



**move
together**
Buckinghamshire

Summer Update

Welcome to our Summer edition, a busy and exciting few months at AITC.

We've re-launched much-loved programmes as well as introducing new opportunities, all aimed at making activity more accessible across the county.

Here are some of the highlights you'll read about:

- The launch of Move Together Buckinghamshire
- Our new "Pay As You Play" badminton offer
- Limitless launch at our Inclusive Cycling venues
- The growth of seated exercise provision
- Expansion of our women's only swimming, now including Mother & Daughter provision

Beyond the programmes, it's been a pleasure building new relationships while strengthening existing ones. Bucks continues to show an appetite for collaboration, and it's inspiring to see partners across the sector working together towards meaningful change.

If you'd like to explore new opportunities, reconnect on past work, or simply catch up over a coffee, I'd love to hear from you - my contact details are below. Finally, I'd like to recognise the AITC team, who continue to put people at the heart of everything they do. Their commitment to creating affordable, accessible provision is what makes these achievements possible.



adam.howard@aitc.org.uk

230 Upcycled Bikes Distributed Through Bike ReCycles!



NEW Referral Pathway!

We're delighted to announce that our Move Together Buckinghamshire programme is now accepting referrals!

Move Together Buckinghamshire is a new pathway supporting residents aged 50+ who are living with a long-term health condition, are currently inactive and live within one of the 14 Opportunity Bucks wards (Aylesbury, Wycombe and Chesham).

move together

Buckinghamshire

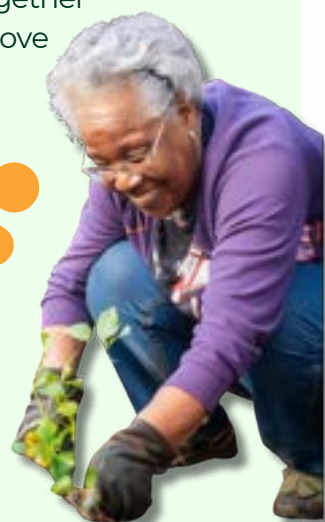


The programme offers participants a free personalised 12-week plan to help them become more active in a way that works for them. This could mean simple ways to move more at home, or being linked to local opportunities such as walking groups, community gardens or seated exercise classes. By tailoring support to each individual, Move Together helps people build confidence, improve their wellbeing and feel more connected to their community.



The pathway is already helping residents increase their independence and quality of life while making the best use of local services.

Find out more via our website by clicking [here](#) or make a referral directly via the [Joy Marketplace](#).



For more information please visit:

www.activeinthecommunity.org.uk/referral-pathway-bucks/
or email mtb@aitc.org.uk.

Badminton Available Across Bucks!

Pay As You Play: No-commitment, flexible sessions - turn up, pay, and play! Our facilitator's are there to organise games, fun challenges or just structure the sessions to tailor to everybody.

Court bookings: Book online & pay only when you play, no membership needed. Whether it's singles or doubles, bring your racket, shuttlecocks and friends/family!

Locations:

- The Buckingham School
- St Michael's School
- The Mandeville School
- The Misbourne
- Sir William Ramsay School
- St Michael's Catholic School
- Burnham Grammar School
- Sir Henry Floyd Grammar School



For more information [click here](#) or email badminton@aitc.org.uk.

We're a Limitless Focus Club!



Our 2025 Inclusive Cycling programme has had a fantastic start to the year! Since starting our new term in April, we've successfully delivered weekly sessions across Marlow and Aylesbury for the past 4 months. The response has been incredible, with over 155 unique participants, and a total of 516 attendances recorded across the two centres.

**“What an absolutely great event!
We loved all the range of bikes
and had such a lovely time.”**

These sessions continue to create a welcoming, supportive environment where everyone, regardless of age or ability, can enjoy the benefits of cycling. The energy, smiles and stories shared each week highlight just how important these sessions are to the participants.

We are thrilled to share that we've been working closely with British Cycling and both our centres are now proudly part of Limitless, British Cycling's disability and para-cycling programme. 'Limitless' is all about creating inclusive opportunities for disabled people to thrive in cycling and we're excited to be part of it. Thanks to this fantastic partnership, we've introduced logbooks into our sessions, creating a fun and motivating way for riders to track their laps, set personal goals, and see just how far they've travelled!

We're also delighted to share that our fleet has grown this year! Generous donations have allowed us to add more cycles, giving participants even more choice and flexibility during sessions.

Finally, a huge thank you to our amazing volunteers who make these sessions possible. We couldn't do it without them!

To find out more information, or to book your space, please [click here](#) or email Amelia.Evans@aitc.org.uk.



Over 50's Activities:

Pickleball

- 📅 Wednesdays
- 🕒 7:30pm – 8:45pm
- 📍 St. Michael's Catholic School, HP11 1PW
- 💷 £4.50 per session



For further information [click here](#) or email Katie.Youngman@aitc.org.uk

T'ai Chi

- 📍 Fairford Leys Centre
Mondays, 11am–12pm
- 📍 Wades Centre, HP27 9AX
Fridays, 1:30pm–2:30pm
- 💷 £5 per session



For further information [click here](#) or email Katie.Youngman@aitc.org.uk

Better Balance

- 📅 Fridays
- 🕒 1pm – 1:45pm
- 📍 Downley Community Centre, HP13 5TR
- 💷 £5 per session



For further information [click here](#) or email Katie.Youngman@aitc.org.uk

Seated Exercise Programme Expands!

OVER 35S
MONDAY EVENINGS

5-A-SIDE
MATCHES



PRINCES RISBOROUGH LEAGUE



**MASTERS
FOOTBALL**

Find out more [here](#) or email
mastersfootball@aitc.org.uk

We're pleased to share that our Seated Exercise Programme has successfully expanded, now offering weekly sessions in Aston Clinton, Stoke Mandeville, Wendover and Weston Turville.

These friendly, chair-based exercise classes are designed to support mobility, balance, and overall wellbeing. Each session costs just £3 PAYG, including time to chat over a tea or coffee and enjoy a biscuit.

For further information on the classes please [click here](#) or contact Amelia via Amelia.Evans@aitc.org.uk, 07399748803



NEW Mother & Daughter Swim!

After finishing another successful term of Women Only Swimming, we are excited to announce that we are expanding these sessions! Starting in September, we will be introducing an additional evening at both our locations, Aylesbury & High Wycombe, offering Mother & Daughter swim lessons.

This will provide a perfect opportunity for Mothers and Daughters (aged 12+) to learn to swim together in a private and comfortable environment.

For further information on the classes please [click here](#) or email Amelia.Evans@aitc.org.uk.



- ✓ **Supportive female only environment**
- ✓ **Build water confidence & pool safety**
- ✓ **For those aged 12+**
- ✓ **10 week course**
- ✓ **Female instructor & lifeguard**