

# Healthy Bicester

As part of an initiative run by NHS England, Bicester has been selected as one of just ten 'Healthy New Towns' in the country. The aim is to make Bicester a healthier place to live, work and play – for everyone in every part of the town.

*"Bicester  
a healthy place to  
live, work and play"*



The programme aims to create a place where being healthy is easy, fun and achievable for people of all ages. It involves individual residents, workplaces and employers, schools and nurseries, clubs, associations and volunteers and health and care services. They will all work together to enable and support people to live healthier lives and to promote their wellbeing.

Discover how easy it can be to adopt and enjoy a healthier lifestyle.



Bicester Healthy New Town programme is a Partnership Group involving over 30 local organisations. Led by Cherwell District Council it includes North West Bicester's lead developer A2Dominion, Oxfordshire Clinical Commissioning Group, the Oxford Academic Health Science Network, Bicester Town Council and other local community groups and organisations, health care providers and both Oxford and Oxford Brookes Universities.

To keep up-to-date on programme events go to [www.growingbicester.co.uk](http://www.growingbicester.co.uk)

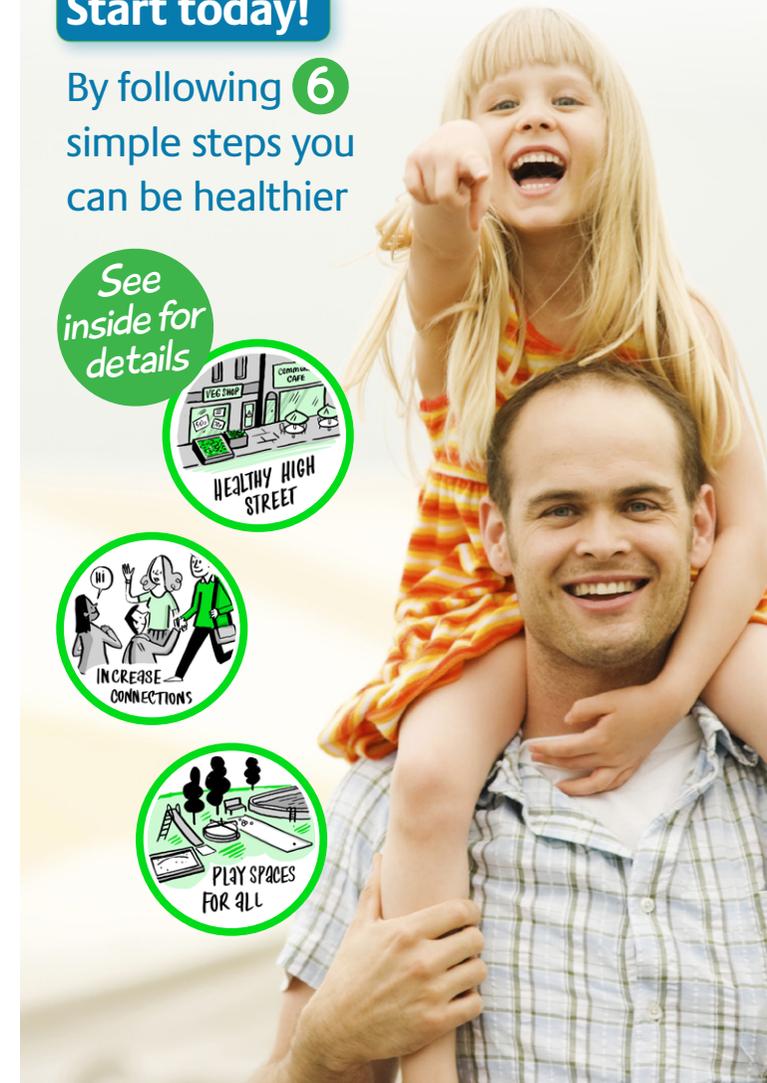


# Healthy Bicester

**Start today!**

By following **6**  
simple steps you  
can be healthier

See  
inside for  
details



## Take notice of what you are eating

More vegetables and fruit will keep you healthy



## Say hello to your neighbours

Your community is your support



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## Sit less, move more

Physical activity will give you more energy



5



## Do something new today

Learning new things will lift your mood



## Do something for others

It will make you feel more positive



## Find one thing that makes you smile today

Stress is your enemy. Keep it away!



6

## Our two key priorities:

- To increase the number of children and adults who are physically active and of a healthy weight



- To reduce the number of people who feel socially isolated or lonely to improve their mental wellbeing



## Are you interested in promoting health and wellbeing?

Would you like to be involved in shaping 'Healthy Bicester' by becoming a Healthy Bicester Champion?

For more information, contact:  
[healthynewtown@cherwell-dc.gov.uk](mailto:healthynewtown@cherwell-dc.gov.uk)