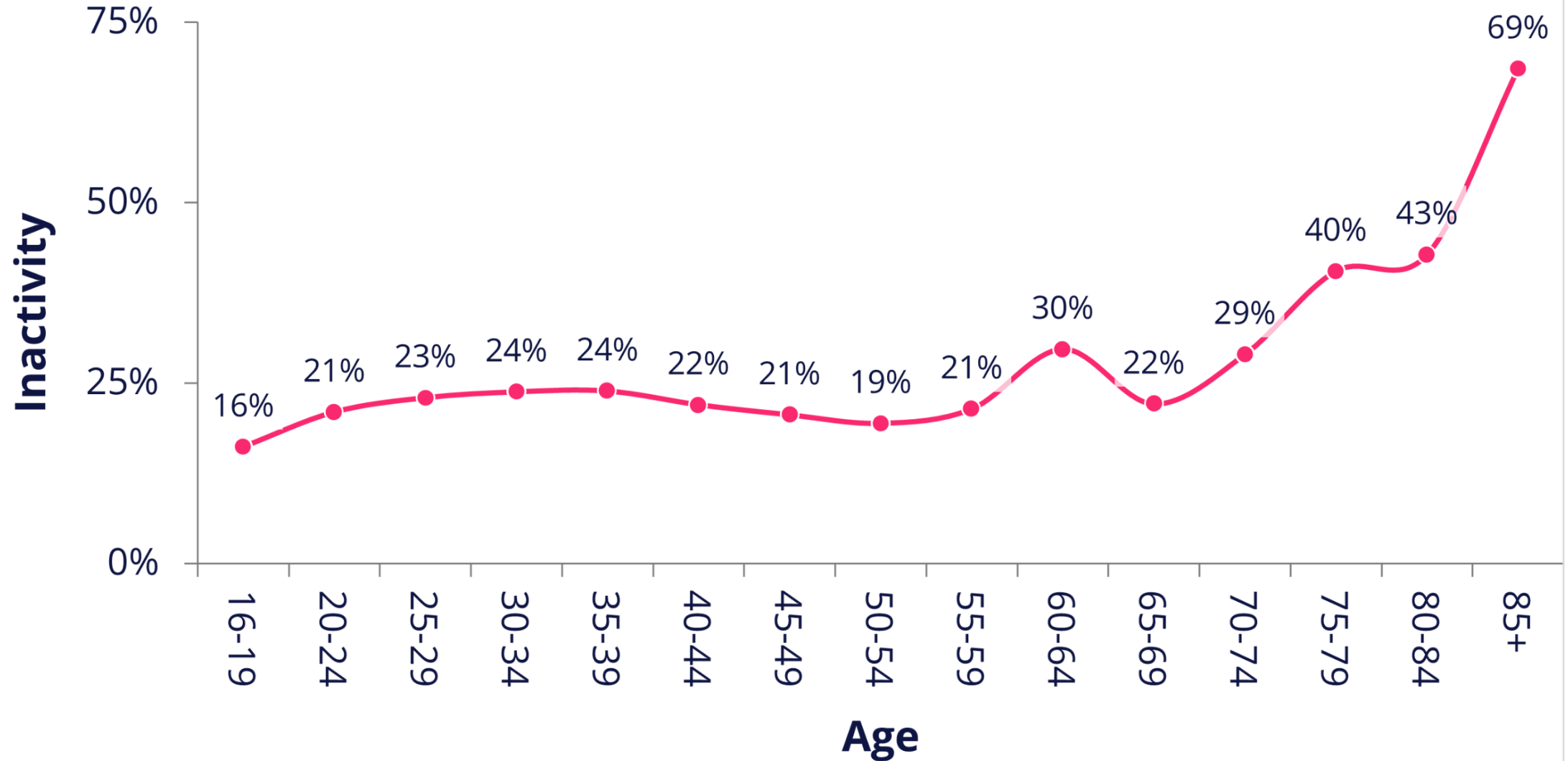


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## As we age, we become more inactive



# What is Live Longer Better?

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**Live Longer Better in Hertfordshire is a collaborative movement, not a 'project'.**

**Mission: Using activity (physical, cognitive and emotional) to encourage longer, healthier and happier lives for older adults in Hertfordshire.**

**Aims: Engaging older adults, and those closest to them, to improve approaches to active ageing in Hertfordshire through:**

- Increased collaboration
- Learning & upskilling opportunities
- Change of culture; care to enablement

**Funded: Through the Active Together contract provided by Hertfordshire County Council (1/5 contract priorities)**

- Currently provided and managed by HCC Adult Care Services
- Created in partnership with HCC Public Health team.

