

Welcome to the
Live Longer Better.

in Hertfordshire

Celebration Day

Thursday 3rd September 2026

System Leaders Welcome

Registration V020 - 9:00-9:30

Opening Address Auditorium - 9:45-10:30

Networking Brunch, Presentation & Tour V020 – 10:30-12:00

Join the revolution.

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System Leaders Brunch

Will Slemmings

Director, Herts Sport & Physical Activity Partnership

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Why healthy ageing matters.

- Ageing population.
- Increased prevalence of long-term conditions.
- Pressures on health and social care systems.
- Physical activity is one of the most effective preventative interventions.

This is Prevention.

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Charlotte Bird

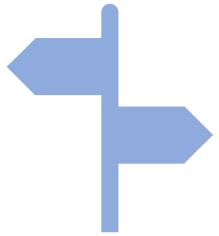
Senior Project Officer - Health - Herts Sport & Physical Activity Partnership

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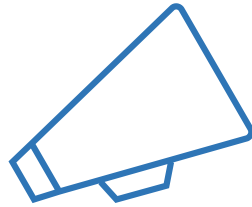
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Our approach.



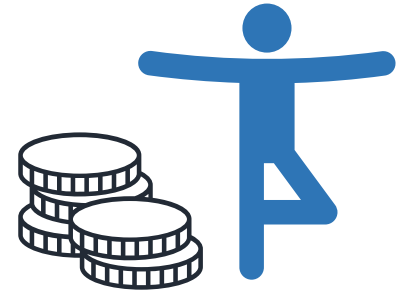
Connecting



Advocating



Convening



Providing

Join the revolution.

Where are we now?

Live
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3,240 Revolutionists



20,000+ strength and
balance class attendances
each year



89% participants
improved quality of life



27,000 activities listed



£868,592 funding secured
for community projects
since 2022



274 LLBiH Champions

Hertfordshire ambition.

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Every older person in Hertfordshire knows where they can be active, feels welcome to participate, and has the support needed to stay healthy and independent for longer.

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Join the revolution.

- Champion healthy ageing within your networks and organisations.
- Support prevention-focused approaches.
- Help connect services and communities.
- Continue investing in opportunities that help people remain active and independent.

Join the revolution.

Key Messages.

- Healthy ageing is everyone's business and physical activity is one of the most powerful tools we have.
- Live Longer Better demonstrates that prevention can be delivered successfully through partnership working and community engagement.
- Continued leadership, collaboration and investment in prevention will help more Hertfordshire residents live longer, better, healthier lives.

Join the revolution.