MOVE
Together

If you've been shielding due to COVID-19, or your health has been negatively affected by the pandemic, Move Together is here to help.

Move Together is brand new for Oxfordshire and is here to support you to move more, to help improve your physical health, mental health and wellbeing.

Why move more?

► Having an active, healthy lifestyle can help us to live healthier, longer and more fulfilling lives.

► Moving more is hugely beneficial for our physical and mental health and can help manage long term health conditions as well.

► Being active is something we can safely enjoy both on our own and with family and friends.

Moving more doesn't have to mean joining a gym or going for a jog. Every movement that we take genuinely helps, whether it's getting on our feet during a TV ad break, gardening or stretching while making a cup of tea.

How can Move Together help?

► We can explore with you the type of movement or activity that is best for you.

► We can help you access home activity packs, walking groups, activities in your community, condition specific exercises and so much more!

► Most of all, you're not alone. Our expert Move Together team can provide on-going support and motivation.

How do I get Moving?

► **Step 1:** contact your local Move Together Coordinator by any of the following:

- a phone call to your Coordinator (details below)
- ask your GP to refer you
- complete an Enquiry Form online at: **getoxfordshireactive.org** or **movetogether.org.uk**

► **Step 2:** your local Move Together Coordinator will contact you to discuss next steps.

► **Step 3:** decide together the most suitable activity and support for you.

► **Step 4:** agree together what on-going advice and support you would like.

For further information contact your local Move Together Coordinator:

Oxford City:	07483 007114
Cherwell:	01295 221575
Vale of White Horse:	07717 714477
South Oxfordshire:	07717 836750
West Oxfordshire:	01993 861564

Visit **getoxfordshireactive.org** or **movetogether.org.uk**