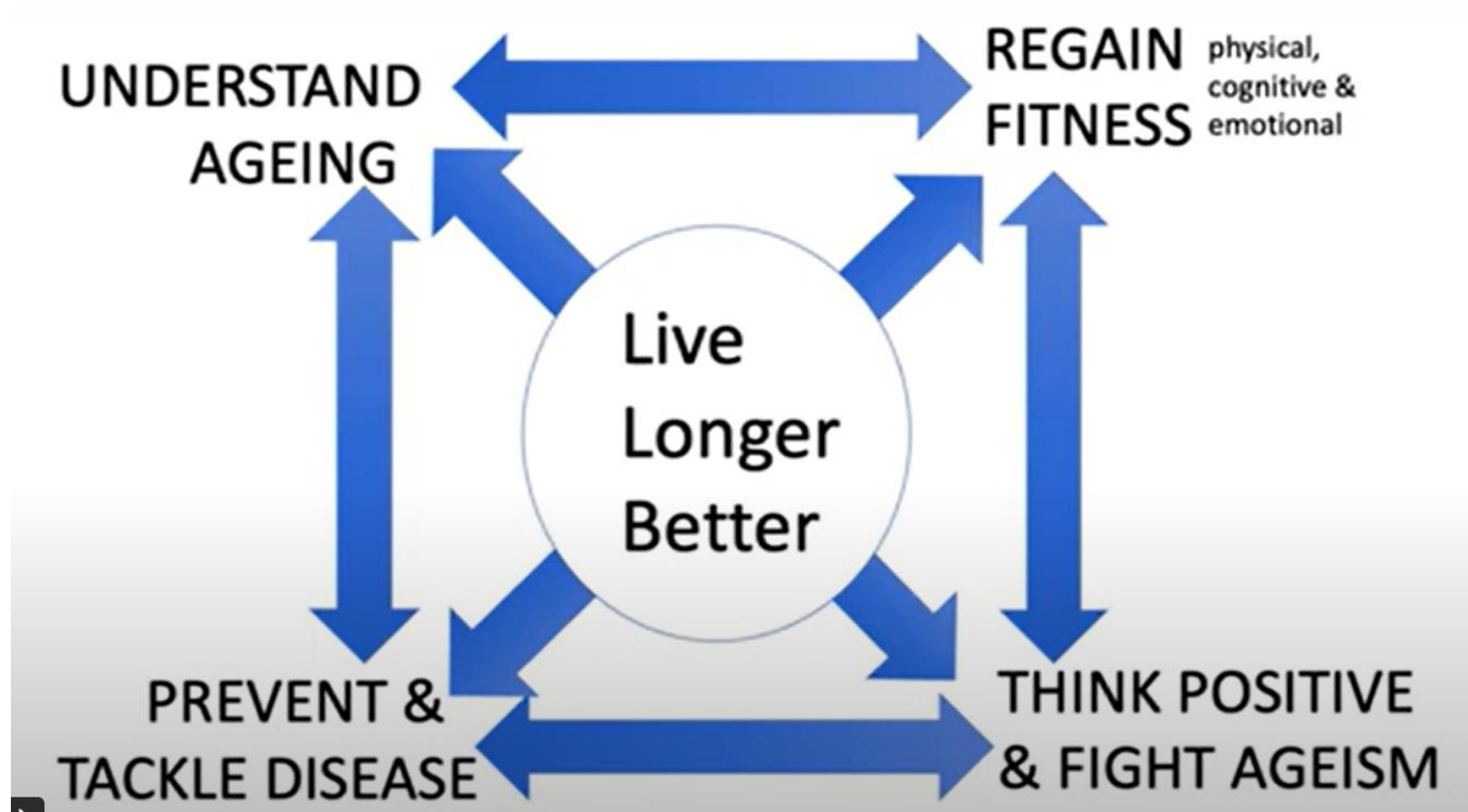


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# The Solutions.



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# Test your knowledge!

1) Fill in the blank, older adults who are positive about their own ageing can live \_\_\_\_ years longer than those with less positive self perceptions

- A) 2.5 years
- B) 3.5 years
- C) 5.5 years
- D) 7.5 years

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# Test your knowledge!

1) How much moderate physical activity should individuals over 65, be achieving each week?

- A) 30 minutes
- B) 60 minutes
- C) 90 minutes
- D) 150 minutes

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# National Guidelines.

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150 minutes of **moderate** physical activity

- Bouts of activity should last 10 minutes or more.

Muscle strengthening exercises on at least 2 days per week

- Importantly, 'Chair aerobics' is listed as a recommended activity.

Older adults at risk of falls should do exercises 2 days per week to improve **balance and co-ordination**



# Benefits of physical activity.

## Physically active people have lower health risks

Cognitive decline

↓40%

Type 2 diabetes

↓35%

Hypertension

↓33%

Depression

↓48%



All-cause mortality

↓30%

Bone fractures

↓66%

Breast cancer

↓20%

Coronary heart disease and stroke

↓25%

Colorectal cancer

↓19%

# Long-Term Health Conditions.

## 1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.



## 2. The risk of adverse events is very low but that's not how people feel

Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.



