



## We need more bikes, can you help?

So far within our Bike ReCycles project we have **collected 61 bikes** to be re-homed to individuals in need in Aylesbury. **But we need more!**

As well as donations of unwanted bikes, we also require referrals for potential recipients. Please refer individuals to our eligibility criteria and application form [on our website](#).

In partnership with Otek Bikes, this project offers **an exciting volunteering opportunity for individuals to gain hands-on experience of bike servicing and repairs – learning from the experts!** No experience necessary.

For more information on this project, and to get involved, please [visit our website](#), or email [Bobu.Fisher@aitc.org.uk](mailto:Bobu.Fisher@aitc.org.uk).



## Lunch & Learn:

*How movement can help you keep your independence*

Within our [Staying Active, Staying connected project](#), AITC will be hosting three **free** lunchtime talks focusing on the importance of nutrition and movement for older adults.

### Upcoming events:

**High Wycombe Library**  
Friday 5th July, 11am-1pm

**White Hill Centre, Chesham**  
Friday 12th July, 11am-1pm

**Fairford Leys Community Centre, Aylesbury**  
Friday 26th July, 11am-1pm

If you can, please share these events across your network and socials. If you would like event graphics, or further information please reach out to [Alice.Bairstow@aitc.org.uk](mailto:Alice.Bairstow@aitc.org.uk).

To save a space, please contact Katie: [Katie.Youngman@aitc.org.uk](mailto:Katie.Youngman@aitc.org.uk),  
[07956 702435](tel:07956702435)

# Forever Cycling and Seated exercise arrive in Wendover & Aston Clinton



“With a predominantly older patient population we’d had feedback from some of our patients that they would like to **access an affordable activity session that gave them the opportunity to be social** as well.

There have been 3 sessions so far...

We’ve seen **improvements with balance and confidence** in getting active grow but we’ve also seen that the people attending enjoy the social element.

As a social prescriber it’s been great to have the opportunity to talk to people attending and I’ve been able to follow up with clinical teams supporting those people when needed.”

- Anna Bedlou, Social Prescriber

## Continuing programs:

### **Children & Young people sessions**

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

**Netball** Mondays 4-5pm, Aston Clinton Tennis Club.

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

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

### **Wheels for All**

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

**Marlow** Saturday 12:30-2:30pm. Little Marlow Athletics track.

**Aylesbury** Sunday 11am-1pm. The Kingsbrook School.

### **Over 50s Active Living sessions**

**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 1-2pm, Downley Community Centre. £5 per session.

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



“ There are so many things we like about Touch Tennis. **For my boys we need activities to be accessible on so many levels.** They both have very different needs and it's tricky to find something that they can do together that isn't gaming! It's brilliant that it is run in a comfortable environment... I have noticed that the boys are actually speaking a lot more to the coach, which is another sign that they feel safe around him as they both struggle with situational mutism. Being able to practise those skills weekly **not only gives them a routine of doing something active but has also helped their confidence immensely.**”

- Parent of participants

To find out more, please [click here](#), or contact [Amelia.Evans@aitc.org.uk](mailto:Amelia.Evans@aitc.org.uk).

## Join our community

We have a variety of volunteering opportunities, to suit what individuals can offer.

[Find out more.](#)



Wheels for All,  
Aylesbury '24

## Heart of Bucks

### Step Aerobics

These high-energy cardiovascular sessions incorporate the use of a raised platform or “step” to perform a variety of movements to energising music. Sessions run weekly and cost £5 each.

[Find out more.](#)

### BollyX

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

[Find out more.](#)

“

I've always wanted to swim, but it hasn't been possible due to my religion. Even some 'Ladies only' sessions still have windows which makes the pool visible to others.

**AITC's [Aylesbury] sessions are fully private, which gives me and the other ladies a safe and comfortable space to learn to swim”**

*- Aylesbury Women's only Swimming participant*

Following the popularity of our Aylesbury sessions, we are excited to announce

## We're bringing our Women's only Swimming sessions to High Wycombe!

To find out more, please click [here](#), or contact [Katie.Youngman@aitc.org.uk](mailto:Katie.Youngman@aitc.org.uk).

## Upcoming projects



### Mummy and Me classes are coming to High Wycombe and Aylesbury

Designed for mums and their little ones, our fitness classes provide a great opportunity for mothers to socialise and strengthen their bond with their child - all whilst enjoying a fun, full-body workout!

These sessions are suitable for all fitness levels. For further information please email [Katie.Youngman@aitc.org.uk](mailto:Katie.Youngman@aitc.org.uk).