

# THE CAN-Move NEWSLETTER

**Welcome to our Summer 2023 Newsletter and hello from the CAN-Move Team!**  
-Tess, Ben and Gav.



We are excited to share with you some of our news from this year so far, highlighting some of our sessions, and new ones! We enjoyed some of our outdoor activities in May and June when the weather wasn't as wet! Including our CAN-Move wellbeing Walks, RHS Garden Bridgewater wellbeing gardening sessions, and also a walking tennis taster session, in partnership with We Do Tennis, which was loads of fun.

At CAN-Move our aim is to make exercise and physical activity part of everyone's Cancer care in Salford. We appreciate helping new patients referred to us, helping them to engage in our exercise sessions and join a supportive community, as well as continuing to support those who have been with us for a while, to help continue to support their long term adherence to exercise.

## STAFF NEWS

First sharing a bittersweet staff update! We will be sad to say goodbye to our Active Lifestyles and CAN-Move colleague Gav, who will be leaving at the end of August to train to be a firefighter! Gav pictured to the right of this picture with the rest of the team, has been supporting our members in the Eccles area, for just over a year and half, as well as previously and alongside this, supporting patients referred to different programmes within Active Lifestyles Team. We wish him all the best in his new venture and know he will be fantastic in his new role. He will be thoroughly missed by all of us in The Active Lifestyles Team, wider Salford Community Leisure Teams and by CAN-Move members. Keep in touch Gav!

# SOCIAL MEDIA ACCOUNTS AND CAN-Move VIDEO



In March **we were very grateful for a video being made about CAN-Move, by Northern Care Alliance, Macmillan Cancer Information and Support Centre teams, and Salford University Students.** This was part of a project they were completing. The video tells you more about us, the benefits of exercise after cancer diagnosis as well as having some fantastic client testimonials.

*Click here to check it out on our Facebook page!*

<https://fb.watch/mC8X0dDzjm/>

***Follow us on our social media accounts, Facebook and Twitter,***  
for more information on our service and national and local cancer support.



# TIMETABLE AND CLASS DESCRIPTION LIST

**Here is our latest timetable and our class description list below too.**

There are some slight changes to our Eccles Gym session day and time, as well as our **new Mindfulness session** added to the timetable. *The timetable is subject to change, so we will send separate updates, if required.*



The beauty of many of our sessions, is that many exercises involved can be adapted to suit a person's specific health needs. Ask your Active Lifestyle Officer if you would like any further info about any sessions.

