

THE CAN-Move NEWSLETTER

Welcome to our Winter 2024 Newsletter



Hello from the CAN-Move Team Tess and Ben.

Welcome to our Winter and New Year 2024 newsletter. We would like to wish all our CAN-Move members, instructors, referrers, and wider audience a Happy New Year and thanks for all your support.

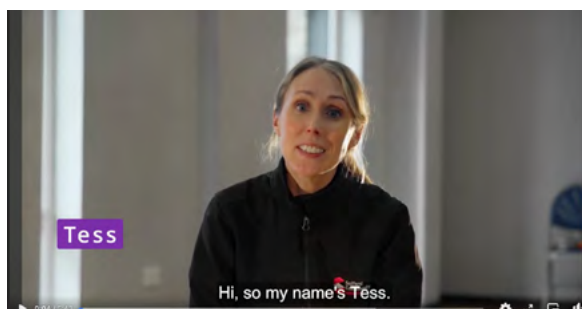
Keep reading to find out about our 2023 highlights, some new offers for 2024, and other info on our sessions and activities to get involved in. Please get in touch with us if you would like any more information about any items in this newsletter.



**Follow us on our social media accounts,
Facebook and Twitter,**

for more information on our service and
national and local cancer support.

2023 HIGHLIGHTS



Our CAN-Move promotional video

Back In March 2023, Salford Macmillan Information and Support Centre, made a video about CAN-Move as part of a project they were completing.

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

<https://fb.watch/mb5SC-nkg8/>

New sessions

We deliver a wide and varied offer for our CAN-Move members, introducing new sessions, for people to enjoy the benefit from different types of activities.

Our successful and well attended Mindfulness, Meditation and Relaxation Class started in April 2023 and we are pleased to announce it will be continuing into 2024! Classes are led by teacher Kate from Mindful Me and run **every Wednesday at Worsley Leisure Centre 3.55 - 4.55pm.** Please let us know if you would like to attend this class if you haven't already.



RHS Wellbeing Gardening Sessions

In 2023 We enjoyed some lovely and varied 'Wellbeing Gardening Sessions' at RHS Garden Bridgewater, one of Salford's newest green spaces. Sessions are led by Ozichi, the Therapeutic Wellbeing Gardening Officer and the RHS Volunteers. See above for more of what we have been up to for example wreath making and forest bathing.

We are looking forward to more sessions this year. Look out for any emails with dates and times of sessions.

Social Events



We like a social or two at CAN-Move, so our Macmillan Coffee events at the end of September offered the perfect chance to extend our regular socials, eating some yummy treats and **raising a brilliant £302 for Macmillan**. We also enjoyed our CAN-Move Christmas party in December.



NEW FOR 2024! - ARCHERY

In February 2024 we are offering the chance for our members to join some taster archery sessions provided for free and led by Dom at The Salford Community Archery Group. Information on dates, times and venue for these sessions are below.

If you would like to try any of the taster sessions, let Tess know by emailing tess.harrison@scall.co.uk

Note: if you have had any breast cancer surgery or radiotherapy in the last 6 months or have lymphedema, or other problems affecting upper limbs, please discuss with your Active Lifestyles Development Officer before signing up to any sessions.

Only have 1 remaining place available, so be quick to get the last place ! Or we can place people on the wait list if anyone drops out.

Taster session 1 - Friday 9 February - 11am - 1pm

Taster session 2 - Friday 23 February - 11am - 1pm

Dom leads the sessions and Tess will be there too.



Address and venue info: St James's Church and Hall, Vicarage close, M6 8EJ.

The church is the old church with the spire on Eccles Old Road. It is very near to Salford Royal hospital and faces Lancaster Rd and the Royal Sovereign Pub.

The hall and car park are behind the church on Vicarage Close and parking is free.

Benefits of archery:

Archery offers individual and generic benefits for participants who progress at their own pace and level, limited only by personal ambition. It helps with personal development, motivation, and self-discipline. It improves fitness, especially upper body strength and stamina. It is excellent for coordination and muscle memory control as well as focus, concentration and attention to detail. Archery promotes a strong sense of achievement and a positive mental attitude. Many are desirable and transferable qualities.

