

Are You Eligible For Move Together Buckinghamshire?

 **Are you over 50 years old?**

Yes

No

 **Do you live in Buckinghamshire or are registered with a Buckinghamshire GP practice?**

Yes

No

 **Are you doing under 30 minutes of physical activity per day?**

Yes

No

Do you have one of these long-term health conditions?

- | | | |
|---|--|--|
|  Alzheimer's |  Falls (risk of frailty) |  Stroke |
|  Diabetes |  COPD or lung conditions |  Cancer |
|  Multiple Sclerosis |  Heart Conditions |  Limited Mobility |
|  Parkinson's |  Arthritis & MSK Conditions |  Hypertension |
|  Asthma |  Chronic Fatigue Syndrome |  Dementia |
|  Osteoporosis |  Mental Health Conditions |  HIV |
|  Fragility fracture |  Chronic Kidney Disease | |

Yes

No

You are eligible for the Move Together Buckinghamshire programme!
Self-refer today via our website!

move together
Buckinghamshire

Visit our website for information on other activities:

<https://www.activeinthecommunity.org.uk/>



Or visit the Joy App for other local opportunities:

<https://services.thejoyapp.com/>



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www.activeinthecommunity.org.uk/referral-pathway-bucks/