## CAN-MOVE CLASS TIMETABLE

### MONDAY

**Supervised Gym Session** / 9-11am / Swinton & Pendlebury Leisure Centre / Tess

**All Ability Circuit Class & Social** / 11.45-1.15pm / Worsley Leisure Centre / Ben

**Supervised Gym Session** / 12-1.30pm / Eccles Leisure Centre / Tess

### TUESDAY

**All Ability Circuit & Social** / 10.30 - 11.30am / Online Via Zoom / Ben & Tess

**CAN-Move Wellbeing Walks** (Every 2 weeks) / 1.30 - 3pm / Various Locations / Tess

### WEDNESDAY

**Supervised Gym Session** / 11 - 12pm / Salford Sports Village / Ben

**Supervised Gym Session** / 12.30-1.30pm / Worsley Leisure Centre / Ben

**Mindfulness & Meditation Wellbeing Group** / 3.55-4.55pm / Worsley Leisure Centre/ Kate

### 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 / Jo & Tess

# CAN-Move CLASS DESCRIPTION



<b>All Ability Circuit Based Class</b>	An all-ability circuit-based class, with a number of different aerobic and resistance-based exercises laid out in a circuit format. Work at a level appropriate to you. Classes also include a social at the end, offering great social and peer support.
<b>Online Zoom Strength and Aerobic Class</b>	A class that can be done from the comfort of your own home, using small dumbbells / food tins for example as weights.
<b>RHS Garden Bridgewater Wellbeing Gardening Sessions</b>	A chance to take a walk in the surroundings of this beautiful garden, as well as practice some mindful activities such as gardening and crafting.
<b>Mindfulness and Meditation Group</b>	A class to help people achieve a sense of calm and relaxation in their daily lives through mindfulness meditation and techniques
<b>Online Zoom Chair Yoga and Relaxation</b>	A chair-based yoga class designed to mobilise joints and strengthen muscles. Infused with mindfulness and yogic philosophy to support your health and wellbeing.
<b>Tai Chi and Qigong</b>	A chance to practice slow fluid movements and breathing exercises. Helping to relax the body and mind and reduce tension. Helping to improve posture and balance.
<b>CAN-Move Dance sessions</b>	Have some fun learning a variety of dance routines to different types of music.
<b>CAN-Move Wellbeing Walks</b>	Walks in various areas across Salford, a chance to exercise and reap the benefits of being outdoors.
<b>Supervised Gym Sessions</b>	Weekly support and guidance at the gym, with a tailored exercise programme prescribed for you, with the use of various equipment, helping to improve cardiorespiratory, muscle and bone health, core strength and balance.



# GENERAL INFORMATION CENTRE UPDATES AND INFO



Swinton and Pendlebury Leisure Centre has recently had their gym refurbished and in there you will find an extended free weights area as well as new functional equipment.

Broughton Leisure Centre has had newly fitted air conditioning systems in both the woman and the mixed gyms.

The Gym at Ordsall Leisure Centre is closed at the moment.

***Don't forget you can find info such as opening hours for centres by going to the main Salford Community Leisure website:***

**Home - SCL ([salfordcommunityleisure.co.uk](http://salfordcommunityleisure.co.uk))**

*You can also access swim and mainstream class timetables here too.*

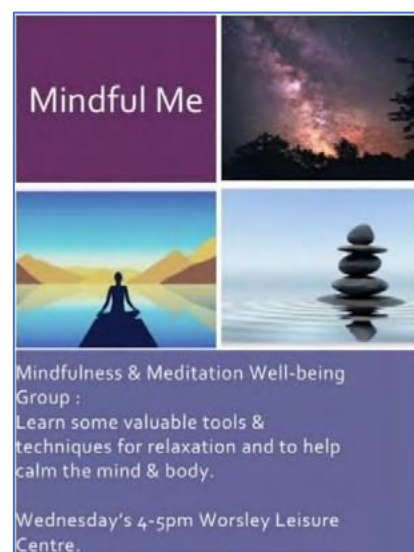
## NEW THIS YEAR

---

### Mindfulness & Meditation Wellbeing Group

In April, we piloted a 6-week Mindfulness and Meditation group for our members, and we have been able to extend this offer. The most recent 6-week block started on the 9th of August.

This class provides fantastic extra support to our members, so we can offer a more fully rounded cancer rehab package. Helping a person improve their mood and wellbeing, as well as aiming to help with some of the other noted benefits of mindfulness for people living with and beyond cancer, such as fatigue, pain, sickness and sleep disturbances. The class uses a number of techniques to help a person gently return their mind to its natural, relaxed and present state, helping to promote a feeling of calm.



**Our Instructor Kate from Mindful Me has been teaching the sessions:** *'I am a local mindfulness and meditation teacher, and I am very passionate about helping others to achieve a sense of calm and relaxation in their daily lives. The classes include a varied toolbox of interesting and valuable techniques that can also be done at home to achieve the feeling of a calmer mind and body.'*

# NEWSLETTER FEATURE

## THE BENEFITS OF STRENGTH TRAINING

**There are many wonderful benefits of all different types of exercise and movement during and after cancer treatment, but in this newsletter, we would like to focus, share and remind people about the many benefits of strength training after a primary cancer diagnosis. Strength training is sometimes the forgotten component of physical fitness compared to aerobic or cardiovascular based training like running, where we use the heart and lungs, but it is just as important and has huge benefits.**

Strength training also called resistance training or weight training, is physical activity used to help you increase muscle strength and mass, and build endurance.

Many factors can affect a person's strength – reducing physical activity levels, ageing, Cancer itself, treatments, steroids, and sarcopenia.

