

Getting healthy in the great outdoors



Active Buggies

A free fitness session for parents with young children, designed for post-natal participants.



BLAZE TRAILS

Blaze Trails walks for baby and parent

Relaxed, welcoming walks for parents with babies and toddlers in buggies or slings. Great for fresh air, fitness and meeting other parents.

To find out more about these free walks, please visit the Blaze Trails Oxfordshire website blazetrails.org.uk

Community Park Fit

Designed for those who are new to exercise or have been inactive for some time. These free fitness sessions take place in parks and outdoor gyms to build strength and stamina in a fun group setting.



Community Walks

Led by over 140 trained volunteers, these short, social walks help improve fitness and reduce isolation. There are 35 walks each week across 20 locations and most have the option for a refreshment afterwards. All abilities welcome at locations throughout the districts.

ACTIVE COMMUNITIES

for everyone in South Oxfordshire and the Vale of White Horse



Be Active, Be Healthy, Be Happy

Bringing free and low-cost sport and wellbeing opportunities to your doorstep by running a variety of activities for all ages and abilities.





Nordic Walking

Nordic Walking is an enhanced walking technique that uses poles to work your upper body as well as your legs. It is a fun and social activity that can be enjoyed by beginners and more experienced walkers.

Inclusive Sports

- **Walking Football**
For older adults or those returning to activity
- **Walking Basketball**
Shoot some hoops at your own pace
- **Walking Tennis**
A slower paced game for all ages
- **Rounders and Pickleball**
Friendly, mixed-ability games to keep you active and social
- **Boccia**
Similar to boules that can be played seated or standing
- **New Age Kurling**
Like traditional curling without the ice!



Park Yoga

Free every Sunday morning at 9.30am between May and September at locations across South and Vale. Great for flexibility and stress relief. Please bring a mat. Check our websites for details.

Ride Revolution

Ride Revolution takes donated, unwanted bikes, restores them and then gives them to children and families who may not have access to a bike, to help them become more active.



Running

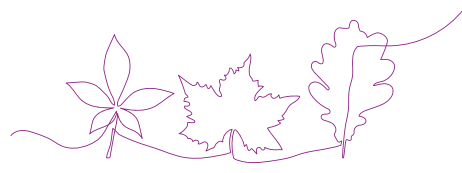
Learn to run from couch to 5k and beyond in a supportive group. Progress safely and confidently with trained leaders.



Table Tennis

Outdoor table tennis tables are available to use across the districts. Check our websites to find a location near you. If you require bats and balls, please get in touch with the team and we will be happy to help.





YOU MOVE



Countywide projects

YouMove is an Oxfordshire wide programme that supports eligible families to access low cost and free activities, including swimming and days out. Applying is easy and provides you with a YouMove card which you can show to access discounted or free entrance to range of attractions, sports clubs and sessions. If you have a child aged 0-17 years and are interested then please check your eligibility by visiting our websites or contacting one of our activators.

South: 07717 225679 Vale: 07801 203571
Email: youmove@southandvale.gov.uk

Holiday activities

We offer a range of free and low-cost activities, for young children, teenagers and families to enjoy during most school holidays in a variety of locations across South Oxfordshire and the Vale of White Horse. Sessions include cricket courses, multisport sessions, dance, orienteering and family fun days. The fundays are a great way to get your family active and try a range of activities in one place. Booking is advised to secure your place. See the back page for the QR codes for the holiday activities webpage or Facebook for more information.



Term time activities

We offer a range of free and low-cost activities during term time for early years and school age children. This includes after school clubs, PE sessions for home educated children and early years activities for the under 5s, in a relaxed, safe environment. If you are keen to attend any of the sessions and find out more, or if you are a school, community group or nursery who would welcome some activities, please get in touch.



For long term health conditions

Move Together is designed for people who may be struggling to get active due to a physical or mental health condition, mobility challenge, sedentary lifestyle or because they've been feeling isolated. It offers a one-to-one approach, tailored to individual needs, interests and abilities. Move Together is suitable for anyone over 16 who would benefit from being supported to be more active. Please check our websites for more details or complete an enquiry form which can be found at movetogether.org.uk/public/enquiries



Move Together Maternity

Move Together Maternity supports your pre and post-natal journey by providing safe and effective physical activity options and 1-1 support. If you would like to access our free pre and post-natal fitness classes, and speak to one of our team, please fill out our enquiry form at movetogether.org.uk/public/enquiries





Nature trails

We have created two great nature trails. The first in Abingdon includes three routes, the duck, the hedgehog and the dragonfly. The second is in Didcot, where you can follow the leaf signs and you will be able to discover an array of animals, birds, bugs, flowers and trees.

These trails have been created for everyone to enjoy and explore our local area and learn more about the diverse natural world around us. We are working on more trails in other locations, so keep an eye out for one near you soon.



Opportunities to join us



There are several ways in which you can help us to improve the health and wellbeing of our communities.

As a personal trainer – we can offer opportunities to set up new classes.

As a sports coach – we can promote your club and offer employment to run activities for us.

As a volunteer – to lead community walks and activities, or support our work with Homestart by offering support to young families.

As a casual employee – helping run holiday and after school activities.

Training will be provided for all the above opportunities, please email active.communities@southandvale.gov.uk for more information.



Please visit our websites to find out more details about all our activities. Follow us on Facebook for up-to-date information about new sessions and activities taking place near you.



Email: active.communities@southandvale.gov.uk

Call: 01235 422226

Web: southoxon.gov.uk – Active Communities
whitehorsedc.gov.uk – Active Communities

Follow us: facebook.com/southandvaleactivecommunities

