



Director Update

Welcome to our Spring edition — and what a brilliant start to the year it's been!

From reaching our Bike ReCycles target of 200 bikes to launching new inclusive cycling venues and preparing to roll out Move Together Buckinghamshire, we're immensely proud of the work being achieved.

This quarter brings a host of new developments discussed further in the newsletter which we're especially excited about:

- ✦ **Launching Move Together Buckinghamshire**
- ✦ **Recruiting for a Referral Specialist**
- ✦ **Launching a new Inclusive Cycling Centre**
- ✦ **Launching more Seated Exercise sessions**
- ✦ **Release of new Women's Only Swimming programmes**

Many of these new schemes are set to have a profound impact on Buckinghamshire residents, especially those with long term health conditions.

This is not to mention the incredible work we've completed in the past quarter, such as our Staying Active, Staying Connected project which mapped over 200 local activities, helped ample local instructors and surveyed over 150 older adults.

As always, none of this would be possible without our local partners, volunteers and funders — thank you for your ongoing support.

If you're a new reader, we'd love to hear from you. Whether you're looking to refer someone, explore a partnership, or simply want to get involved, please do reach out.

Let's keep moving, together.

Kirsty Gillingham
Director
Active in the Community



kirsty.gillingham@aitc.org.uk

Move Together Buckinghamshire Coming Soon!

Active in the Community (AIRC) are delighted to announce that we will be spearheading the launch of a new referral pathway for residents of Buckinghamshire. Working in partnership with trusted local partners Age UK Buckinghamshire, Leap and Buckinghamshire Council, AIRC will be looking to support 3,000 residents in the next 3 years to become more physically active by embedding a referral pathway into the health and wellbeing eco-system. AIRC will work with stakeholders across the county, from NHS/ICB colleagues to leisure providers and activity instructors, to support residents over the age of 50 and living with a long term health condition to increase their physical activity levels, improving residents' physical and mental health and limit deconditioning and frailty. Support on offer will include person-centered plans offering home and online workouts, support into community sessions and progressive programmes to encourage residents to move more in a way that works for them around their conditions, circumstance and local community assets.

AIRC are **recruiting** for Physical Activity Referral Specialists (PARS) to join our team to deliver the pathway in Buckinghamshire. Level 3 Exercise referral specialists (with at least 1 years experience) job role can be found [here](#).

Partners and stakeholders wishing to join our mailing list to stay informed of the pathway launch should email Adam on adam.howard@aitc.org.uk

Huge milestone for Bike ReCycles

The Bike ReCycles project was commissioned by Buckinghamshire Public Health Team. The initiative was designed to promote sustainability, accessibility and community engagement through the upcycling of 200 unused bicycles. The project supported eco-friendly transportation while offering affordable transportation solutions.

The project was piloted in Aylesbury over a one-year period due to recent investment in the local cycling infrastructure.

The project has **successfully provided 200 refurbished bicycles** to the targeted communities, also equipping recipients with helmets, lights, locks and a puncture repair kit.

We have secured further investment to deliver an additional x30 bikes, due to sheer demand.

Our desire is to roll this out County wide, therefore we would love to chat with any funding bodies this project resonates with alongside any Men Shed contacts we can link in with.

Please email Kirsty.Gillingham@aitc.org.uk if this is of interest.





Our Inclusive Cycling centres engaged over 200 individuals over our 2024 season.

“Thank you for making these sessions inclusive for the entire family!”

New Venue for Inclusive Cycling!

We're delighted to announce the arrival of our brand new Inclusive Cycling centre at **Stoke Mandeville Stadium** launching **Sunday 27th April 2025**. The launch is fully booked, but please visit our website to book a space for one of the following weeks. It will be running every week throughout the summer*.

Inclusive Cycling provides opportunities for individuals of all ages and abilities with physical, sensory, or learning disabilities to enjoy the benefits of cycling. The programme uses adaptive cycles such as hand cycles, tricycles, wheelchair carriers and tandems, providing an accessible and creative way for families to be active together.

Marlow Sessions: Saturdays 12:30pm – 2:30pm
– **Session 1:** 12:30pm – 1:30pm
– **Session 2:** 1:30pm – 2:30pm

Aylesbury Sessions: Sundays 11am – 1pm
– **Session 1:** 11:00am – 12:00pm
– **Session 2:** 12:00pm – 1:00pm

To find out more information or to book your space, please [click here](#).

