



CAN-Move Newsletter

(December 2022 Edition)

It's been a year since our last newsletter and as 2022 comes to an end, we are pleased to share our latest edition with you. Keep reading to see some of what the team (Tess, Ben and Gav), have been up to this year, from launching our Social Media

channels, to new sessions and future plans. As well as our updated activity timetable, other support, and info! Also, plenty of pictures of our sessions and some great member feedback.

CAN-Move social media

At the start of this year, we launched our CAN-Move Social Media Channels - Facebook and Twitter.

If you would like to have a look at our pages or give us a like or a follow, click on the

icons to go straight to them, to keep up to date with current and future CAN-Move offerings, other support, and Cancer awareness information.



(Facebook)

@canmovescl



(Twitter)

@CANMove_SCL

Also, our website is www.salfordcommunityleisure.co.uk/be-active/active-lifestyles/can-move

Reminder of our main phone number if you need it: **0161 778 0540**. However, we have our work mobiles and emails too, so please just ask if you don't have these 😊.

Eccles Leisure Centre Circuit Class

Our Eccles strength and cardiovascular based all ability circuit class, went back to Eccles Leisure Centre in the Spring this year, after being at Eccles Gateway for a while. This class run by Gav, has been able to expand since, and we are so pleased that in the last couple of months we have been able to offer a social after the exercise session, which proved so popular prior to lockdown. A great add on at the end of the session, offering refreshments and giving people the chance to chat and socialise, providing plenty of valuable social and peer support from others who have been through similar experiences.

Here is the class enjoying a post exercise cuppa. They did do some exercise before this.... promise!!



RHS Garden Bridgewater Wellbeing Gardening Sessions

Since March, CAN-Move members, through links with other Active Lifestyles Team programmes, have had the chance to take part in some RHS Garden Bridgewater Wellbeing Gardening sessions. These are delivered by Ozichi the Therapeutic Wellbeing Gardener and volunteers at the RHS. They provided a chance for members to come together to take part in wellbeing activities such as walks, craft making, planting and generally helping to look after and take care of the garden.

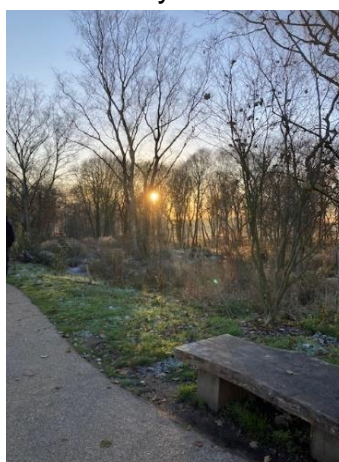
In August this year, the BBC filmed one of these Wellbeing Gardening Sessions, which was featured on 'The Great Northern Garden Build, documentary about the RHS Garden Bridgewater, Episode 4,' in October. If you missed it you can watch it by signing into BBC iPlayer [BBC iPlayer - The Great Northern Garden Build - Series 1: Episode 4](#) (from about 35 minutes in) and see our members Kath and Jan who are regular attenders, talking about the sessions.



Members pictured here with the TV production crew!!

Our latest session at RHS included making some Christmas crafts out of natural materials, a wintery walk, and planting of some snowdrop bulbs. We are looking forward to seeing these flowering next year.

Look out for some new dates for these sessions in the new year.



Member Story



Our lovely CAN-Move member Karli, has recently taken part in two amazing challenges this September, raising money for The Christie. At the start of September, she completed 'The Yorkshire 3 peaks', covering 28 miles from car to car. Then two weeks later, was up and down Snowdon in less than 4.5 hours!

Karli joined CAN-Move in March this year, after having treatment for Breast Cancer in 2021. She began exercising at our centres, taking part in several of our sessions, including using the gym following an exercise programme safe for her health needs, as well as joining one of our gentle circuit classes, CAN-Move Tai Chi and the RHS Wellbeing Gardening Sessions. She now still attends and has tried some other sessions at the centres she visits.

