

Start your journey to a
healthier, happier you

**move
together**

Buckinghamshire

**FREE 12 week
tailored programme
built around YOU.**



Ask your GP about
eligibility and benefits
or **Self Refer today!**
(see reverse side for more details)

Visit our website for
more information
www.activeinthecommunity.org.uk



SCAN ME



HOW TO SELF REFER

Once you have checked your eligibility, you can complete a self referral into the Move Together Bucks pathway to begin your journey to feeling better and moving more.

WHO'S ELIGIBLE?

To be eligible for the "Move Together Buckinghamshire" pathway you **must be over the age of 50** and meet the following criteria.

- ✔ Motivated to **increase activity levels to improve your health and well-being.**
- ✔ Living with a **long-term condition** (see approved conditions on our website).
- ✔ Currently **inactive or fairly active** (less than 150 minutes of moderate physical activity per week).
- ✔ Registered patient at an identified **Deep End GP / Opportunity Bucks GP Practice***

Via the Joy App



**SCAN
ME!**

1. Head to the "Move Together Buckinghamshire" page
2. Select the "Make a referral" button
3. Complete the initial assessment (this should only take 2-3 minutes)
4. Once completed, simply submit the assessment and Move Together Bucks team can take it from there.

Paper Based

Referral Option



If digital referral isn't possible, we offer a paper referral form. The form can be found at qualifying practices / surgeries* and can be sent by:

- Postal: **AITC CIC, Halton Tennis Club, Chestnut End, HP22 5PD**
- Online entry **by a family member or staff.**
- e-mail: **MTB@aitc.org.uk**

*Kingswood Surgery, Cressex Health Care, Wye Valley Surgery, Priory Surgery, Carrington House Surgery, Riverside Surgery, Berrycroft Community Health Centre, Tower House Surgery, The Mandeville Practice, Chiltern House Medical Centre, Desborough Surgery, Whitehill Surgery, Poplar Grove Practice, Cherrymead Surgery, Oakfield Surgery, The New Surgery, Gladstone Surgery.