

move together

Buckinghamshire

**A FREE personalised
programme to help you
move more with confidence.**

Move Together Buckinghamshire supports adults aged 50+ who are living with a long-term health condition to build more movement into everyday life.



1-to-1 support

Our specialists get to know you and what 'moving more' looks like for you.



At your own pace

Support tailored to your needs, goals and confidence.



Ongoing check-ins

Regular contact to help you keep going and build lasting habits.

Start your journey today

For more information, ask your GP, healthcare professional or visit our website to self refer

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



Turn over to check eligibility and other ways to refer



SCAN ME



Is Move Together Buckinghamshire for you?

If you meet the criteria below, you're welcome to self-refer

ELIGIBILITY CRITERIA

- ✓ Aged 50 or over
- ✓ Live in Buckinghamshire or are registered with a Bucks GP
- ✓ Living with a long-term health condition*
- ✓ Would like support to become more active

I don't recognise myself! I can touch my own toes, put my own socks on, tie my own shoelaces!

MTB Participant

HOW TO SELF-REFER

Self-refer in just a few simple steps

- 1 Scan the QR code, or visit our webpage via the link below.
- 2 Check your eligibility and complete the short referral form.
- 3 Submit your details and our friendly team will contact you.



SCAN ME!

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



Need help to refer?

You can also get in touch with our team directly:

Email: mtb@aitc.org.uk

Phone: 07949455241

Post: AITC CIC, Halton Tennis Centre, Chestnut End, Halton, HP22 5PD

Referring on behalf of someone else?

Family members and healthcare professionals can also complete the online referral form on someone's behalf.

*full list of eligible conditions can be seen on our website

www.activeinthecommunity.org.uk

