

# Rural activities for more active lifestyles



**GO Active GOLD will offer support for people in rural areas, age 60 and over, to live more active lifestyles, by setting up more local physical activities that cater for all abilities.**

**We have three clear aims:**

- Improve the physical and mental wellbeing of older adults.
- Develop a sustainable physical activity programme through training and supporting more coaches and volunteers.
- Encourage stronger community spirit by reducing loneliness and social isolation through participation in our programme.

**Project approach:**

With funding from Sport England, we are employing Rural Activity Coordinators to work with local community groups, Parish Councils, sports clubs, charities, local leisure providers and instructors to deliver a varied, inclusive and social physical activity programme.

### **PHYSICAL ACTIVITY RECOMMENDATIONS FOR OLDER ADULTS PER WEEK**

- **Aim to be active daily**
- **150 minutes of moderate intensity exercise - enough to increase your breathing but able to talk OR**
- **75 minutes of vigorous intensity exercise - faster breathing making it difficult to talk**
- **On two days a week do exercises that improve balance AND strength**

**Table Tennis, Golf, Bowls, Yoga, Pilates, Tai Chi, Senior Circuits, Keep Fit Classes, Nordic Walking, Dancing**



**Get involved with GO Active GOLD if you are:**

- **A local coach / activity instructor** and interested in delivering activities to older people
- **A community champion** who would be able to meet up quarterly with the GO Active team to help steer the project in your area
- **An enthusiastic individual** who enjoys motivating others to be more active and possibly interested in receiving a physical activity qualification

**Why your parish has been chosen:**

- We chose parishes according to population size (approximately 500 - 3000 residents)
- Each parish has at least 100 residents aged 60 and over
- Many of the chosen parishes offered little or no appropriate physical activities for older people

**FOR MORE INFORMATION, PLEASE CONTACT THE TEAM OR VISIT:**

**[www.southoxon.gov.uk/gold](http://www.southoxon.gov.uk/gold)**

**[www.whitehorsedc.gov.uk/gold](http://www.whitehorsedc.gov.uk/gold)**

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## **GO Active GOLD chosen parishes in South Oxfordshire and Vale of White Horse**



- Aston Rowant
- Beckley and Stowood
- Berinsfield
- Binfield Heath
- Bix and Assendon
- Brightwell-cum-Sotwell
- Chalgrove
- Checkendon
- Clifton Hampden
- Crowmarsh
- Dorchester
- East Hagbourne
- Ewelme
- Forest Hill with Shotover
- Garsington
- Goring Heath
- Great Haseley
- Great Milton
- Harpsden
- Holton
- Horspath
- Kidmore End
- Lewknor
- Long Wittenham
- Moulsoford
- Nettlebed
- Nuffield
- Pishill with Stonor
- Rotherfield Peppard
- Sandford-on-Thames
- Shiplake
- South Stoke
- Stadhampton
- Stanton St. John
- Stoke Row
- Tetsworth
- Tiddington-with-Albury
- Warborough
- Watlington
- Whitchurch-on-Thames
- Woodcote
- Appleton-with-Eaton
- Ashbury
- Blewbury
- Buckland
- Childrey
- Chilton
- Drayton
- East Challow
- East Hanney
- East Hendred
- Fyfield and Tubney
- Kingston Bagpuize with Southmoor
- Letcombe Regis
- Longcot
- Longworth
- Marcham
- Milton
- Shrivenham
- Stanford in the Vale
- Steventon
- Sunningwell
- Sutton Courtenay
- Uffington
- Upton
- Watchfield
- West Hanney