The taster sessions will allow you to come and learn more about archery, the basics, and a chance to try it. Feel free to come and just watch the session if you wish, in the first instance. You will also find information on the full-time group, that runs twice a week at the venue for a small charge. ***(The group normally runs weekly Thursday 7-9pm or Friday 11-1pm).***

*"I suffer from depression and anxiety.
It has helped my confidence immensely.
I enjoyed meeting new people".*

*"It meant everything for me. It got me out of the
house, met people, it helped me relax and concentrate.
I also have arthritis, it helped with the pain".*

CAN-MOVE WELLBEING WALKS

and other walking options



It might be cold outside, but that doesn't stop us from walking and getting our steps in.

Our next CAN-Move Wellbeing Walk is on **Tuesday 23 January meeting at 1.30pm** outside the café at Clifton Country Park. Clifton House Road, Salford, M27 6NG.

We are planning on trying some new routes over the next few months, also trying some more outdoor Mindfulness on our walks.

We normally walk for an hour at a continuous and steady pace.



Other walking options

If you are looking for something of shorter duration or even some indoor walking, there are other options led by our colleagues in the Active Lifestyles team:

30min RHS Garden Bridgewater Wellbeing Walk – slower paced

This 30 minute monthly walk, is a really slow paced and steady walk. It is fully accessible and scooters can be hired through the RHS website. The walk is aimed at people who are not used to walking or for those getting back into walking in a safe and accessible place.

The next walk is: Tuesday 30 January, 12– 12.30pm. Meet at 11.50am outside the Welcome Building and bring proof that you are a Salford Resident.

'Indoor Confidence Walk' at Worsley Leisure Centre, Monday's 1.30 - 2.30pm

This is aimed at those struggling to walk outside. Rest and water intake is encouraged in the space provided in the middle of the room should people need it. The walk is for any current clients who are utilising any free Active Lifestyle 12-week pass, but they can continue to attend, if they have a SCL membership.

To find out more about Salford Community Leisure Wellbeing Walks, click on the below link for info.

[Salford Wellbeing Walks](#)



We want to help do our bit to raise awareness of World Cancer Day, and one way we can do this is to spread the word about it in this newsletter.

The day is just a few weeks away falling on the same date as always - February 4th. If anyone hasn't heard of this day and wants to know more, here is a bit more information. World Cancer Day is a worldwide initiative aimed at raising awareness about cancer, promoting early detection, prevention, treatment and support improved access to healthcare services for cancer patients. It provides an opportunity for individuals, organisations, and governments around the world to unite in the fight against cancer.

There has been a 3-year theme since 2022: 'Close the Cancer Care Gap'. The final year of this theme aims to engage leaders and challenge those in power to prioritise Cancer.

For further info/ join or share the call for action, go to: [World Cancer Day](#)

We will help supporting the day by spreading the word, across our social media platforms . For more ways to take action see:

[Take action | World Cancer Day](#)

TIMETABLE & CLASS DESCRIPTION

As always sharing our timetable to remind you about all our offerings.



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 / Tess

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



All Ability Circuit Based Class	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.
Online Zoom Strength and Aerobic Class	A class that can be done from the comfort of your own home, using small dumbbells / food tins for example as weights.
RHS Garden Bridgewater Wellbeing Gardening Sessions	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.
Mindfulness and Meditation Group	A class to help people achieve a sense of calm and relaxation in their daily lives through mindfulness meditation and techniques
Online Zoom Chair Yoga and Relaxation	A chair-based yoga class designed to mobilise joints and strengthen muscles. Infused with mindfulness and yogic philosophy to support your health and wellbeing.
Tai Chi and Qigong	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.
CAN-Move Dance sessions	Have some fun learning a variety of dance routines to different types of music.
CAN-Move Wellbeing Walks	Walks in various areas across Salford, a chance to exercise and reap the benefits of being outdoors.
Supervised Gym Sessions	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.

