

Exploratory Workshop

Helping older people and those with long term health conditions to live well by moving more

Collective ambitions to achieve together

We want older people in Oxfordshire to stay active to live longer, better.

We want everyone living with long term health conditions to move more to help manage their condition.

We want to build on the momentum created by Move Together to develop a systems change pathway that supports people to 'move more' and improve both physical and mental health



 www.activeoxfordshire.org

Co-designing a new collective framework for Oxfordshire

We're excited to announce that we are co-creating a new physical activity strategy for Oxfordshire. Join us and help ensure that every adult and child in our county has an equal chance for an active life.

Working together across Oxfordshire to embed physical activity in everything we do

What do we need to do?



Chat in breakout groups on Zoom and **choose one of the following changes** that you agree will have **most impact** in helping older people and those with long term health conditions to live well by moving more

Extend Move Together so that it reaches more people who can benefit from physical activity.

1

Integrate work to promote and support older people to stay active as part of **The Oxfordshire Way**

2

Ensure we have the **workforce capacity/skills and signposting routes** through Move Together to support individuals with LTCs to be active

3

Use the **Consensus Statement**

The benefits of taking part in physical activity "outweigh the risks" for people with long-term health conditions to support healthcare professionals to empower their patients to be active

4

Upskill H&SC workforces to gain the knowledge, skills, and confidence to promote physical activity & empower patients/clients to be more active.

5

Increase awareness of the **activity pathways to support social care and hospital services** as part of preventative way of working.

6

Embed activity at the heart of population health and well-being through **other programmes or services**

7

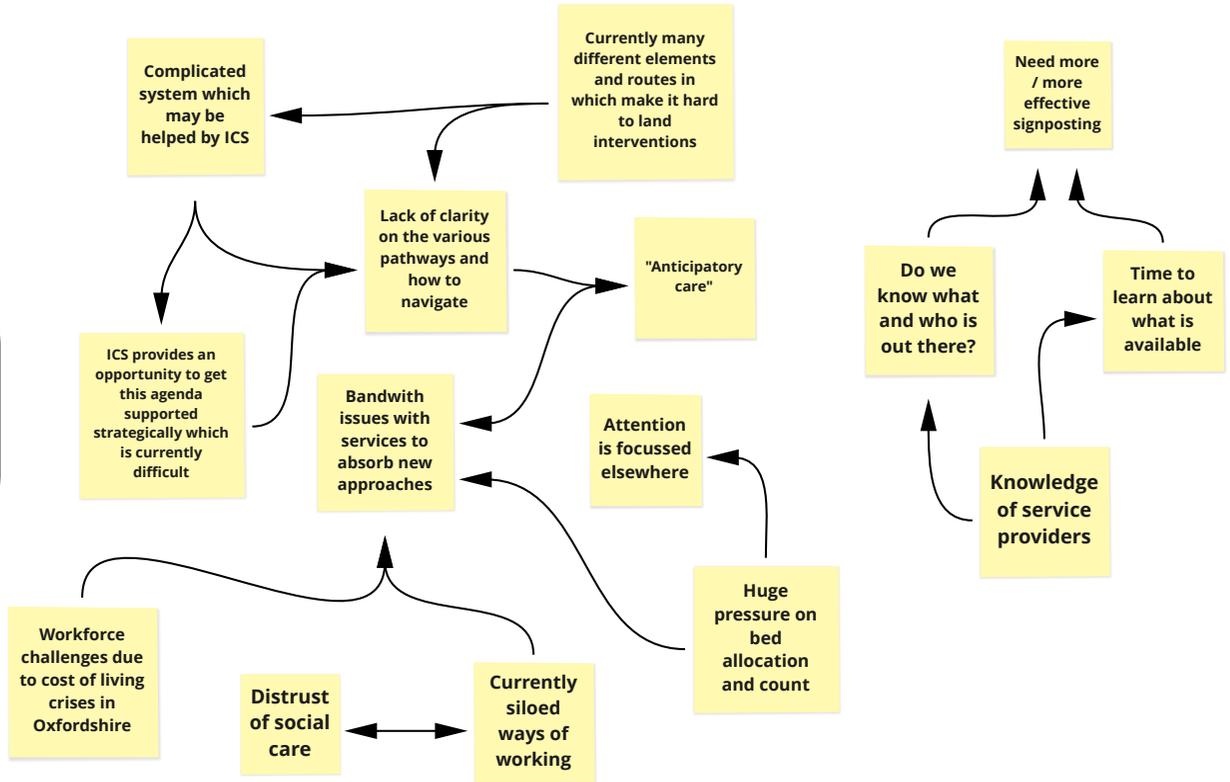
We want to explore what we need to work on together by looking below the surface at what gets in the way of our collective ability to helping older people and those with long term health conditions to live well by moving more

