

Live Longer Better.

in Hertfordshire

Tuesday 18th November 2025

Getting active with arthritis webinar.

Tania Woods, Health Project Officer , Herts Sport & Physical Activity Partnership



Becky Shipley, Programme & Partnership Manager – Arthritis UK, South England



Official Start – 1:03pm

Unofficial Start – Now

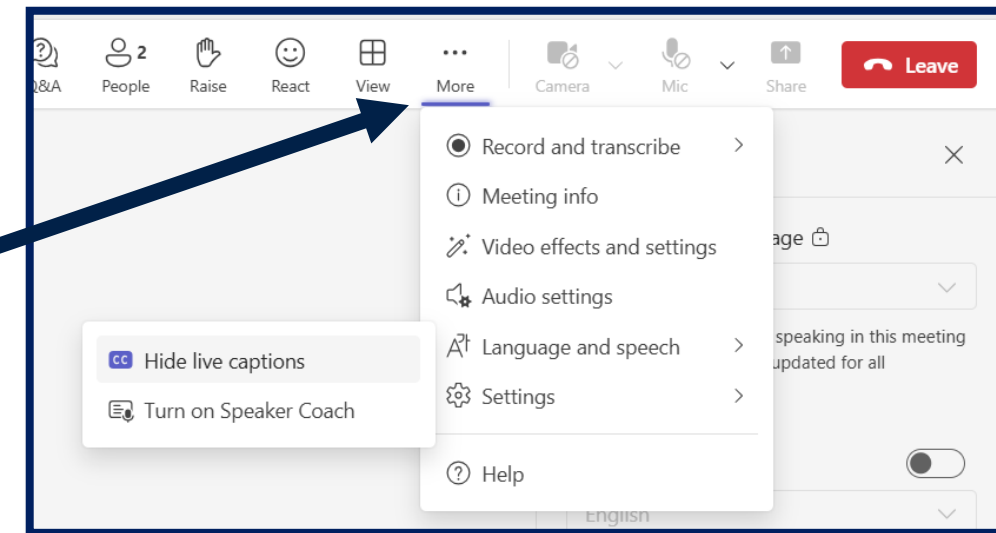
Welcome! While we're getting ready to begin, feel free to say hello in the chat and share a bit about what brought you here today. It's also, a great moment to grab a drink and get comfortable. We'll get started at 1:03pm

This is a movement friendly webinar, feel free to move or stretch at any time

Join the revolution.

Housekeeping.

- All participants will remain muted with camera's off throughout the webinar.
- Comments and networking welcomed through the '**Chat**' function.
- Questions for the presenters are encouraged through the '**Q&A**' function.
- We will attempt to answer all questions live, any others will be responded to after the event.
- Please fill out the feedback survey before you leave.
- For the best viewing experience, we recommend using the '**Pin for me**' function by locating the participant whose presenting, clicking the 3 dots and select pin for me.
- Live captions are available for those who need this function
- This webinar will be recorded.



Join the revolution.

Background.

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



Join the revolution.

What is LLBiH?

Live Longer Better in Hertfordshire is a collaborative movement, not a 'project', funded through the Active Together contract provided by Hertfordshire County Council and Adult Care Services

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

Learning events

- Live Longer Better in Hertfordshire Masterclass Webinars
- Live Longer Better in Hertfordshire Connection Events

Movement membership

- Newsletters: Revolutionists Report, used to communicate offers and connect members

Champion training

- Access to funded training for Hertfordshire 'enablers', to increase awareness of how to have conversations around LLB.

Funding support

- Provision of professional bid writing services for active ageing initiatives

Standalone website - www.livelongerbetterinherts.co.uk

- Theory, insights, learning material and branding materials and previous webinar recordings
- Platform to showcase and connect partner offers



Purpose of this Talk

- To gain an understanding of what Arthritis is, what we mean by being physically active and the benefits of moving more
- To break down the myths around being physically active with arthritis
- To look at barriers to you being able to be more physically active
- To introduce the concept of self-management
- To start to set a plan in place to help you be more active
- To increase your awareness of support available to you.