***Some examples of how Strength training can provide many specific benefits for cancer patients include:***

- Improve physical functioning and endurance
  - helps improve ability to do everyday activities with ease
- Help with balance problems which could be a symptom of peripheral neuropathy caused by chemotherapy or after surgery
- Improve cancer related fatigue, increasing over all energy levels
- Increase bone density which could be lost for example through hormone therapy and early/medical menopause
- Improve immune system function
- It can also help Improve a person's body image, helping to improve self confidence

- Help to reduce body fat
- Help to manage and reduce sarcopenia (*involuntary loss of muscle strength and mass, which can cause a decline in physical functioning/mobility*). Can be caused by disease, treatments and naturally through the ageing process
- Improve tolerance to treatments

### **Advice:**

Remember to get your strength-based exercise prescription right for you and any ongoing health needs. For example, taking into account fatigue levels, if you have lymphoedema, and mobility problems. Keep speaking to your exercise specialist (*Ben/Tess*) to get this right and safe for you! It's important to build up gradually with what you are doing and start light!

***Current guidance for strength training is 2 x per week to begin, for about 20 mins.***

Here are some of our CAN-Move members and Cath our online Yoga Instructor, demonstrating just some of the ways to improve strength, including using fixed resistance machines, free weights/dumbbells or your own body weight!



***There are other ways to improve your strength for example:***

- Food tins instead of dumbbells, as many use in our online zoom class
- Exercise Bands

# HEALTH AND WELLBEING EVENTS 2023



**It's always great to be able to go and meet patients face to face, informing them about the benefits of exercise after cancer diagnosis and beyond. This is an important and integral part of what we do as exercise specialists working on CAN-Move.**

Thanks to NCA's Salford Macmillan Cancer Information Support Centre and nursing teams, for giving us the chance to do this at their Health and Wellbeing events, the first one this year being the upper GI event. CAN-Move's aim, is to make sure that all Cancer patients in Salford have the chance to be supported to engage in exercise, helping to make it part of standard cancer care. Attending events like this helps us to further achieve our aims.



These events are fantastic and so informative, helping patients take home useful info about a variety of support services available to them. As well as talk about the benefits of exercise, we spoke about our CAN-Move offer and helped to get everyone moving at the start of the event, with some gentle exercise sessions. It was great to see so many get involved with this. We have also recently attended the gynaecological and Haematological health and wellbeing events, and we are looking forward to future events.

***If you would like to talk to your local Macmillan Info and Support Centre here is some info below:***

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](mailto: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.

**SALFORD MACMILLAN**  
**CANCER INFORMATION & SUPPORT SERVICE**

## FEEDBACK PAGE

**We recently asked some of our members about some recent highlights they have had from the CAN-Move so far!** The Key theme coming out in a number of responses was the contact and support from their peers on the programme, which we know is one of the key active ingredients helping to make it successful.

*'I would like to say this program is life changing. After the shock of diagnosis and treatment you are often left feeling drained not only physical but mentally as well. This program has really helped me get my life back on track. Lots of new friends all in a similar situation means you can talk freely about your health if you wish. Confident they totally understand. Helping you to get active and confident you 'can move'. A massive thank you to the team. Bringing a smile back on so many faces. Thanks again.'*

*'I recently joined the Circuit Session on a Thursday afternoon at Eccles Leisure Centre after being referred following breast cancer treatment. I've only been to a few sessions but I'm really enjoying it as I prefer doing a class with other people rather than working on my own on gym equipment. I like the variety of doing different activities which use different parts of your body .*

*These are quite gentle but you are "glowing " by the end of the session. It gets me out of the house and has improved my physical and mental health. The group are friendly and you don't feel like anyone is judging you. We are all there to get a bit of exercise at whatever level suits you . Plus, tea and biscuits afterwards and a chat if you feel like it, what's not to like!'*

*'CAN-Move has been invaluable to myself as it's kept me motivated since completing treatment for my cancer. It's given me a sense of purpose and the staff make me feel like a member of their family. CAN-Move has been a key part in helping me move forward and contributes to me managing the many long-term effects of my treatment'*

*'I met the instructor on Monday, at the circuit class, very friendly and informative chap, also the rest of the class was welcoming too. Really enjoyed our workout. It's the first I have been to, it won't be the last.'*

*'Brilliant programme. I go on the walks every two weeks with people who've shared the same experiences so can understand the highs and lows you may be experiencing. But not about illness- it's about wellbeing, socialising and making new friends'*





## OTHER ACTIVITIES



If you haven't played tennis for a while and are looking to gently get back into it, suffer with any mobility issues, walking tennis sessions offer a great way to do it!

