Let’s move together!

Age UK Bucks is launching a pilot project – Let’s Move Together – on 1st November 2021 which will run for a year.

The project is aimed at helping some of our older clients to move more, in a safe and supported way. Many people need a little bit of motivation and help to get moving – particularly if they have been unwell or just do not know how to start and we know that after Covid, many of us have reduced activity levels.

The Let’s Move Together project provides one-on-one support via volunteers to enable older people who may be lonely or isolated, have long-term health conditions or whose physical activity may have declined, to help improve their physical and mental wellbeing. This is by accessing online live or recorded gentle exercise sessions and/or or having fun enjoying additional movement around the home and local area, providing company and helping to encourage activity or movement.

We are looking for volunteers who have some time and energy to support an older person in their own home in very basic exercise. You do not need to be fitness experts!!! This role will involve supporting an older person to log onto to on line sessions and in some instances, this will mean taking an Age UK Bucks laptop to facilitate this.

You can give as little or as much time as you wish and support as many or as few older people as you wish, at a time that suits you. Full training and support will be given.

If you are interested and would like to know more, please contact Andrew Anderson on 01296 388058 or aanderson@ageuk.org.uk