

Appendix 6 – Oxford’s Programmes to Increase Physical Activity

- [YouMove](#) - inclusive physical activity pathway of low cost and free activities for families to enjoy together.
- [Move Together](#) - a pathway into physical activity which is designed to support those who were classified as CEV or asked to shield during the pandemic as well as those who’s mental or physical health and wellbeing was impacted by the pandemic to move more.
- [Go Active Get Healthy](#) – a physical activity programme specifically for those who have Type 1 or Type 2 diabetes. It is similar to Move Together, and participants get over the phone regular motivational interview support, an at home activity pack, access to leisure discounts and opportunities to join local community groups.
- [Go Active Outdoors](#) - an online information portal of everything that happens in Oxford City parks and open spaces. It is designed to encourage people to use more of their local green spaces, either alone, with a friend or family.
- [Go Active Families](#) - an online information portal of everything within the City that is targeted at getting people active as a family. From community activities, leisure centres, culture and arts, stay and play sessions. There should be plenty to meet every need.
- [Bonus Leisure Offer](#) - Access to Oxford’s leisure facilities at significantly subsidised rates. A Membership for city residents and their dependants who are on certain benefits.
- [Youth Ambition](#) - Engaging with young people in positive youth work activities to help them to broaden their knowledge, skills and capabilities.

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