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Once I started moving, everything seemed to get better!

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MOVE Together

How can Move Together help?

Move Together is an Oxfordshire wide programme and is here to support you to **move more**.

We can help you access the right activity to suit your needs and preferences, including home activity packs, walking groups, Exercise Referral and so much more...!

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

MOVE Together



“It's good to know
I'm not alone”

How do I get moving?

Step 1:

Visit www.getoxfordshireactive.org/
or call your local District Co-ordinator

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.

Get in touch!

Oxford City: 07824 321720

Cherwell: 01295 221575

Vale of White Horse: 07717 714477

South Oxfordshire: 07717 836750

West Oxfordshire: 01993 861564