What is Arthritis?



Inflammation of the joints

150+ Musculoskeletal conditions

Genetic Risk

Treatments

Types of Arthritis

Most common types of arthritis

Osteoarthritis

Rheumatoid Arthritis

Psoriatic Arthritis

Gout & calcium crystal diseases

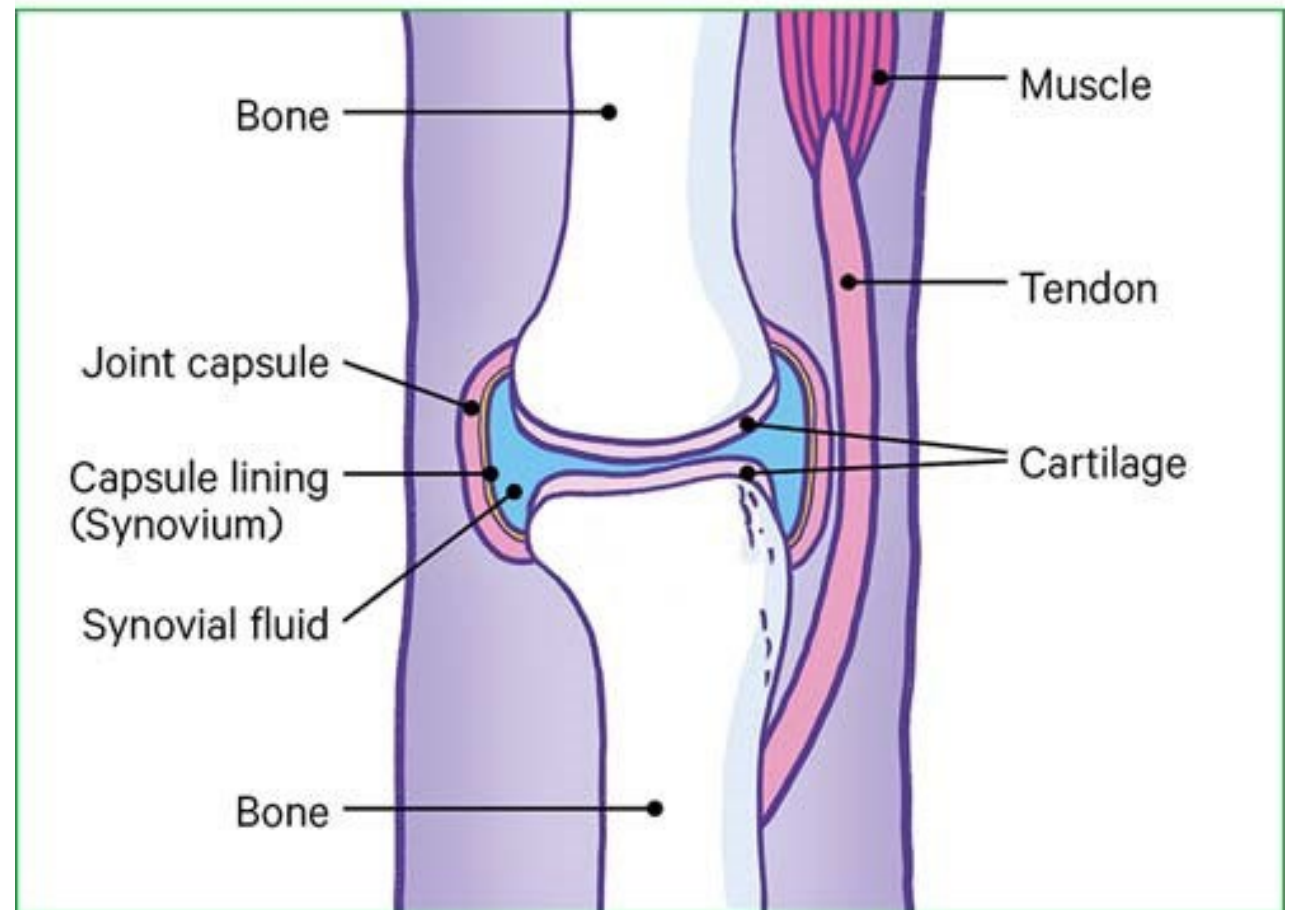
Lupus

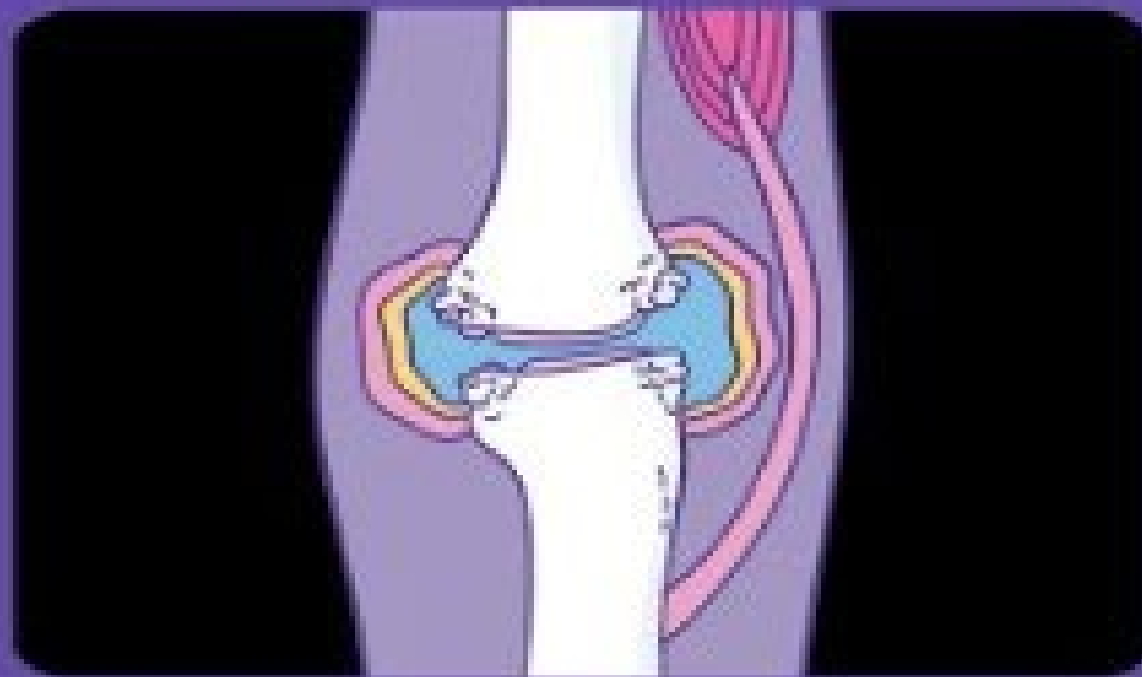
Polymyalgia Rheumatica

Juvenile Idiopathic arthritis

Fibromyalgia

A healthy joint





WHAT IS OSTEOARTHRITIS?

Rheumatoid Arthritis

Rheumatoid arthritis is a condition that can cause pain, swelling and stiffness in joints.

It is what is known as an auto-immune condition. This means that the immune system, which is the body's natural self-defence system, gets confused and starts to attack your body's healthy tissues. In rheumatoid arthritis, the main way it does this is with inflammation in your joints.

