

# MOVE Together

If you are living with a long-term health condition & would like support to move more in a way that works for you, Move Together is here to help!

**“Once I started moving, everything seems to get better”**

**Move Together** is an Oxfordshire wide programme 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 – it helps to manage long term health conditions and reduces isolation and loneliness, too.
- ▶ 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](http://getoxfordshireactive.org) or [movetogether.org.uk](http://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:	07824 321720
Cherwell:	01295 221575
Vale of White Horse:	07717 714477
South Oxfordshire:	07717 836750
West Oxfordshire:	01993 861564

Visit [getoxfordshireactive.org/move-together](http://getoxfordshireactive.org/move-together)