

PHYSICAL ACTIVITY

Leap

01296 585215

www.leapwithus.org.uk

info@leapwithus.org.uk

Here at Leap we aim to improve the lives of residents across Buckinghamshire and Milton Keynes through physical activity & sport. Whether that's through taking part, coaching, leading or volunteering, we want to help make it happen.

Active Bucks

www.activebucks.co.uk

john@makesportfun.com

07776 103785

Free activity voucher for anyone in Bucks; You might have lots of reasons for getting active – maybe you want to get back in shape, relieve stress, socialise or have some time for yourself. There are over 1500 activities listed across Bucks you can choose from. Whatever your reason, you will be able to find an activity near you & on a day & time that suits you so it can become a part of your routine.

Simply Walk, Buckinghamshire

01494 475367

07802 260812

www.buckscc.gov.uk/simplywalk

simplywalks@buckscc.gov.uk

Volunteer led walks run throughout the year with over 700 walkers joining us every week on more than 80 walks across the county. Our volunteer leaders are there to help you walk at your own pace – so don't worry about being left behind, lost or feeling left out.

Live well Stay well

01628 857311

www.livewellstaywellbucks.co.uk

Even small changes can help you achieve your healthy lifestyle goals or manage your long term condition. Live Well Stay Well is a free service that has helped thousands of people in Buckinghamshire to lose weight, quit smoking, get more active, feel happier or manage their diabetes.

Health & Wellbeing Bucks Website

www.healthandwellbeingbucks.org

Buckinghamshire County Council Website has links to getting active; healthy eating, live well stay well, stopping smoking, mental health and wellbeing.

Lindengate

01296 622443

www.lindengate.org.uk

info@lindengate.org.uk

Lindengate is a Buckinghamshire-based registered charity that offers specialised gardening activities to help those with mental health needs in their continuing recovery. The services offered promote health and wellbeing, facilitates social inclusion and help participants to gain self-confidence.

Connection Support – Buckinghamshire

01296 484322

www.connectionsupport.org.uk/buckinghamshire

bucksenquiries@connectionsupport.org.uk

We offer a service linking adults in Buckinghamshire to local resources, volunteers and community services.

Its aim is to support vulnerable adults in Buckinghamshire. Vulnerable adults include older people, adults with disabilities, those with chronic health needs, and/or poor mental health. The programme will help people to retain, and where possible, to regain their independence & sense of wellbeing.

Hertfordshire Health Walks

01992 588433

www.hertfordshire.gov.uk/healthwalks

Hertfordshire Health Walks are free, led walks to encourage people of all ages and abilities to get outdoors, get more active and reap the benefits.

Everyone Active

www.everyoneactive.com

With more than 170 centres nationwide. Activities include gym training, exercise classes, swimming classes and on-line tools. Contact your local centre for further information.

Giving Up Smoking

03001 231044

www.nhs.uk/smokefree

Free, proven support to help you quit! Join the millions of people who have used Smokefree support to help them stop smoking. We've got loads of support to help you quit, so choose what's right for you.

HOLIDAYS

Karen's Big Smiles Charity Trust

01494 451279 / 07818 095753

www.karensbigsmiles.org

karensbigsmiles@outlook.com

enquires@karensbigsmiles.org

Our motivation is simple, we want to bring "Big Smiles" to the lives of young adults with life limiting conditions. Karen's Big Smiles provides grants for 18 to 40 year olds living with a life - limiting condition in Buckinghamshire, Berkshire and Oxfordshire.

Willow Foundation

01707 259 777

www.willowfoundation.org.uk

info@willowfoundation.org.uk

specialdays@willowfoundation.org.uk

Willow is the only national charity working with seriously ill young adults aged 16 to 40 to fulfil uplifting and unforgettable Special Days.

Sail 4 Cancer

01273 597452

www.sail4cancer.org

Sail 4 Cancer is primarily a provider of water based respite days and holidays for families affected by cancer. The charity also makes grants to cancer care centres and supports research into the positive effects of exercise (e.g. sailing) and how it can help prevent cancer and aid recovery post diagnosis.

Grove House Hotel **CLOSED UNTIL FURTHER NOTICE** (Please check the website for updates)

01202 552233

www.thegrovebournemouth.co.uk

Welcome to The Grove in Bournemouth, a unique hotel offering a beautiful holiday retreat for cancer patients & those with life threatening illnesses. Carers, families & friends are all welcome.

Jill's Fund Raising Journey

07548 633639

www.jillsfundraisingjourney.co.uk

jillsfundraisingjourney@gmail.com

Jill's Fundraising Journey aims to raise cancer awareness and to set up a holiday home to provide respite free of charge for those affected by cancer and their loved ones.

We offer short breaks completely free of charge in a 6 berth caravan located in Hoburne Naish Holiday Park in New Milton.

Macmillan Cancer Support Grant

0808 808 00 00

These are small, mostly one-off payments to help people with costs caused by or related to their cancer. They are for people who have a low level of income and savings. Everyone's practical needs are different, so grants are available for a variety of things. Whether you need extra clothing, help paying heating bills or even a relaxing break, you may be entitled to a Macmillan Grant. You need to apply through a health or social care professional: this may be a social worker, a district nurse or a Macmillan nurse.

**Created by the Cancer Education, Information & Support Service,
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The Trust does not take responsibility for any inaccuracies within this factsheet or for the content of websites/ organisations.

Please contact the named external organisations.