Karli is pictured in the peach-coloured coat along with her Mum, two of her friends, and CAN-Move's own Tess, in support of her on her Snowdon challenge. Well done, Karli, what a brilliant achievement!!!

Here is our latest Timetable

CAN-Move Activity Timetable

MONDAY

Supervised Gym Session / 9.00- 11.00am / Swinton & Pendlebury Leisure Centre / Tess
All Ability Circuit Class / 11.30-12.30pm / Worsley Leisure Centre / Ben

TUESDAY

All Ability Circuit & Social / 10.30 - 11.30am / Online Via Zoom / Ben & Tess
CAN-Move Wellbeing Walks (Every 2 weeks) / 1.30 – 2.30/3pm / Various Locations / Tess

WEDNESDAY

Supervised Gym Session / 11.00 - 12.00pm / Salford Sports Village / Ben
Supervised Gym Session / 12.30-1.30pm / Worsley Leisure Centre / Ben
Supervised Gym Session/Time-TBC/Eccles Leisure Centre/Gav (Back in Jan)

THURSDAY

Tai Chi / Qigong & Relaxation / 10.45 -11.45am / Worsley Leisure Centre / Mags
All Ability Circuit Class & Social / 1.30 - 3.00pm / Eccles Leisure Centre / Gav

FRIDAY

Chair Yoga & Relaxation / 9.30-10.30am / Online via Zoom / Cath
Dance Fitness Class / 1.30 -2.30pm / Worsley Leisure Centre / Louise

ONCE MONTHLY

Wellbeing Gardening Session / RHS Garden Bridgewater / Various Days and Times / Tess & Jo

Just a reminder, all classes/sessions finish Friday the 16th of December.

Classes, gym sessions, and walks will resume from Tues the 3rd of January with Monday the 2nd of January being a Bank Holiday.

Our Dance class will be back on **Friday the 14th of January.**

It is important to us, to keep providing some sort of support to people during the Christmas break. So, we have recorded some of our online classes if anyone would like to do these, while live face to face and live online sessions are not on. Tess will be emailing out the links to these classes the week commencing the 19th of December.

Member Feedback

We have had some fantastic feedback from our members about our CAN-Move sessions this year as well as lots of shout outs to our instructors.
Thanks for everyone's comments!

'I Love the yoga sessions! Cath the instructor is a great teacher, and you feel so relaxed after the practice. It might be chair yoga, but you go from chair to standing and nearly every inch of your body is exercised, does wonders for stiff joints, highly recommend'

'Our Tai Chi teacher, Mags, provides us with a calm nurturing session that results in us feeling very relaxed. Yet we will have completed a range of exercises that will have stretched many of our muscles. Mags helps us to grasp the philosophy of Tai Chi and is currently teaching us one of the Forms. We also practice Dr Lam's Diabetic form.'

'I love the CAN Move walks. We are all members of the club no-one wants to be in, but that doesn't make it miserable, quite the opposite, it breaks down barriers and makes the walks a friendly place to be. Various lovely locations are used, my personal favourite being Clifton Country Park. Walks are tailored to our abilities, usually about 1 1/2 hours but never seem that long (often because we're having a good laugh). It's great for my mental health, and gets me out exercising in fresh air.'

'As relatively new members of the Eccles Circuit class, which I attend to support my husband, it's been a game changer. It's become a great opportunity to redirect our thoughts following his diagnosis. The social aspect is also invaluable. The group were very welcoming to us which really helped us settle in very quickly. Gavin and the rest of the team are always there to help and encourage everyone. Best decision we made to join the group.'

I decided I would try the Group Circuit Training with Ben and I am so pleased that I did. It has had such an impact on my health and wellbeing. It's good that I can go at my own pace, have the support of Ben and rest if needed. From a social point of view, I've met lots of new people which is lovely and we have lots of laughs too.

'The benefits of the Wellbeing Gardening sessions are fantastic. Everyone has different health needs and backgrounds. The RHS Staff are welcoming and reassuring. They adapt the sessions to your personal needs. We gain new gardening skills, make friendships, relax, and laugh'

CAN-Move Dance Classes



At the end of June / early July, members tried some taster dance sessions delivered by Louise who works for The Salford Community Leisure Dance Team. The sessions proved very popular, so they have become a permanent fixture on our timetable since Sept this year.