Rheumatoid arthritis affects around 400,000 adults aged 16 and over in the UK. It can affect anyone of any age

The main symptoms of rheumatoid arthritis are:

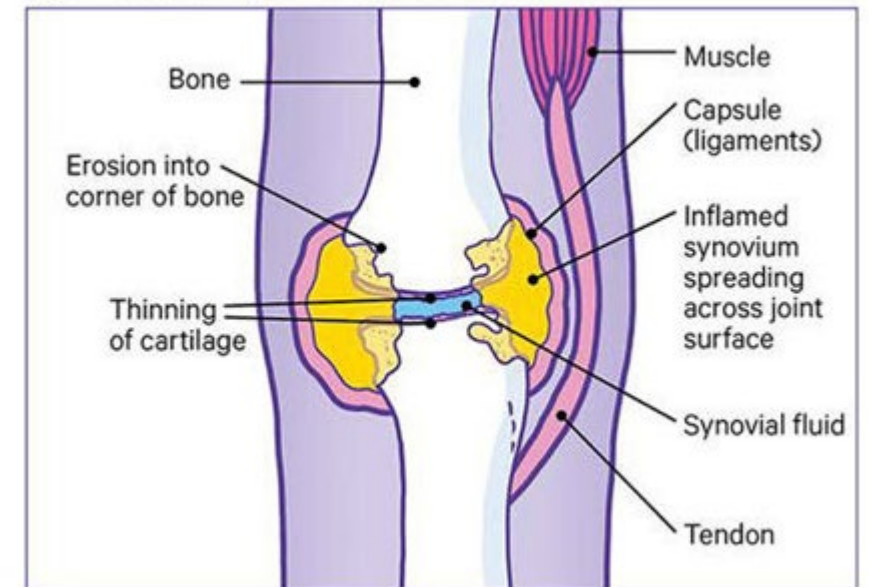
joint pain

joint swelling, warmth and redness

stiffness, especially first thing in the morning or after sitting still for a long time.

Rheumatoid arthritis can affect any joint in the body, although it is often felt in the small joints in the hands and feet first. Both sides of the body are usually affected at the same time, in the same way, but this doesn't always happen.

A joint affected by rheumatoid arthritis



The State of MSK Health (2024)

Differences between men and women

Osteoarthritis in the UK



6M

Women



4M

Men

MSK conditions

11.6M

women
of all ages

35%

have an MSK
condition

8.7M

men of
all ages

28%

have an MSK
condition

Chronic pain

38%

of women

have chronic pain
in England

30%

of men

14%

of women

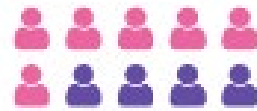
have high-impact
chronic pain

9%

of men

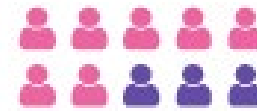
The State of MSK Health (2024)

Arthritis, MSK conditions and wider health



6 IN 10

adults in the UK have overweight body weight or obesity.



7 IN 10

(70%) adults 16+ with a long-term MSK condition have overweight body weight or obesity.



54%

of adults in England with class 3 obesity report chronic pain.

The risk of developing osteoarthritis increases by:

1% FOR EACH 1KG/M² INCREASE IN BMI



1 IN 4

with psoriatic arthritis have obesity.

The risk of developing osteoarthritis increases by:

3% FOR EVERY 5CM INCREASE IN WAIST CIRCUMFERENCE

- 5CM = 1 x AA BATTERY +

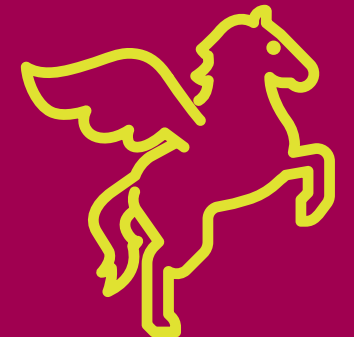
Managing Arthritis

Dispelling the Myths!



1. Physical activity means going to a Gym or exercise class?
2. Physical activity will further damage my joints?
3. I need to wear special clothes/footwear?
4. I can't exercise sitting down?
5. Exercise doesn't help for osteoarthritis.
6. Housework can count as physical activity?
7. Short bursts of activity throughout the day are ok?
8. Anything is better than no activity?
9. I can do what works best for me?

