

Welcome  
to

# Move Together Buckinghamshire



**move  
together**  
Buckinghamshire

**Leap**

**age**

Buckinghamshire  
Let's change how we age

# Today's content



1 Brief Explainer



2 Eligibility



3 Referring in



4 The process



5 Timeline



# Physical Activity/Movement Pathway

Move Together Buckinghamshire is a targeted physical activity referral pathway supporting inactive residents aged 50+ living with long-term health conditions to move more.

Active today for a healthier tomorrow -  
movement that makes a difference

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# Who's Eligible?

- Over the age of 50
- Currently inactive (less than 150 minutes of moderate physical activity per week)
- Resident of an Opportunity Bucks Ward (or registered to a list of 17 partner GP practises)

(Kingswood Surgery, Cressex Health Care, Cherrymead Surgery, The Oakfield Surgery, Wye Valley Surgery, The New Surgery, Priors Surgery, The Gladstone Surgery, Carrington House Surgery, Poplar Grove Practise, Riverside Surgery, Whitehill Surgery, Berrycroft Community Health Centre, Desborough Surgery, Tower House Surgery, Chiltern House Medical Centre, The Mandeville Practise)

- Living with an eligible Long Term Health Condition

(Alzheimer's, Arthritis and MSK conditions, Asthma, COPD and wider lung conditions, Cancer, Dementia, Diabetes, Hypertension, Limited Mobility Conditions, Chronic Fatigue Syndrome, Mental Health Conditions, Multiple Sclerosis, Osteoporosis, Parkinson's, Stroke, Falls, Controlled Heart Conditions)

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## Referring in

- Referrals can be made from GP's, partners of through self referrals
- Referrals will be made via the Joy App where possible



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# The process

1. Referral comes in



1. PARS assigned and initial assessment



1. Person centered 12 week programme created to increase the residents levels of physical activity



1. Follow ups at 3, 6 and 12 months







**So, what do the next few weeks look like ...**

**Active today for a healthier tomorrow -  
movement that makes a difference.**



# Move Together Buckinghamshire

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Sign up to our partner mailing list:

<https://www.activeinthecommunity.org.uk/referral-pathway-bucks/>