Here is a little message from our CAN-Move dance class teacher Louise:

‘The can-move dance sessions are a fun and fabulous way to get you moving! Join us and learn routines to a variety of different songs whilst improving your agility, balance, co-ordination, fitness and over all well-being. We have a great time learning together, whether you are a complete beginner or a strictly dance professional, we would love to see you at our class!’

Member feedback:

‘I’d just like to say how much I enjoy the dance class which Louise takes each week. She’s lovely and everyone who attends the class loves it, I look forward to it each week. It’s not just dancing, it’s the music, and exercise we get from it. It’s nice being together with people who have become friends with one another. I never want the class to end!!’

If you would like any further information about any sessions, then please let us know.

If you are new to CAN-Move and feel apprehensive / nervous about trying any sessions and would like to speak to someone who has been using the service for a while, then please ask us. We have members that would be happy to speak to you about it and offer their personal perspective on the programme and how they have benefitted since joining.

CAN-Move

Christmas Party 2022

Last Friday we had lots of festive fun at our Christmas Party at Salford Sports Village. Great to see members come together from different areas and classes/sessions across Salford. A fun time was had eating some nice food, playing bingo, a Christmas quiz and gift sharing. For anyone that came, we apologise for some would say hard (others would say awful!),

quiz questions again!!! Although there were some good and close scores at the end. Well done to the winners of the quiz (name cannot be repeated here!) and anyone that won at the Bingo too. Thank you to everyone that was able to attend the party and for all your food and gift donations. It was very much appreciated. Same again next year we hope 😊.



Nice Tie Ben!

Coming Next Year



Walking Football

Don't let the fact that we didn't win the World Cup this year put you off, -Booo! Next year, we are hoping to work with Salford Walking Football Team at Salford Sports Village, to be able to offer our members the chance to get involved with this activity. The game as it suggests, is obviously played at a much slower walking pace with reduced contact and lower impact. A great way to engage in physical activity and socialise. It offers the chance for people to get back into the sport or try it for the first time. Sessions will include a variety of games and fun training drills.

Ben will be sending out more info about this in The New Year.

Worsley Social



Our Worsley class social with Ben offering tea and coffee, will be back on January the 9th, for our members after the class in studio 2 at 12.30pm-1pm. This like our Eccles social, will offer the chance for members to chat and socialise after the exercise session if they would like to stay.

World Cancer Day 2023



Next Year World Cancer days falls on Saturday the 4th of February. Look out for more information about what the team will be up to in support of the day.

Other support Information



5K YOUR WAY
MOVE AGAINST CANCER

Worsley Woods 5K Your Way, Move Against Cancer

Supporting all affected by cancer to join their local 5k ParkRun. Whether you walk, jog, cheer or volunteer. Don't forget your barcode! <https://5kyourway.org/register>

**The next and last event of 2022 is on
Sat the 31st of Dec.**

Meet Kirsty and Jo at 8:45am by their blue flag and don't forget your barcodes.



Shine Cancer Support UK are the only charity in the UK exclusively focussed on supporting adults between 20-49 years old who are dealing with the impacts of cancer regardless of the type of cancer or where they are along their cancer experience.

One of our CAN-Move members Mari Volunteers at Shine Manchester and Cheshire and would be happy to speak to anyone interested in becoming involved with the support group. Email her on manchester@shinecancersupport.org if you would like any more info or to become involved.

SALFORD MACMILLAN

CANCER INFORMATION & SUPPORT SERVICE

There are two Macmillan Information and Support Centres at Salford - The main centre is in the Hope Building (next door to WHSmith) and our second centre is in The Christie at Salford Royal Radiotherapy Unit. Opening hours: Monday to Friday 8.30am – 4pm. Contact numbers: 0161 206 1455 (Main Centre) 0161 918 7804 (The Christie at Salford Royal) Email at: Salfordcancerinfo@nca.nhs.uk

Twitter—@MacInfoSalford

When you're affected by cancer, having the right kind of information and support, at the right time, is essential. The Macmillan Cancer Information and Support Service at Salford Royal provide a confidential service for anyone affected by cancer.