**Exploring the
Myths of doing
Physical Activity
when you have
arthritis.**



Let's Talk

Open Question

What are the barriers to you not moving more and being physically active?

Typical Barriers to Physical Activity

A RANGE OF ISSUES RELATED TO THEIR CONDITION ARE HOLDING PEOPLE BACK

The key barrier is the joint pain or arthritis causing fatigue and/or pain.



	Barriers	✓	Facilitators	✓
Physical capability: our physical strength, skill or stamina	Disease symptoms	<input type="checkbox"/>	Symptom stability	<input type="checkbox"/>
	Comorbidities	<input type="checkbox"/>	Physical function	<input type="checkbox"/>
	Poor general health	<input type="checkbox"/>	General health	<input type="checkbox"/>
	Lack of physical function	<input type="checkbox"/>	Physical skills	<input type="checkbox"/>
	Exercise induced discomfort	<input type="checkbox"/>		



	Barriers	✓	Facilitators	✓
Psychological capability: our knowledge/ psychological strength, skills or stamina	Failure to follow advice due to a lack of understanding	<input type="checkbox"/>	Knowledge of the condition specific benefits	<input type="checkbox"/>
	Lack of knowledge of the benefits Mental tiredness	<input type="checkbox"/>	Being well rested	<input type="checkbox"/>
	Forgetfulness	<input type="checkbox"/>	Possessing the mental skills to make physical activity decisions (know-how, level, activity, barrier reduction and adaptations)	<input type="checkbox"/>
	Lack of mental ability to make physical activity decisions (not sure how, what level or activity)	<input type="checkbox"/>	The skills to self-monitor/ self-regulate physical activity	<input type="checkbox"/>
	Lack of awareness of physical activity as a strategy for self-management	<input type="checkbox"/>	Prioritisation of physical activity	<input type="checkbox"/>
	Not a priority due to other commitments	<input type="checkbox"/>	Integration into daily life	<input type="checkbox"/>
			Commitment to referent individuals	<input type="checkbox"/>



**Breaking
Barriers Down**

Self Management

What is self- management?

It's all about putting you at the centre and in control of your own situation

Having the information and skills needed to empower you

Working alongside your other support to make sure you are doing what is right for you and for your life.

Developing self-management approaches/toolkits to empower you to make healthy changes and decisions that work for YOU



Self Management Approaches



Things to remember about self management and physical activity:

