

Movers & Shakers Profile



Movers & Shakers (M&S) is an award-winning programme that engages older adults from isolated and socially disadvantaged communities, and encourages them to lead healthier lifestyles. This innovative, inclusive, self-care model supports healthy ageing and wellbeing for older adults, enabling them to live longer, independent lives. Members report that: “attending the sessions makes them feel younger and rejuvenated”.

M&S members are volunteers who establish and run weekly sessions, supported by a community development team of NHS Buckinghamshire. Members choose from an array of physical, mental and creative activities, healthy lunches are served, and there is much improved awareness of self-help.

In recognition for its good practice and innovation, Movers & Shakers won first prize position in the Mental Health and Wellbeing category at the 2010 NHS South Central Health and Social Care Awards. The project also won the runner up position at the BucksSports Award in its Community Challenge category. Movers & Shakers projects have been established in High Wycombe since 2009, starting with The Caribbean Style, followed by the Chinese Style and Dosti Asian (women’s) Style in 2010 and the Castlefield Style in May 2011.

The Caribbean Style group meet weekly at Trinity United Reform Church (opposite the Rye) in London Road, Fridays from 9.30am – 1.30pm, while the Chinese style meets on Tuesdays at the same time and venue. The Dosti Asian (women’s) group is based at the Reggie Goves Centre and meet every Tuesday at 9:30am until noon. The Castlefield M&S venue is The Avenue Methodist Church in Rutland Avenue, meeting every Thursday from 9:30am – 1:30pm.

In September 2011, Movers & Shakers joined forces with Wycombe District Council and expanded the project into sheltered accommodation units in Wycombe, supporting local people age 55 and over with the health and wellbeing initiative. Regular weekly sessions are held at Barrowcroft, Meadway HP11 1RH on Mondays from 10am – 1pm; and at Chichester Court, Bowerdean Road, HP13 6AU on Fridays from 10am – 1pm.

Due to increased demand, Movers & Shakers Clubs is being piloted in Chesham and Aylesbury districts. The sessions are becoming increasingly popular with participating members and additional M&S clubs will be available in new areas of the county.