Nordic Walking Groups.

Nordic walking can offer a great way to improve upper body strength after breast cancer treatment. These sessions will be taking place across boroughs in Greater Manchester. We are still waiting to hear when and where the Salford sessions will be and will keep you updated, so we can signpost anyone interested.

abcd
After Breast Cancer Diagnosis

Nordic Walking With After Breast Cancer Diagnosis

HAVE YOU HAD A DIAGNOSIS OF BREAST CANCER?
There is evidence that Nordic Walking can
alleviate physical and emotional symptoms
associate with breast cancer

We are qualified Nordic Walking Instructors
and we will be running **FREE** local Nordic
Walking groups in your area.

These are specifically targeted at people
who have had a diagnosis of Breast Cancer.
If this is something that you think you would enjoy,
join our friendly group, have some fun and
experience the benefits that Nordic Walking
can bring.

www.facebook.com/ABCDNordicWalking

ABCDiagnosis is an organisation and network offering peer to peer support for people with
breast cancer. Aiming to reduce fear, anxiety and isolation, while supporting them to resume
normal life, living both with and beyond cancer.

WWW.ABCDIAGNOSIS.CO.UK

Greater Manchester
Walking Greater Manchester
WALKING VOICE Greater Manchester
WALKING VOICE projects

The Salford Prostate Cancer Support Group

Meetings held monthly on the 3rd Weds of every month (apart from December). Meeting at 2-4pm at Elm Bank Banqueting and Conference Centre. The group get together outside the meeting for social events too.

If interested call the group telephone number: 07552 486704 or email SalfordPSSG@outlook.com



Here is Ben with this very friendly group when we went down to meet and speak to them in August about CAN-Move and the benefits of being active.

The Salford Lung Cancer Support Group

This group meets on the 1st Tuesday of every month from 2-4pm at Pendleton Gateway, 1 Broadwalk, Pendleton, M6 5FX. Anyone with a lung cancer diagnosis can attend. New patients and friend/family members welcome. Run by Lung Cancer Clinical Nurse Specialists from Salford Royal. Call 0161 206 5771 for more info.

Salford Breast Buddies

Salford Breast Buddies

For anyone with a breast cancer diagnosis in Salford. Monthly meet-ups for support, guidance and the chance to chat and share breast cancer experiences.

We're a warm, welcoming and friendly group. Just drop in.

We meet at the Energise Centre on the last Thursday of the month 1-2:30pm.

If you have any questions contact us on 07776 959 872

Energise Centre
Live life to the full

f t @EnergiseCentre
3 Douglas Green, Salford, M6 6ES
www.thebiglifegroup.com/energisecentre
energise@thebiglifegroup.com

IN PARTNERSHIP WITH
MACMILLAN
Salford Royal
0161 206 1455

Sometimes the sessions are on Zoom, so its best to call to check first before attending.

If anyone knows of other Cancer support groups in the Salford area, please let us know. We aiming to put together a simple infographic/diagram which we hope to put on our website, along with some other useful links, showing different support groups that can be accessed.

***Finally, time for a bit of fun with a Christmas Activity to try, from
Carl Burkitt (Cheadle Post) -Quick games, fun facts, jolly jokes, and
short poems***

Fun Fact

A Turkeys head changes from red to blue to white, depending on how excited they are

Jolly Joke

Why did Santa's helper have dictionaries stacked on his head?

Quick game

Imagine you are Father Christmas and have 8 brand new reindeer. Give them all names!!

Poem Writing

Try to write a poem with the title:
THE ELF WHO DIDN'T LIKE MAKING TOYS

Answer to the joke-He was a bookself



***Thanks for reading. Wishing you a Merry Christmas. The CAN-Move
Team xxx***