Start at your own level
Planning & Pacing
Prioritising

Understanding your pain
Sleeping well
Relaxation techniques

Eating well

Self Management Approaches

Activity & Exercise



Yoga
Tai Chi
Swimming
Chi Me



Dancing
Housework
Arts & crafts
Walking the dog



Walking
Gardening
Volunteering
Boccia

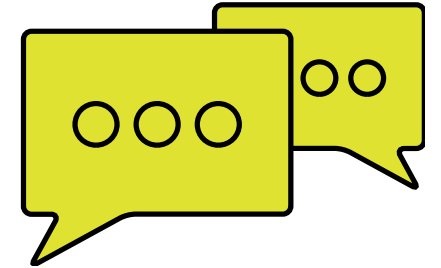


The 4 Ps

Problem Solving

Say no to unnecessary demands

Focus on **priority tasks** and relax about the small things

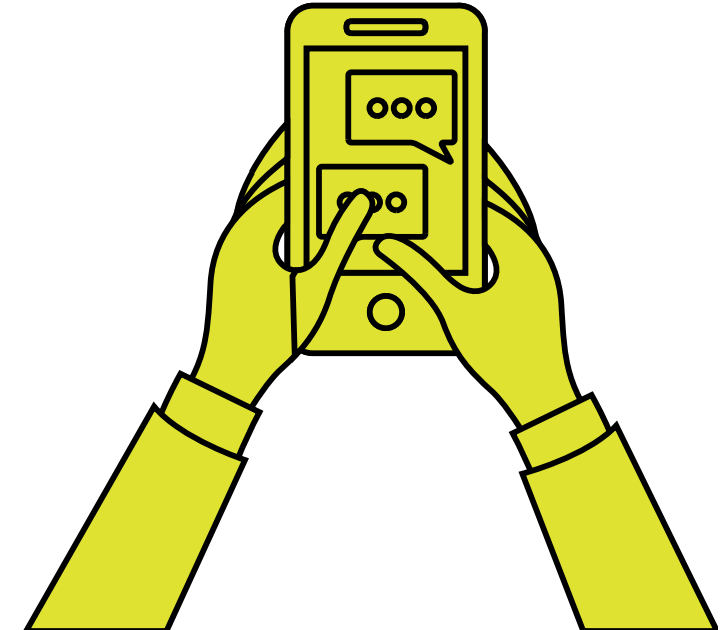


Planning

Plan the things you want to achieve in your day or week.

Break up into **achievable tasks** – bitesize pieces that can be built on over time

Plan **activities you enjoy** into your day



The 4 Ps.....continued

Prioritising

Try not to stress and instead **think of ways around** a situation

Can you break it into **smaller tasks** or get some **support**?

Pacing

Pacing is a key tool to managing your pain.

Take a break **before** you need it.

Don't be tempted to do **too much at the one time**



Let's Talk

Open Question

We've looked at the barriers and started to think of self management tips to help break these down. How do you think you could start to incorporate physical activity into your day?

Plan of Action

What self-management tools have you learnt today that you can put into a plan of action to help you?

“Choice, Chance, Change

*You must make the choice to take the chance if
you want anything in life to change.”
author unknown*



Resources and Support

Helpline 0800 5200 520 Monday – Friday, 9am – 6pm

Online offer:

Self Management Courses,

Information Support Talks

Physical Activity

Website: www.arthritis-uk.org & AVA

Online community

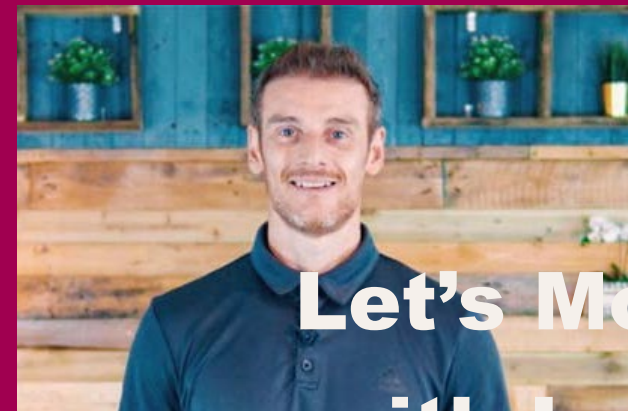
Information Booklets & Exercise Sheets

YouTube – exercise and movement videos

Online Shop

Facebook

Partners



**Let's Move
with Leon**

Professional Engagement & Education Team

Works with health and care across the four nations of the UK to improve outcomes for people with arthritis.

We do this by:

- An education and training programme
- A range of professional networks
- Research-led resources and information
- Providing a voice for health and care professionals to influence change
- Bringing the voice of people with arthritis into service development

This all forms part of our MSK SKILLs Programme.

For more information, please contact Lucy Willets -

Professional Engagement Manager – England

L.Willets@arthritis-uk.org



And Finally.....

Any questions?