*The reasons that each breakout group gave for choosing a change will added after we have listened to the recording
The chosen changes are ticked.*

What gets in the way?

Increase awareness of the activity pathways to support social care and hospital services as part of preventative way of working.

6

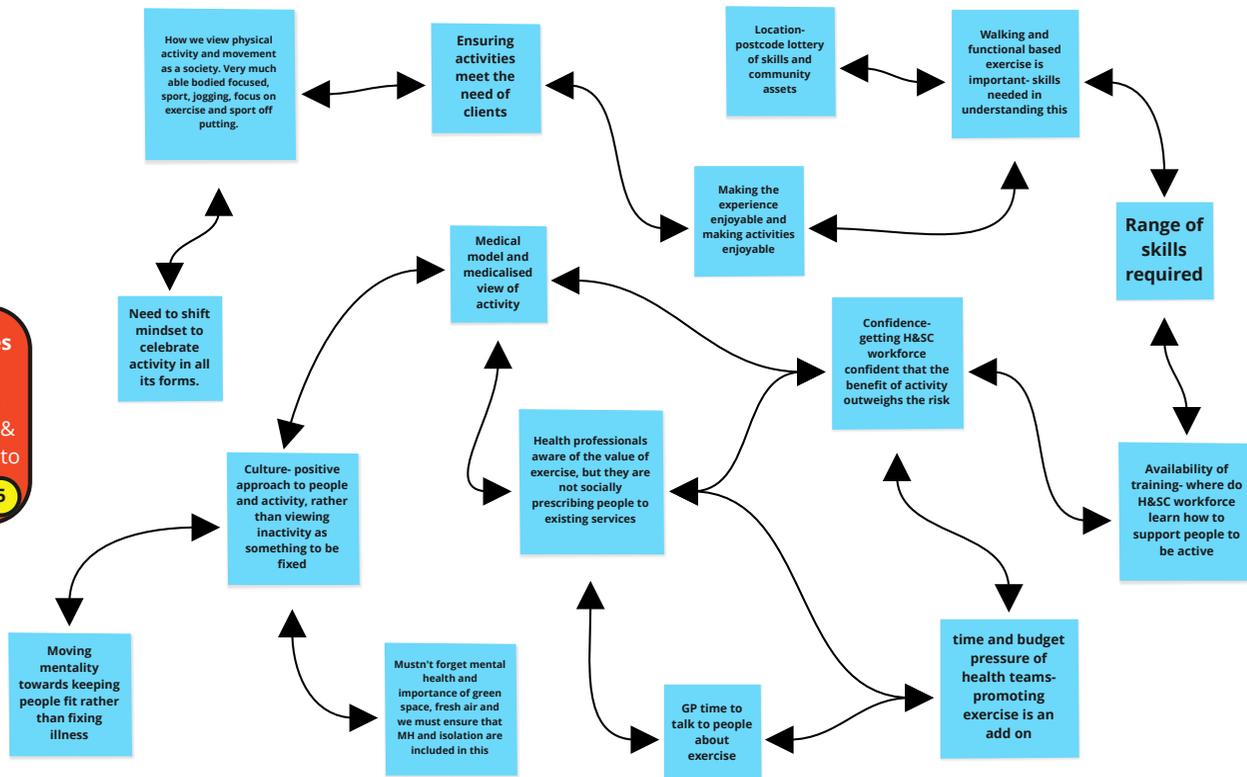


This shows a selection of obstacles identified by the breakout group(s) to one of the chosen changes.

What gets in the way?

Upskill H&SC workforces
to gain the knowledge, skills, and confidence to promote physical activity & empower patients/clients to be more active.

5



This shows a selection of obstacles identified by the breakout group(s) to one of the chosen changes.