

# Cancer Wellness project

Helping you through life with cancer on  
the road to recovery



## Introduction

Evidence is growing that physical activity can help people with cancer to improve the way that those affected cope with their illness and treatment.

Increased strength and mobility can help build resilience against the debilitating affects of the disease and from the side affects of treatment. In some cases physical activity can even reduce chances of recurrence and the development of other long term conditions.

In North West Leicestershire we have been working with the West Leicestershire Clinical Commissioning Group to offer a programme that supports people with cancer and their carers.

## What is the Cancer Wellness Programme?

The Cancer Wellness programme includes a physical activity plan, which takes into account all the characteristics of your illness and treatment.

Our instructors have had special training giving them the knowledge of exercising in the most effective and safest way. In addition to a range of exercises you will have access to discounted relaxation therapies at one of our partner organisations. On Wednesday's we offer Nordic walking followed by refreshments and a time to talk to other people who are undergoing similar experiences to yourself. Carers too can participate in the programme and share their experiences.

Overleaf there are more details of the programme and how you can take part.

## How can I get involved in Cancer Wellness?

Getting involved in Cancer Wellness is simple. You can either ask your GP, Specialist Nurse or other health care worker to refer you, alternatively you or a friend or family member can make a referral. All the details you need to do this are shown on the back of this leaflet.

## What can I expect when I attend?

Following your referral you will be contacted by a member of the Cancer Wellness team who will make an appointment for you to meet with a specialist instructor. You are welcome to be accompanied to this appointment by a friend or carer if you wish.

At this appointment you will get to know your instructor who will discuss with you your illness and treatment. We need this information to make sure that your activity plan will be appropriate for you. Various assessments will be carried out for the same reason but there is no need to worry as this is about how we can help you and you won't be asked to do anything that you are not comfortable with.

There will be opportunities to undertake some free 'taster sessions' during your first week and you will also have agreed with your instructor your personal activity plan which will be overseen by a them at all times.

Over the following weeks you will follow this plan and the assessments will be completed again to measure the progress you have made, also to make sure you are comfortable with the programme. Full details of this and what happens next will be discussed by you and your instructor.

A simple timetable is shown overleaf and your first 'therapy' taster session will be free of charge but you will be given all the information you need when you meet with your instructor.

# Programme for your first to your six weeks

<b>Tuesday – Active Mobility (£3)</b>	2pm – 3pm
<b>Wednesday – Nordic walking / Social Café</b>	10.30am – 11.30am
<b>Thursday – *Therapy sessions ‘tasters’</b>	10.30am – 11.30am
<b>Friday – 1:1 Activity Session (£3)</b>	2pm – 3pm

\*taster sessions are free of charge, ‘full’ sessions will be arranged by yourself direct with the therapist. They will be offered at a discounted price and will take place at the therapist’s business premises.

All other sessions will be held at the Hood Park Leisure Centre in Ashby de la Zouch.

## Contact Details

Through your GP, Specialist Nurse or other health care professional.

Online at:

[www.nwleics.gov.uk/cancer\\_wellness\\_programme](http://www.nwleics.gov.uk/cancer_wellness_programme)

By phone or email to:

Chris Mawbey, North West Leicestershire District Council  
01530 454606

[christopher.mawbey@nwleicestershire.gov.uk](mailto:christopher.mawbey@nwleicestershire.gov.uk)