Thank you for attending today



If you need any more information,
please visit our website
arthritis-uk.org

0300 790 0400



/arthritisuk



@arthritisuk



@arthritisuk

Arthritis UK

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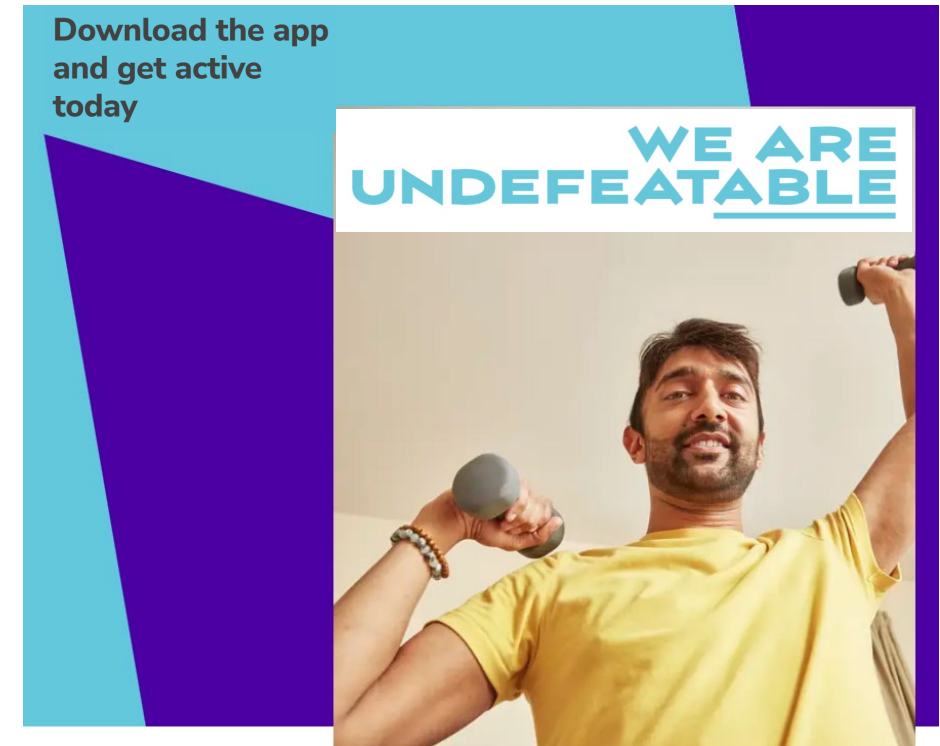
Useful resources-WAU

The **We Are Undefeatable app** gives you free tailored exercise programmes that can be completed anywhere, anytime, and are suitable for a range of health conditions, no matter where you are in your journey.

Download the **free** We Are Undefeatable app via **Google Play** and the **App Store**

What's included?

- Exercises developed by trained physiotherapists.
- Individual on-demand workouts tailored to you and your body.
- Virtual group classes with a live host, from the comfort of your own home.
- Virtual coffee mornings after class to connect with other participants, if you choose.
- In-app tools to help you stay on track.



Useful resources - Swim England

Swim England are the national governing body for swimming and aquatic sports in England, and provide a programme called Water Wellbeing, which supports people living with LTHC to be active in the water.

What's included?

- **Pool finder** search tool – helps people find the right pool type and activities to suit their needs.
- Health condition **fact sheets**
 - Swimming with Parkinson's or multiple sclerosis
 - Swimming after stroke
 - Surgery and swimming
 - Skin conditions and swimming
 - Diabetes and swimming
 - Dementia and swimming
 - Asthma and swimming



Swimming with Health Conditions



Things to consider before swimming with a health condition

For most people with a long term health ...



Asthma and swimming



Diabetes and swimming



Swimming with Parkinson's or multiple sclerosis



How does swimming affect common skin conditions

Useful resources - Escape Pain

Escape-pain stands for **E**nabling **S**elf-management and **C**oping with **A**rthritic **P**ain using **E**xercise.

What's included?

- Is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regime individualised for each participant.
- Offers two programmes, one for back pain and another for osteoarthritis for knees and hips.
- Referrals from Health Professionals, GP's Nurses, Physiotherapists, exercise on referral, social prescribers and self-referrals)

Back pain group sessions – Berkamstead Leisure Centre, Hemel Hempstead Leisure Centre, Harpenden Leisure Centre, Chaulden community centre (everyone active)

- **Locations Hip & Knee** – All locations above plus Stevenage Arts and Leisure Centre.



