



## Director Update

Welcome to our Autumn 2024 newsletter. You'll see in this edition the ample opportunities on offer around the County, from disability cycling sessions to Women's only Swimming and everything in between - hopefully something on offer for many.

Looking ahead, we're thrilled to share some exciting developments on the horizon. Our team is hard at work on several new initiatives, including the following five highlights:

1. Mother-Daughter Swimming
2. Large Scale "Come & Try" Event for Older Adults
3. Referral focus for our Bike ReCycles project
4. Older adult activity expansion
5. Inclusive Cycling outreach sessions

We welcome any partners that would like to collaborate on our upcoming projects.

Kirsty Gillingham  
Director  
Active in the Community



## Do you know an individual who would benefit from a free bike?

We have reached our target of 200 bikes donated for our Bike ReCycles project! Therefore, we are no longer collecting bikes. Thank you to everyone who has helped make this possible.

Donated bikes will be re-homed to individuals in need across Aylesbury after being serviced and undergoing any necessary repairs.

Do you know someone living in the following postcodes; HP17, HP19, HP20, and HP21 that could benefit from a free bike? Please refer potential recipients to our eligibility criteria and application form [on our website](#).

**Referrals needed!**



Please contact [Bobu.Fisher@aitc.org.uk](mailto:Bobu.Fisher@aitc.org.uk) for any questions and queries.

## We have a range of cycles to suit all needs.

You can now see examples of the variety of cycles we have available for our Wheels for All sessions [on our website](#).

This is not an extensive list, and cycles may differ slightly depending on session location. If you would like further information, please contact our session leads.

**Marlow:** Saturday 12:30-2:30pm

Contact: [Katie.Youngman@aitc.org.uk](mailto:Katie.Youngman@aitc.org.uk)

**Aylesbury** Sunday 11am-1pm.

Contact: [Amelia.Evans@aitc.org.uk](mailto:Amelia.Evans@aitc.org.uk)



## Women only Swimming sessions quickly sell out due to high demand.

We have been overwhelmed by the positive response to our September Women only Swimming term.

Within days of going live, both our Aylesbury and High Wycombe beginner sessions were fully booked, as was our Intermediate Aylesbury session.

To find out more, please [head over to our website](#).

## Over 50s programs:

### Over 50s Active Living sessions

To book any Active Living sessions please contact [Katie.Youngman@aitc.org.uk](mailto:Katie.Youngman@aitc.org.uk).

**Pickleball** Wednesdays 7:30-8:45pm, Highcrest Academy. £3 per session.

**T'ai Chi** Mondays 11am-12pm, Fairfords Leys. Fridays 1:30-2:30pm, Wades Centre. £5 per session.

**Better Balance** Fridays 1-1:45pm, Downley Community Centre. £5 per session.

### Forever Cycling

Sessions run on alternating weeks, between Aston Clinton Baptist Church and Wendover Health Centre.

### Seated Exercise

Sessions run on alternating weeks, between Aston Clinton Baptist Church and Wendover Health Centre.

We are now also running a session every Tuesday 2-3pm at The Elms, Aylesbury.

Forever Cycling and Seated Exercise classes cost £2 per session. Please contact [Amelia.Evans@aitc.org.uk](mailto:Amelia.Evans@aitc.org.uk) to book.

**NEW!**

### Staying Active, Staying Connected

Aims to connect older adults to existing, local, activities. Find out more on the next page...

## Other programs:

### Children & Young people sessions

All sessions cost £5 each. To find out more, or book, please [click here](#).

**Girls Basketball** Wednesdays 5:30-6:30pm, The Kingsbrook School.

**Karate** Saturdays 1:30-2pm, The Grange School.

### BollyX

These Bollywood inspired dance fitness classes provide a fantastic cardio workout. No experience necessary. Sessions run every Tuesday and cost £5 each.

[Find out more.](#)

*Lunch & Learn*

**SASC Event Success**



As part of our [Staying Active, Staying Connected project](#), AITC hosted three events focusing on maintaining independence through movement and nutrition - helping connect attendees with sessions in their local area. With talks from nutritionists, Age Uk, and a T'ai Chi instructor, alongside a taster sessions, these events proved popular, and were well received.

Click [here](#) to find PDF lists of over 50's sessions in Aylesbury, Wycombe and Chesham.

OVER 35S  
WEEKDAY EVENINGS  
**5-A-SIDE MATCHES**  
PRINCES RISBOROUGH LEAGUE  
**AITC | MASTERS FOOTBALL**  
Masters Football returns for another season. Find out more [here](#).

## In other news:

### Bucks' Largest Community Lettings Service: Discover 15 Managed Facilities with AITC

As well as offering community activity programmes, AITC offer a fully managed school lettings service.

In fact, we are the single largest community lettings organisation in Bucks!

Find out more about [here](#).

### Steady Strollers

These physio-led sessions are perfect for those who are recovering from an illness or have a health condition, and want to get out walking, but lack confidence in getting started.

Sessions take place Mondays, 10am, at Marlow Sports Club, and cost £5 per session. [Find out more.](#)

### Fairhive

#### Downsizing support

If you're a Fairhive resident and thinking about downsizing, whatever your circumstances, Fairhive have support in place to help you through the process and make it as seamless as possible!

For more information, please speak to one of their Housing Operations Officers on 01296 732600 or email [contact@fairhive.co.uk](mailto:contact@fairhive.co.uk).