

MOVE Together

If you are living with or at risk of a long-term physical or mental health condition, including if you are pregnant or postnatal, and would like support to move more in a way that works for you, Move Together is here to help!

“Once I started moving, everything seemed to get better.”



Why move more?

Having an active, healthy lifestyle can help us to live healthier, longer and more fulfilling lives.

Moving more can:

- ▶ Improve fitness and strength
- ▶ Improve mood and sleep
- ▶ Improve balance and reduce risk of falls
- ▶ Manage long-term health conditions
- ▶ Manage weight
- ▶ Reduce isolation & loneliness
- ▶ Reduce chance of developing long-term health conditions such as diabetes and high blood pressure



How can Move Together help?

Our expert Move Together team can have a conversation with you about your activity needs and provide on-going support and motivation to a more active lifestyle. They can help you access activities in your area, whether it's visiting the local leisure centre, joining community classes, or receiving home activity packs.

How do I join?

Contact your local Move Together coordinator by any of the following:

- ▶ Complete a simple enquiry form online at: movetogether.org.uk.
- ▶ Phone your local Move Together coordinator using the numbers below.
- ▶ Ask your GP, midwife or healthcare professional to refer you.

Discover the options available, choose the activities you'd like to try and select the amount of ongoing support you need.



For further information, visit our website: getoxfordshireactive.org/move-together



or call your local Move Together Coordinator:

Oxford City:	07824 321720
Cherwell:	01295 221575
South & Vale:	07717 836750
West Oxfordshire:	01993 861564

Move Together is funded by Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board, Oxfordshire County Council Public Health and city and district councils. It is co-ordinated by Active Oxfordshire in partnership with city and district councils.