

Waltham Cross Partners

September 2023

Active Local is Herts Sport & Physical Activity Partnership's collaborative place-based initiative. It supports targeted communities in highlighting their strengths, whilst also responding to local need and identifying where support, intervention or extra capacity could help create a more joined-up approach to tackling inactivity.

Find out what's happening in Waltham Cross

Live Longer Better Celebration Day

Join The Live Longer Better in Hertfordshire Movement on our mission to get more people, more active, more often. The Movement encourages older adults to be active as a means of increasing their healthy lifespan.

On Thursday 7th September 2023, we are holding a celebration event at the University of Hertfordshire's de Havilland campus and Hertfordshire Sports Village based in Hatfield.

The day, which is **free** to attend, will consist of a mix of keynote speakers, talks, advice, interactive workshops, practical physical activity, seated activities and sports sessions- and will run from 9.30am-3.30pm. Discover innovative ways to stay strong, maintain balance, enhance flexibility, and foster a vibrant sense of community.

Don't miss this chance to be part of a revolution that champions active ageing, leaving no one behind. This community gathering aims to empower Hertfordshire residents to embrace a longer, healthier, and happier life.

To book please phone our office on 01707 281201. For more information visit our [Live Longer Better in Herts website](#).



Funded Long Covid Training Available

We would like to invite physical activity providers in Hertfordshire to join our COVID-19 Rehabilitation Course, aimed at creating inclusive opportunities for individuals living with Long-COVID. This funded training program equips you with the knowledge and skills to positively impact the lives of those affected by Long-COVID. Don't miss this chance to enhance your offerings and support the well-being of your community.

To gain access to this valuable training opportunity, simply follow these steps:

1. [Access the registration form.](#)
2. Fill out the form with your details.
3. Submit the form, and our team will email you further instructions to access the course.



Canoe Slalom World Championship

Get ready for the adrenaline-packed World Canoe Slalom Championships at the Lee Valley White Water Centre from September 19th to 24th, 2023.



The university is the official social impact partner of the World Championships, which we will be delivering on the behalf of the University. We will be supporting a number of initiatives to improve the awareness, accessibility and sustainability of paddle-sports in Hertfordshire; support important inclusion work; and help raise the event's profile.

This prestigious event will showcase top canoe slalom athletes battling for glory. Witness their speed, skill, and precision as they navigate challenging rapids and gates. Join the enthusiastic crowd, cheer on Team GB, and be captivated by awe-inspiring performances. Secure your spot at this prestigious event by getting your [tickets today](#).



Don't pass up opportunities in Waltham Cross

Clubs Conference

Herts Sports Partnership are delighted to announce the annual Hertfordshire's Club Conference will be held on Friday 29th September at the Fielder Centre, Hatfield, AL10 9TP.

This is a free event and open to all clubs and organisations and will cover topics that are vital for clubs to thrive such as:

- Funding
- Marketing
- Volunteering
- Safeguarding

And much more.

You can view the full details and [book your place here](#).

If you have any questions, please contact event organiser Charlie Mann directly – c.mann3@herts.ac.uk

More Information



Jessica Baird



Active Local Officer for
Waltham Cross and Bedwell



[Moving More Activity Finder](#)



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