**It's safer for people with long-term conditions to be physically active**

# Moving More Activity Finder.

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## 1. Activity Finder – [www.movingmore.co.uk](http://www.movingmore.co.uk)

Harnessing Open Data to collate all 'in person' activities in the county into one simple search

## 2. Moving More at Home

A collection of resources to help people be active from home

## 3. Information for Professionals

Including resources for both physical activity and healthcare professionals

## 4. Moving More Web-based App

A web-based mobile application which channels the main functions of the Moving More website

## 5. Moving More website Widgets

Enabling partners to host a window to the activity finder from their own websites



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# Other App Support.

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## Get Active with the We are undefeatable app

*We Are Undefeatable* is a campaign supporting people with long term health conditions. For a limited time, they're offering people the exclusive opportunity to download, try and test their brand-new *We Are Undefeatable* app for free from now until 31st March 2025! Shaped by people living with a long term health conditions, the app gives you access to tailored physical activity programmes to match how you feel each day, you can complete these anywhere, anytime, no matter where you are on your journey to getting active because every step, stretch, or movement counts.

Download from  
Google Play [HERE](#)

Download from the  
App Store [HERE](#)

### What's included?

- Personalised workouts designed by physiotherapists
- Live virtual classes with expert hosts
- Optional coffee mornings to connect with others
- ORCHA-accredited for safe digital health
- Tracking tools to keep you motivated



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# Utilise our website & newsletters.

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← → ↻ [livelongerbetterinherts.co.uk/masterclass-webinars/](https://www.livelongerbetterinherts.co.uk/masterclass-webinars/) 🔍 ☆ 🏠 📄

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Upcoming Masterclass Webinars

Previous Masterclass Webinars & Events

National Events

## Reducing the risk of falls, frailty and dementia webinar

Date: Monday 17th February 2025

Time: 11:00am- 12:00pm

Where: Online

This webinar will:

- > explore factors that can increase an individual's risk of falling and importantly, evidence-based ways to minimise that risk.
- > look at the characteristics of frailty and how the effects of frailty can be slowed down and even reversed through movement.
- > help to us to understand what happens to our brain and mind as we live longer, recognise that dementia is not normal ageing and share what we can do to maintain and increase our 'Brainability', reducing our risk of dementia.

<https://www.livelongerbetterinherts.co.uk/events/>

**Coach Education Week 2025**

[Register here!](#)

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## Revolutionists' Report February 2025

Age-Friendly Hertfordshire

Active Ageing Opportunities

**Try Boccia Programme!** Boccia England has developed its Try Boccia programme to support leisure centres, community groups and places to set up and play Boccia, an inclusive activity that's perfect for all abilities. This programme makes it easier than ever to introduce Boccia to your community. The different packages available include the equipment, training and marketing materials needed to run taster sessions, competitions, and events whether for fun or friendly competition. [Discover Boccia packages HERE!](#)

**Compassionate Neighbours launch Wellbeing Hub!** Garden House Hospice, in collaboration with Compassionate Neighbours, is extending its services and expertise to the residents of North Herts and Stevenage. Under the leadership of Live Longer Better Champion Ruth, the new Ashwell Hub provides a welcoming space for the community to engage in enjoyable activities that supports health and wellbeing. Residents can participate in a free seated exercise class and enjoy social time over refreshments. [Find your nearest Hub HERE!](#)

**Support, Connection & Wellbeing** If you're managing a long-term health condition or caring for someone who is, Rennie Grove Peace Hospice Care provides a variety of supportive services at their Compassionate Support Hubs. Connect with others who understand over a friendly chat and a cuppa to discover the help available to you. [Learn more about these services HERE!](#)

| Living well  | Compassionate support hub  | Compassionate support hub  |
|--|--|--|
| 1 day a week on Tuesdays or Thursdays<br>10:30am-2:00pm<br>Ashwell United Reformed Church, High Street, SG7 5NL<br>coordinationcentre@renniegrovepeace.org | 2nd Thursday of every month<br>10:00am-12:00pm<br>Wyllotts Place, Potters, Bar EN6 2HZ<br>compassion@peacehospicecare.org.uk | Last Monday of every month<br>10:30am-12:30pm<br>Elvira's, Henderson Hub, High Street, Abbots Langley, WDS OAR<br>compassion@peacehospicecare.org.uk |

**Escape to the Sea - Dementia Friendly Physical Theatre**  
Funded by North Herts Council join playwright & actress Jenny Ayres for Escape to the Sea sessions. These free drama & physical theatre workshops are for those living with Dementia and their carers but also for those wanting to understand more about Dementia. Sessions take place at:  
• **Baldock Library:** Monday 10th Feb, 11:00am-12:00pm  
• **Letchworth Library:** Wednesday 26th Feb, 10:30am-11:30am  
• **Royston Library:** Thursday 13th March, 2:00pm-3:00pm  
• **Hitchin Library:** Fri 21st March, 11:00am-12:00pm  
[Learn more HERE!](#)

[JOIN THE REVOLUTION.](#) [WWW.LIVELONGERBETTERINHERTS.CO.UK](https://www.livelongerbetterinherts.co.uk)

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# Understand falls.

