Salford Community Leisure

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CAN-Move Newsletter

Winter 2021/2022 Edition.

Hi and welcome to the latest edition of the CAN-Move Newsletter. Over the last few months, we have been able to gradually increase our face-to-face sessions with clients, as restrictions have lifted, which has allowed us to support people in a way they have really enjoyed and missed. It has been great to see everyone who has made it back into centres, for various classes and sessions. We are really pleased that we have been able to provide a much-missed class in the Eccles area once again. It's equally as good to see people still accessing our zoom sessions and these sessions will be continuing because of the many benefits they bring.

In today's newsletter we have some staff updates to share with you as well some info on our current offerings, future offerings and other useful support.

Here's a couple of pictures of our Eccles crew members. Great to see some regulars back and some lovely new faces too!

Some Session Info

CAN-Move ZOOM Chair Yoga and Relaxation-With Cath

Cath takes Our zoom Chair Based Yoga every Friday at 9.30am on Zoom.

Join Cath for the last CAN-Move class of the year- a special Christmas session on the 17th of December – 'The Gift of Presence'

This is a special Christmas session, helping you to unwind distress and bring you into the present moment, especially beneficial at this busy time of year. Breathwork, Festive Yoga, and 'The Gift of Presence Meditation.'

Let us know if you would like the link for this class if you don't attend the class now.

Check out this study: Yoga effectively reduces fatigue and symptoms of depression in patients with different types of cancer (nih.gov)

CAN-Move Tai Chi and Relaxation-With Carole and Eddie.

Our Tai Chi and Relaxation class is an in-person class every Thursday at Worsley Leisure Centre at 10.45am. We have two new Tai Chi Instructors! See staff Updates for more on this.

A lady who has recently started on the CAN-Move programme and has been accessing Tai Chi has told us:

'I am loving the tai chi, as it is not strenuous, it's calming & relaxing, just what I feel I need for my recovery process. The class is very beneficial, especially for my Lymphoedema in my right arm because of the arm movements & the classes are helping me with stretching my body gently & also my balance is being helped too.' RR

Here's our new timetable which will go live from next year from 4th January with Monday the 3rd of January being a Bank Holiday. However, Tai Chi which will recommence on the 13th of January.

CAN-Move

Activity Timetable

MONDAY

Supervised Gym Session / 9.30 - 11am / Swinton & Pendlebury Leisure Centre / Tess
All Ability Circuit Class / 11.10am - 12.10pm / Worsley Leisure Centre / Ben

TUESDAY

All Ability Circuit & Social / 10.30 - 11.30am / Online Via Zoom / Ben & Tess
Supervised Gym Session / 1.30 - 3pm / Eccles Leisure Centre / Gav
CAN-Move Nature Walks (Every 2 weeks) / 1.30 - 3pm / Various Locations / Tess

WEDNESDAY

Supervised Gym Session / 10.30 - 11.30am / Salford Sports Village / Ben
Supervised Gym Session / 12 - 1pm / Worsley Leisure Centre / Ben

THURSDAY

Tai Chi & Relaxation / 10.45 - 11.45am / Worsley Leisure Centre / Eddie and Carole
All Ability Circuit Class / 1.30 - 2.30pm & 2.30 - 3.30pm / Eccles Gateway / Gav

FRIDAY

Yoga & Relaxation / 9.30 - 10.30am / Online via Zoom / Cath

Let us know if you would like to try anything you are not already doing!

Staff updates

Sam Chesters has sadly left us after long a career at SCL. She has gone on to train to become an Assistant Theatre Practitioner. We know she will be amazing in her new role!

We have a new staff member!! We welcome Gav who will be joining Tess and Ben and delivering CAN-Move sessions in The Eccles area.

Hello, I'd just like to introduce myself, I'm Gavin an Exercise Referral Instructor who has been working with Salford Community Leisure for around 16 years in total, the last 5 years have seen me working with the Active Lifestyles Team. Throughout the 5 years I have been working predominantly on the NDH programme (Nondiabetic Hyperglycaemia), helping clients lead a more active lifestyle with the overall aim to prevent Type 2 Diabetes in the long term.

Now I have the chance to work partly on the Can Move programme, which for me is exciting as it offers a unique chance to work with clients who have been, or currently affected by cancer in all forms. Having close family members who I have lost and who still currently have a cancer diagnosis, I know the emotional and physical difficulties it can have on the individual and their families. But I also know that leading a healthier lifestyle after a diagnosis brings about some benefits that could have an impact on individuals in all different kind of ways. I now have the chance to try and support people who have been affected by a cancer. So, I sincerely hope I can have a positive impact by joining the team.