*To ensure we can keep these sessions running for the local community, we're in need of some additional funds. Therefore, you'll notice on our webpage a donation section - we would very much welcome any donation, big or small, which will go a long way to ensuring the sustainability of these Centres.

Volunteers Wanted!

We have a variety of volunteering opportunities in Aylesbury & Marlow, to suit what individuals can offer.

If you are available either every week or just once a month, your support will make all the difference.

[Find out more.](#)

For more information on these sessions, please visit:

<https://www.activeinthecommunity.org.uk/inclusive-cycling/>



Inclusive Cycling, Marlow '24

NEW Seated Exercise sessions coming to Weston Turville and Stoke Mandeville!

Thanks to Wendover Community Board funding, AITC has been delivering the Seated Exercise" project, which is a bi-weekly Seated Exercise and Forever Cycling session. All our sessions integrate time for residents to socialise, whilst enjoying a tea/coffee and a biscuit.

Our current sessions take place at Wendover Health Centre and Aston Clinton Baptist Church, which run on Mondays and Wednesdays.

The programme has now delivered **80 sessions** since May 2024, engaging over **85 unique individuals**.

Overall Impact Reported

- ✦ Decrease in reported falls
- ✦ Improved balance
- ✦ Increased strength
- ✦ Increased confidence around being active
- ✦ Improved fitness
- ✦ Helping manage chronic illnesses
- ✦ Increased mobility
- ✦ Increased independence
- ✦ Increased socialisation
- ✦ Improved mental health

Next steps?

We are expanding these sessions into Weston Turville and Stoke Mandeville as part of an expansion project, with sessions launching at the end of May 2025.

If you would like to receive more information on these sessions or have any questions on how you can refer individuals to this service, please contact Amelia, via email amelia.evans@aitc.org.uk or via phone 07399748803



NEW!

New Session Details

Stoke Mandeville



Tuesdays



2pm - 3pm



The Ark, 28 Risborough Road,
Stoke Mandeville HP22 5UT

Weston Turville



Thursdays



2pm - 3pm



Weston Turville Village Hall,
School Approach, Weston
Turville, Aylesbury, HP22 5RW

New sessions are launching at the end of May, with all classes costing £3 per session.

Individuals can save their space by emailing amelia.evans@aitc.org.uk.

SESSION QUOTE

I am in my 90's and I am not able to be as active as I was a few years ago, I liked long walks but health issues have limited what I can do. I enjoy being able to come out and do something that is keeping me fit.

Seated Exercise Participant

Women's Only Swimming



Women Only Swimming sessions quickly sell out due to high demand.

We have been overwhelmed by the positive response to our first Women only Swimming term of 2025.

Within hours of going live, our **Aylesbury** beginner and intermediate sessions were **fully booked**.

Information for our upcoming **Wycombe** term is coming soon!



We have **limited spaces** remaining for our Aylesbury Casual Swim, [click here](#) to visit our website or email amelia.evans@aitc.org.uk for more information.

We also have some new opportunities coming soon, with **Mother and Daughter** Women Only Swimming sessions on offer at both venues coming in 2025!



Staying Active, Staying Connected

The *Staying Active, Staying Connected* project was designed to help older adults (55+) within high priority areas (Chesham, Aylesbury and High Wycombe) become more active by connecting them with existing programs and community spaces. Through collaboration with, and support of, existing sessions and the general public, we set out to understand what offerings currently exist and the barriers older adults face that deter them from being physically active.

We believe this project was a tremendous success. It provided critical insights into the barriers older adults face in staying active, facilitated meaningful interactions within the three communities, introduced participants to various new activities, provided impactful social opportunities, and strengthened connections between organisations and service providers serving older adults. The impact of Staying Active, Staying Connected will extend beyond the project's duration, as the knowledge gained and relationships built will continue to support active aging in the communities.

- **Surveyed 158 older adults** to better understand the barriers they face in participating in physical activity and their awareness of existing programs
- **Helped 12 instructors** improve their sessions and increase promotion
- **Hosted 3 Lunch & Learn events**
- **Hosted 3 Meet & Move events**