The poster for the 'escape pain' programme is set against a purple background. At the top, the logo 'escape pain' is displayed in a stylized font, with 'escape' in blue and green and 'pain' in orange. Below the logo, the text 'Enabling Self-management & Coping with Arthritic Pain using Exercise' is written in white. A horizontal orange line separates this from the 'Programme aims' section. The aims are listed as 'The programme will help people to:' followed by four icons and their corresponding goals: a person walking (Carry out normal activities), a person sitting with a back brace (Manage symptoms), a person running (Become more active), and a person on a bicycle (Continue to exercise).

escape pain

Enabling Self-management & Coping with Arthritic Pain using Exercise

Programme aims
The programme will help people to:

- Carry out normal activities
- Manage symptoms
- Become more active
- Continue to exercise

Useful resources - Good Boost

Good Boost is an app-based therapeutic exercise programme. It's been designed specifically for people with limited mobility and musculoskeletal (MSK) conditions.

In Person - Tablet based session in the pool. Using AI developed from a specialist clinical team, the tablet will prescribe exercise to help manage your symptoms. This is done in the water by participants themselves, without a need for an instructor.

At Home

The [Move Together](#) app supports people to be active and maximise their wellbeing at home.

Locations

- North Herts leisure centre - Letchworth
- Hartham Leisure Centre – Hertford
- Hemel Hempstead Leisure Centre – Hemel
- Westminster Lodge Leisure Centre - St. Albans
- Watford Leisure Centre, Woodside



Useful resources – Nuffield Health

Free programme for participants aged 18 and over, designed to help self-management of chronic joint.

It's a 6-month programme, which begins with 12 weeks of lifestyle advice and exercise sessions led by a Rehabilitation Specialist.

In weeks 1–12, participants meet twice a week for combined exercise and workshop sessions. Each group has around 10 people. Participants will have access to a range of useful online articles throughout.

During weeks 13–24, participants will apply what they have learnt in the group sessions with the guidance of a Rehabilitation Specialist and have full access to the nearest Nuffield gym for 6 months to help participants maintain progress.



Locations:

Hemel Hempstead
Hertford
Letchworth
Bishops Stortford
St Albans



Project Officer: Emma Catlin
e.catlin@herts.ac.uk

No Limits 2026 is the campaign name for the upcoming **Hertfordshire Year of Disability Sport & Physical Activity**, led by HSP in association with Herts Disability Sports Foundation, and the Activity Alliance.

The year-long campaign aims to **break down barriers** and **create lasting change** for disabled people of all ages, backgrounds, and abilities across Hertfordshire.

New dedicated page on our website will allow you:

- To explore the campaign in more **detail**,
- receive our **partner toolkit** through a partner pledge to support the year
- Learn about **upcoming projects & events**
- Meet our **ambassadors**
- Find out how you and your organisation can be a part of the campaign

How you can get involved now:

- Share stories with us of anything you are doing already, what you think is missing or you could do to support the year! We'll be introducing a **Disability Newsletter** in 2026 – [Subscribe here](#)



Disability Sport Symposium

Breaking Barriers, Moving Together



The evening will see the launch of the campaign, and we are excited to have secured an esteemed array of guest speakers to be part of our dynamic **Partner Panel**

Discussion/Q&A & Keynote address

- Dr Chris Brown (Chair)
- Lyndsey Hollands
- Adam Blaze
- Ella Beaumont



6:30pm – 8:30pm



Thursday 27th November 2025



University of Hertfordshire, Hatfield

Book here



Feedback Survey.

Your **feedback** helps us enhance future webinars.
Please take a minute to share your thoughts.

How to Access the Survey:

- Scan the QR code 
- Click the link: [Getting Active with Arthritis – Fill in form](#)

Any questions, please contact:

Tania Woods – t.woods2@herts.ac.uk or

Becky Shipley - b.shipley@versusarthritis.org

Thank You!

We appreciate your time and input!



Join the revolution.

Thank you!

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