We also have some new CAN-Move Tai Chi Instructors we would like to introduce:

'We are Carole and Eddie the Tai Chi for Health instructors and our classes are suitable for all ages and abilities and beginners are always welcome. We teach a variety of forms and start off with a gentle warm up. Everything is done at a slow steady pace so there's no rush. What we love about teaching is when people come back week after week and say they've enjoyed the classes and feel the benefit from them. There is also the friendship within the group, so it all adds up to an enjoyable class for everyone. Regards Carole and Eddie'

New next year- Therapeutic Wellbeing Gardening Session at RHS Bridgewater.

The RHS Garden Bridgewater with its 154 acres of garden, has community and wellbeing at its core. It is uniquely placed to assist residents of Salford and beyond who wish to improve physically, mentally and socially through gardening and being in nature.

We are inviting our Can-Move members to come and experience the healing power of nature and gardening, by joining a Therapeutic Wellbeing Gardening Session at RHS Bridgewater.

Date: Tues 1st February 2022

Time: 1.30pm-3.30pm

The event is free and there is opportunity to stay in the grounds before/after the session, as Salford residents can access the gardens free on Tuesdays still. We could grab a brew/coffee after also.

Please let us know by the 15th Jan 2022 if you would like a space. Spaces are limited so be quick to reserve your place. Ask Tess for more details /if this is suitable for you or to reserve your space.

Examples of activities, bulb planting and some meditative exercise.

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CAN-Move Walks

These walks have been running every couple of weeks at various Green spaces across Salford.

The latest walk this week had to be cancelled due to the weather and effects of Storm Barra!! However, we have now scheduled one last walk next Weds the 15th of December, at an earlier one off time of 10 am at Clifton Country Park-If the weather improves! We have tried a number of different places for our walks over the last few months including Blackleach Country Park, Monton Loop line and Clifton, chatting and taking in the sites along the way.

Look out for Tess's email to see when the next ones are in Jan. As the timetable says walks will be moving to Tuesday afternoons at 1.30pm.

If you can't make the CAN-Move walks but would like to join a group for walking don't forget Salford Community Leisure also run a number of Salford Wellbeing Walks which run on most days of the week at various places- see https://salfordcommunityleisure.co.uk/be-active/active-lifestyles/wellbeing-walks/ to download a timetable.

Two of the newest walks include:

Roe Green-Mondays 10am-11am and RHS Bridgewater on Tuesdays at 10.30am-11.30am – see above link and access timetable for meeting places.

More support

5K YOUR WAY
MOVE AGAINST CANCER

5K Your Way is a support group with a difference. This is for anyone living with or beyond cancer, families, friends and health care professionals to join once a month to walk, jog or run, cheer or volunteer at a 5k your way move against cancer parkrun. All ages and abilities are welcome.

In Salford the 5K Your Way takes place at Worsley Woods Park Run, which meets at Parrin Lane, Dukes Drive Car Park, M30 8AR (Normally Meeting at 8:45 for 9am Start on the Loopline)

The next 5K Your Way Event will be on **Saturday the 18th December.** But they are normally on the last Saturday of the month.

For more info speak to one of the group ambassadors- Kirsty on 07719 902037 or email: Kirsty.rowlinson@scll.co.uk

Also see www.5kyourway.org for more details about the event.

MACMILLAN CANCER SUPPORT

NHS
Salford Care Organisation
Northern Care Alliance NHS Group

SALFORD MACMILLAN CANCER INFORMATION AND SUPPORT

Come and talk to us about the help and support available for people living with cancer.

We can support you with:

- Information on all aspects of living with cancer
- Practical, emotional, and financial support
- Links to local and national support services

Macmillan Cancer information and support centre
Salford Care Organisation, Northern Care Alliance NHS Group
Salford Royal Hospital, Hope Building
Stott Lane
Salford
M6 8HD

Opening Hours: 8:30am – 4:00pm
Tel: 0161 206 1455
Email: salfordcancerinfo@srft.nhs.uk

MACMILLAN SUPPORT GROUPS IN SALFORD

Support Groups

- 5K Your Way
- Prostate Support Group
- Tindall Street Gardening group
- Lung Cancer Support Group
- Breast Buddies
- Look Good, Feel Better
- Brain Tumour Support

Contact us

For more information about our support groups, including when the next sessions are running, please give us a call on:

0161 206 1455

Thanks for all your support again this year we are very grateful. Happy Christmas, we hope it's a great one. See you all in 2022.

Love Tess, Ben and Gav xx

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