

Let's Get  
Moving  
East Cambridgeshire

# What is Let's Get Moving Cambridgeshire?

LGMC is all about getting the inactive active. We are doing this with 3 main approaches:

1. Supporting and promoting all of the existing opportunities for activity in the district
2. Initiating new programmes where there is a need or a demand
3. Supporting individuals who need that little bit extra support to achieve their goals.





# So far...

- Building relationships with partners
- Use of insight data to establish target areas
- Engaging with communities
- Creation of webpage and social media access
- Walking for Health walks
- Walking netball
- Satellite club



# Let's Get Moving ...

East Cambridgeshire

- Beginners running group
- Swimming promotion
- Try it for 10
- Supporting a local school
- Community projects
- Workplace health
- Chair based exercise
- 1:1 support work



# Moving forward...and how you can help me!

I need to know what's going on

I need to know who needs my support

I need to find the gaps





**Sophie Edwards**

**01353 616348**

**[sophie.edwards@eastcambs.gov.uk](mailto:sophie.edwards@eastcambs.gov.uk)**

**Facebook @LetsGetMovingEastCambs**