

move together

Buckinghamshire

What is
Move Together
Buckinghamshire?



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

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.

mtb@aitc.org.uk

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Who is it for?

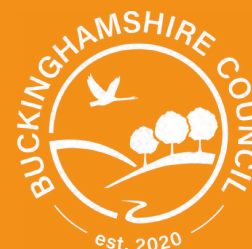
ELIGIBILITY CRITERIA

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

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

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What does it involve?



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.

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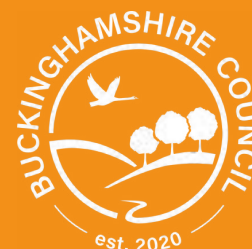
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Who can refer you?

- ✓ Yourself
- ✓ Family members
- ✓ Friends
- ✓ Healthcare professional
- ✓ Your GP

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How to sign up?

Self-refer in just a few simple steps

- 1 Visit our webpage via the link below.
www.activeinthecommunity.org.uk/referral-pathway-bucks/
- 2 Check your eligibility and complete the short referral form.
- 3 Submit your details and our friendly team will contact you.

Need help to refer?

You can also get in touch with our team directly:

Email: mtb@aitc.org.uk

Phone: 07949455241

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