In May Tess from the team went to a walking taster tennis session at Roe Green Tennis Club.

### [New for 2023 ...Walking Tennis – Whats that ? – Roe Green Tennis Club](#)

*Sessions are every Wednesday and are for all abilities as they are split into Green / Amber Sessions (for those with good mobility) or red sessions (for those with limited mobility)*

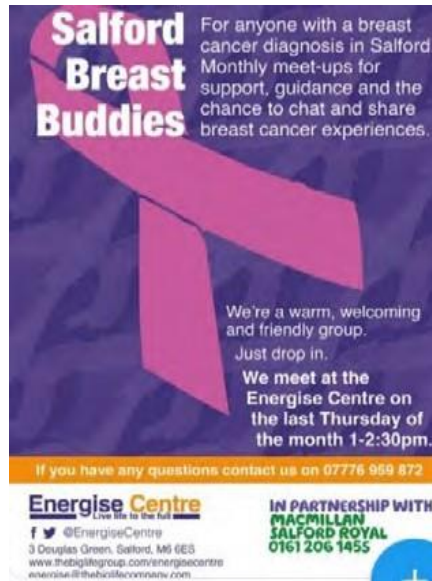
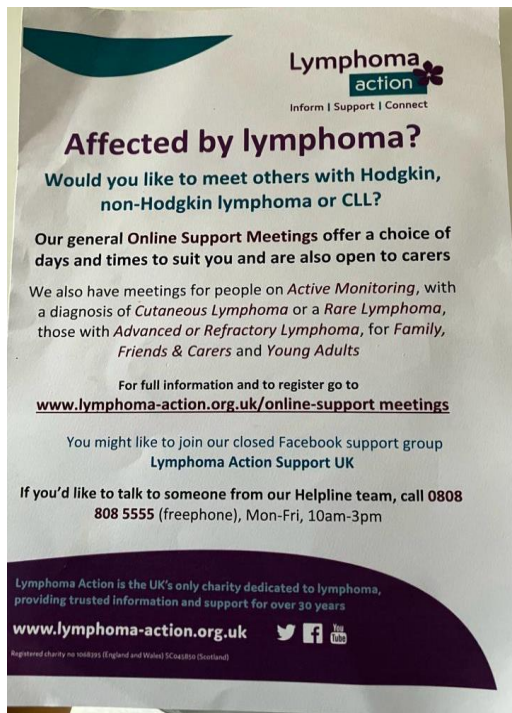
Sessions are bookable either via a discounted monthly direct debit (£20) or individually (£5.50).

Sessions can be booked by clicking the above link.

It is hoped that these sessions will be expanded into local Salford Park tennis courts soon too.



# OTHER SUPPORT INFORMATION



## 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](mailto:SalfordPSSG@outlook.com)

They also have a great new website!

[Salford Prostate Cancer Support Group \(salford-prostate-cancer-support-group.co.uk\)](http://salford-prostate-cancer-support-group.co.uk)

CAN-Move have recently attended the group again, to meet some new members and talk about CAN-Move and the benefits of exercise and physical activity.

## 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

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

## Shine Cancer Support

Shine Cancer Support UK are the only charity in the UK exclusively focused 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](mailto:manchester@shinecancersupport.org) if you would like any more info or to become involved.

Here we are with Mari in the picture on the right, who was also supporting the Haematology Health and Wellbeing event.

We hope you enjoy what's left of the Summer. Please let us know if you would like any further information or advice around anything in this newsletter.

*Look out for more Info on Macmillan Coffee Morning, week commencing the 25th of September.*

