

# Live Longer Better.

in Hertfordshire

## Launch Event

The event will begin at 10am

*Putting physical activity at the heart of Covid-19 recovery for older adults*



# Join the revolution.

Live  
Longer  
Better.  
in Hertfordshire

# Event housekeeping.

- All participants will remain muted throughout the webinar
- Comments and networking welcomed through the '*Chat*' function
- Questions to the speakers are welcomed through the '*Q&A*' function
  - Please indicate who your question is for
  - If there is not time to address them within the presentation we will encourage a typed response
- This webinar will be recorded and distributed to those signed up to the event
- Any questions contact [w.slemmings@herts.ac.uk](mailto:w.slemmings@herts.ac.uk)

# Event Programme.

Live  
Longer  
Better.

in Hertfordshire

10.00am	Introduction	<b>Will Slemmings</b> Health Manager Herts Sports and Physical Activity Partnership
10.05am	Viva La Revolution – Live Longer Better	<b>Sir Muir Gray</b> Optimal Ageing Programme
10.25am	Frailty and Falls	<b>Anna Makepece</b> Integrated Frailty Manager NHS East & North Hertfordshire CCG – Hertfordshire County Council
10.35am	The State of Ageing 2020: how people are ageing in the UK and our prospects if action is not taken	<b>Jess Kuehne</b> Senior Programme Manager- Healthy Ageing Centre for Ageing Better
10.55am	The impact of Covid-19 and its impact on physical and mental health and the importance of physical activity.	<b>Mark Hanna</b> Interim Chief Executive Age UK Hertfordshire
11.15am	<b>Comfort &amp; Exercise Break</b>	
11.25am	Physical Activity and Social Connectivity in Older Adults Living with Dementia	<b>Professor Elizabeth Pike</b> The Research Unit for Sport, Physical Activity and Ageing (RUnSPAA) University of Hertfordshire
11.45am	<b>Case Study:</b> It's Never Too Late to Get Active	<b>Katherine Marwood</b> Director of Services <b>Jade Amis</b> Active Ageing Programme Lead Hertfordshire Independent Living Service (HILS)
12.05pm	Live Longer Better in Hertfordshire – Next Steps	<b>Will Slemmings</b> Health Manager Herts Sports and Physical Activity Partnership
12.15pm	<b>Close</b>	

Join the revolution.

# Comfort & Exercise Break.

Return at 11.25am

Join the revolution.

Join the revolution.

# Next Steps.

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

The movement will target:

- Collaboration
- Learning & upskilling opportunities
- Change of culture
- Website - [www.livelongerbetterherts.co.uk](http://www.livelongerbetterherts.co.uk)
  - Theory, insights and learning material
  - Live Longer Better in Hertfordshire branding material
  - Platform to showcase partner offers
- Bi-monthly Masterclasses (every two months)
- 1000 Advocates
- Mailing list to advertise new and ongoing opportunities

# HSP - Next Steps.

Live  
Longer  
Better.

in Hertfordshire

## Opportunity to relaunch Physical Activity for Health & Wellbeing

- **Active Together**

990 Strength & Balance classes to be delivered across Hertfordshire before the end of the year

*Delivered by Stevenage FC Foundation*

- **Online Activity Finder**

Digital tool allowing the public and professionals to locate local opportunities

- **Walking Sports Programme**

Launching later in the year

- **Molyfit**

Open access digital physical activity programme for over 65's

- **Long Covid physical activity rehabilitation project**

In partnership with Hertfordshire Sports Village

- **Developing a comprehensive volunteer training package**

In partnership with the Optimal Ageing Programme and Learning with Experts

- **Funding bid writing support**

Underwriting costs for bid writing support for partners using physical activity as part of the Live Longer Better in Hertfordshire movement





# Thank you!

Please fill the pop-up survey as you leave

Email with event recording and further details will follow

Further details will be circulated as the movement progresses

Any questions, please contact Will Slemmings - [w.slemmings@herts.ac.uk](mailto:w.slemmings@herts.ac.uk)

Join the revolution.