- Comprehensive Geriatric Assessment – **clinical** and holistic
- Identification of medical illnesses plus onward referral to other specialists
- Medication review

Commonly prescribed drugs that can contribute to falls. This list is to raise awareness of most commonly prescribed drugs that can contribute to falls risk. The grading of the drugs has been adapted from the Medicines and Falls in Hospital: Guidance by John Radcliffe Hospital, Oxford, March 2011 and approved by the British Geriatrics Society.

| High risk  | Moderate risk                              | Lower risk   |
|--|--|--|
| Can commonly cause falls alone or in combination | Can cause falls, especially in combination | Possibly causes falls, particularly in combination |

| Drug Name           | Common Use                            | Effects on Falls Risk  |
|---------------------|---------------------------------------|--|
| Alfluzosin          | Benign prostatic hyperplasia          | Drop in blood pressure on standing   |
| Amitriptyline       | Depression                            | Drop in blood pressure on standing, drowsiness, slow reactions, impaired balance |
| Amlodipine          | Hypertension, Angina                  | Low blood pressure, drop in blood pressure on standing                           |
| Atenolol            | Hypertension, Angina, Arrhythmia      | Low blood pressure, drop in blood pressure on standing, slow heart rate          |
| Baclofen            | Severe spasticity of voluntary muscle | Sleepiness and reduced muscle tone   |
| Bendroflumethiazide | Oedema, Hypertension                  | Low blood pressure, drop in blood pressure on standing and sleepiness            |
| Betahistine         | Vertigo, Tinnitus                     | Sleepiness   |
| Bisoprolol          | Hypertension, Angina, Heart failure   | Low blood pressure, drop in blood pressure on standing, slow heart rate          |
| Bumetanide          | Oedema                                | Low blood pressure, drop in blood pressure on standing                           |
| Candesartan         | Hypertension, Heart failure           | Low blood pressure   |
| Captopril           | Hypertension, Heart failure           | Low blood pressure, drop in blood pressure on standing                           |
| Carbamazepine       | Epilepsy                              | Sleepiness, slow reactions, unsteadiness and lack of movement control            |
| Carvedilol          | Hypertension, Angina, Heart failure   | Low blood pressure, drop in blood pressure on standing, slow heart rate          |



[www.hcpastopfalls.info](http://www.hcpastopfalls.info)

# Other Local Support.

- [Versus Arthritis](#) – useful information and advice for those with different arthritic conditions
- [We are Undefeatable](#) – advice for those living with long term health conditions
- [Brainability campaign podcasts](#) - Dementia themes podcasts
- [Moving More Activity Finder](#) – physical activity opportunity finder
- [Age without Limits Day](#) – Wed 11th June, Theme 'Celebrate Ageing, Challenge Ageism.
- [Stevenage FC Foundation Strength and Balance classes](#) across Herts and online
- [Everyone Active](#) – Free memberships for those living with parkinsons and their carers.
- [Hertfordshire Healthy Hubs](#) – one-stop-shop for mental and physical wellbeing
- [Hertfordshire Health Walks](#) – county wide organised walks, different levels of ability.
- [Pool finder](#) – sessions for those living with long term health conditions
- [Centre for ageing better](#) - information on Age Friendly Communities, tackling ageism

# Reduce the Risk.

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# How can I get involved?

## How to join the Revolution.

### STEP 1. Register

Visit [www.livelongerbetterinherts.co.uk](http://www.livelongerbetterinherts.co.uk) or scan the QR code to register. You will receive an email giving access to the online portal.

http://



### STEP 2. Learn

Watch the 12 lessons in your own time, each video is roughly 5 minutes each and assignments are optional.



### STEP 3. Feedback

Complete the feedback forms to receive your Live Longer Better in Hertfordshire Certificate and Champions polo shirt.



### STEP 4. Champion

You are now part of a mission that creates a culture of enablement! Help spread the Live Longer Better culture within your day to day activities or volunteering.



Join the Revolution.  
Become a Champion.

Are you passionate about changing societies perception of ageing?

This online training covers the principles to living longer, healthier and more independent lives through the power of physical activity, social inclusion and improving mental wellbeing.

This funded course is free to access for Herts based professionals & volunteers



Scan the QR code to sign up!

