

IAPT
Workshops &
interventions

BECOMING MORE PHYSICALLY ACTIVE IN BUCKINGHAMSHIRE



FOUNDATIONS APP

A FREE, simple, and easy to use self-help app available to people starting treatment in Healthy Minds.

Uses a practical and evidence-based approach to help clients manage their wellbeing by increasing physical activity levels through 3 programs. 'Move more, feel better.'



MOVING FORWARDS WITH A LONG TERM CONDITION

An adjunct intervention, meaning it should be offered in addition to another intervention within the service.

3x 2-hour workshops, once a month, starting Monday 4th October from 10:00-12:00

This is NOT an exercise class! The aim is to help people with LTC's incorporate more movement into their day to help manage and potentially alleviate some of their symptoms.



MOVE YOUR MOOD

A Step 3 group for depression

This is NOT an exercise class!

The aim is to help people learn ways to alleviate/manage depression by incorporating physical activity directly into the group.

For more information contact: HMPPhysicalActivity@oxfordhealth.nhs.uk

Free online
resources,
apps, &
printables

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NHS FITNESS STUDIO

The go-to source for trusted information about being physically active. Find video workouts including adapted exercises, cardio, strength & balance, and yoga. Plus advice, fitness plans, and printable pages.

nhs.uk/conditions/nhs-fitness-studio



10 TODAY

These resources are designed by older people for older people. Find a set of fun 10-minute routines that can fit easily into someone's day. Tune in online - listen or watch.

10today.co.uk



COUCH TO 5K & ACTIVE 10

Free, easy to use apps for absolute beginners. Use Couch to 5k to build up to a 5k run and Active 10 to track and increase brisk walking. Designed to support and motivate every step of the way.

nhs.uk/oneyou/apps



WE ARE UNDEFEATABLE

These great resources are to support people with long-term health conditions become more active. Find inspiring stories, practical advice, a video playlist, planner, and online chatbot.

weareundefeatable.co.uk



JOIN THE MOVEMENT

Find something to suit everyone with Sport England's online resource library. Plus discover an online activity timetable, the most recent government advice, and top tips for getting started.

sportengland.org/jointhemovement



MOVING MEDICINE

Take a look at Moving Medicine's handy printable patient info leaflets for condition specific advice, including depression. There's also general advice, plus tips & guidance for people recovering from COVID.

movingmedicine.ac.uk

Local
services,
groups, &
green spaces

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LIVE WELL STAY WELL

Buckinghamshire residents can access free 1-to-1 lifestyle support from their Live Well Stay Well service. That includes help getting active as well as weight loss, support with stress, stopping smoking, and more. Access via phone or online.

livewellstaywellbucks.co.uk



BUCKS ONLINE DIRECTORY

Find local activities and organisations through Buckinghamshire's easy to use online directory. Filter by postcode, age group, and accessibility.

directory.buckinghamshire.gov.uk



BUCKS SIMPLY WALK

Join Simply Walk for free volunteer led weekly walks around Buckinghamshire. Walks vary in distance and length, from 30-90 minutes. Everyone is welcome on these friendly and sociable walks.

buckscc.gov.uk/simplywalk



FAMILY FRIENDLY WALKS & RIDES

Explore walking routes and trails around Buckinghamshire to get active outdoors. Plan a traffic-free cycle ride or a family walk in the countryside.

familyinfo.buckinghamshire.gov.uk/things-to-do/



COUNTRY PARKS

Visiting a local park, nature reserve or woodland is a great way to get outdoors and active. Enjoy the sights and surroundings in Buckinghamshire.

countryparks.buckscc.gov.uk



PREVENTION MATTERS

For people who need support in regaining confidence, independence, and getting out and about. Access help for everyday activities and to get involved with local social activities.

connectionsupport.org.uk/buckinghamshire/projects/prevention-matters/

Local groups with
extra support for
people with
anxiety and
depression

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MOVING MINDS BUCKS

Group weekly sessions across a range of activities and locations. Delivered by coaches with mental health training. Participants can try out or return to activities in a fun, friendly, sociable, and safe environment. Previously known as Mind's Get Set to Go Programme.

These sessions are suitable for people with mild to moderate anxiety or depression. Some sessions have not yet returned due to restrictions - please check webpage for updates. No referral needed.

Find out more here:
Leapwithus.org.uk/moving-minds-activity-sessions/



KEEP MOVING FORWARD

The Wycombe Wanderers Sports & Education Trust have set up various sessions within Wycombe to help improve people's mental health and wellbeing. Sessions are run by friendly & approachable coaches who are on hand to support. Choose from Indian Clubs, Wellbeing Walk, Community Grow (allotment) and Yoga.

These sessions are open to everyone. Some sessions are currently running remotely (Indian Clubs and Yoga). Walks and allotment sessions are being held in person. No referral needed.

Find out more here:
wwset.co.uk/keep-moving-forward/



FRIENDS IN NEED BUCKS MIND

This friendly peer support group aims to help people manage their depression and anxiety through uplifting, fun and free activities. Sessions include Yoga, Tai Chi, Dance, Walking Groups and many more.

These sessions are suitable for people with mild to moderate anxiety or depression. This service is being run remotely (via Zoom) as well as offering socially distanced walks. No referral needed.

Find out more here:
bucksmind.org.uk/services/peer-support-groups/friends-in-need/



SPORT IN MIND, BUCKS

Sport in Mind deliver supported sport and physical activity groups for people experiencing mental health problems in the community and inpatient care to ensure that everyone has an opportunity to be active, irrespective of their current situation. Help aid recovery, improve mental and physical health, build self-esteem and combat social isolation.

Sessions have been paused during lockdown however are being restarted in Bucks soon - please check the website for updates. No referral needed.

Find out more here:
www.sportinmind.org/timetables