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Project name:

**"Mild Health Conditions Optimization through Vital
Exercise and Unwind Program"**

Project number and acronym:

101184444 – MOVE UP

D5.6 MOVEUP Pilot Affiliation Network

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The MOVEUP Pilot Affiliation Network is designed as a continuous, long-term cooperation mechanism, maintained actively by all partners throughout the project lifecycle and sustained beyond the EU funding period. Its purpose is to build a stable European community of medical and health stakeholders that can support safe participation, strengthen referral pathways, and facilitate local uptake of inclusive, adapted team-sport opportunities for adults living with chronic health conditions (e.g., diabetes, hypertension).

How the affiliation process works

Project managers and partner organisations proactively identify and contact relevant stakeholders (medical units, clinics, hospitals, general practitioners, and specialist doctors). During this outreach, the project team clearly explains the objectives of MOVEUP, the expected role of affiliated members, the nature of collaboration, and the practical advantages of joining the network. This ensures transparency, shared expectations, and an easy entry point for health-sector actors who may have limited time or capacity.

Interested organisations are then invited to register their details via a dedicated online form. The form collects basic information (contact details, type of organisation, geographical coverage, and preferred level of involvement), enabling the consortium to integrate new members into project actions according to the participation level they explicitly consent to.

Affiliation form (Google Form): <https://forms.gle/MuCgsq8QjWP4yiEg7>

Value proposition for affiliated health stakeholders

MOVEUP is a European cooperation project promoting safe, inclusive physical activity for adults living with chronic conditions through adapted, low-threshold team sports such as walking football, walking basketball, and catchball. By joining the MOVEUP network, medical stakeholders can:

- **Connect patients to safe, evidence-informed activity options** tailored to people with chronic conditions, supporting prevention and long-term health management.
- **Contribute to clearer referral and safety guidance**, helping ensure that participation pathways are appropriate, inclusive, and aligned with basic screening and safeguarding principles.
- **Access shared European resources**, including patient-facing information materials, simple screening/referral templates, and training content for local organisers and coaches.
- **Choose a flexible engagement model**, ranging from a low-effort referral partnership (signposting patients) to an advisory role contributing expertise to guidance, materials, or local pilots.
- **Increase visibility and community health engagement** through coordinated actions at local and European level, including joint communication moments such as the **European Week of Sport**.



Integration into project activities

Once registered, affiliated organisations are added to the MOVEUP network database and included in relevant project actions depending on the level of involvement selected (e.g., dissemination, referrals, advisory input, local collaborations, participation in events). This approach ensures the network remains practical, consent-based, and scalable across countries and regions.

Current list of affiliated organisations

The consortium maintains an updated overview of affiliated stakeholders to support coordination, outreach follow-up, and reporting under Erasmus+ deliverables:

- https://docs.google.com/spreadsheets/d/1Xa7P9ew85Vac9LCUgz2tr7NDPWsbHwOE/edit?usp=drive_link&ouid=103619862858143258262&rtpof=true&sd=true
- https://docs.google.com/spreadsheets/d/18jBavb0LUCMj8aaQWJLsh9BM-xlI5yKq7uxQ3npQfQU/edit?usp=drive_link

This continuous affiliation model strengthens sustainability by ensuring MOVEUP's referral pathways, safety culture, and community partnerships remain active and usable after the project ends, supporting long-term impact in prevention, inclusion, and grassroots physical activity participation.