SPOTLIGHT ON CAN-MOVE'S TAI CHI AND QIGONG SESSION

All exercise/physical activity can help us to be mindful (focused on the present moment). Focusing on how muscles and joints feel when they move and the breath as it flows in and out the body can be a mindful practice. Tai chi and qigong are types of practices that can help us be especially mindful.

Mags is our tai chi and qigong instructor. The session runs every Thursday for our CAN-Move members, 11.45am - 12.45pm at Worsley Leisure Centre.

A year in the shoes of a Tai Chi and Qigong teacher - a message from Mags

I have now been teaching the class to CAN-Move members for just over a year and a half.

We have had almost 50 people register for classes over the period I have been teaching the class, and on average we have a dedicated core of 8 - 10 attendees per session.

I attended my first session at Worsley Leisure Centre with my shoulders high, hands clenched, posture uncertain, mind full ... and then I remembered ...I am the Tai Chi and Qigong teacher! I am here to remind people about relaxation techniques. Let me practice what I preach.

So, I relaxed my shoulders; I unclenched my fists; and I allowed myself to take a few slow, deep, calming breaths ...and miraculously, my muscles, joints, tendons and ligaments followed through by relaxing and softening.

My name is Mags and I am a Tai Chi and Qigong advocate, practitioner, teacher, instructor and player.

I have benefitted as I have neuropathy and it helps with my balance, co-ordination, breathing, and it helps me to be calm and manage my pain. The group is so supportive.



I teach Tai Chi forms for beginners:

~ 24 form Tai Chi, Yang style

~ The 8 forces and 5 steps

~ Tai Chi for diabetes

I also guide class members through a variety of Qigong movements:

~ The 8 brocades

~ 18 tai chi and qigong movements

~ 12 muscle tendon change classics

I try to teach in a way that allows participants to follow at their own pace, guided by how their body is feeling on any given day.

My one rule is "Listen to your body" - Whatever your body is able to do on the day ... do no more than 70%. On days that you feel less energetic ... do less, maybe 50% or 30%. Try not to put 100% of your effort into a move.

SPOTLIGHT ON CAN-MOVE'S TAI CHI AND QIGONG SESSION

By conserving our energy, we can build up our energy. Never depleting it by using it all up.

I hope that people leave my classes knowing that they have moved and stretched their whole body, practised some martial art movements, breathed deeply and moved consciously.

But most of all I hope that people leave my sessions with a little smile that starts from deep within their centre, fills their whole being and is shown to the outside world as a smile on their face.

The wonderful benefits of Tai Chi and Qigong are varied and numerous, and difficult to explain. That sense of feeling calm but energised, your body feeling soft but strong, feeling rooted and grounded but light and floaty. You really have to try it to feel it, see it and get to know it.

It has been a wonderful, uplifting, inspiring year and a half where I have had the real pleasure of meeting many many many wonderful, beautiful, and amazing people.

To those that have made it to a session, thank you and sincerely well done. To anyone who has not yet joined, but you're rethinking about it, I would say, give it a go. You will be met by a group of warm, welcoming, wonderful people who will make you feel instantly at ease.

I hope to see you all at a class soon.

Mags

December 2023

I attend the tai chi because of the positive vibes and the feeling of well-being that I always experience. Also, I like the focused thinking and targeted exercise. For me two great benefits of tai chi are that my general balance is improving, and I am becoming more supple. Mags is an excellent instructor. Her gentle, positive style acts like a soothing balm on all her students. Each week, this tai chi class is the nicest way to spend an hour.

Thanks Mags.

GENERAL INFORMATION – SCL CENTRE UPDATES AND MEMBERSHIP INFO

Eccles and Broughton Gym and Studios and now re-opened after refurbishment.

The refurbishment works includes:

- **Brand new state of the art Matrix cardio equipment**
- **Creation of a brand-new Functional Training area**
- **Reworked layout of the Strength & Conditioning area**
- **Improved gym area and ladies gym area**
- **Brand new gym décor**

Refurbishment work is planned at other Salford Community Leisure sites across the year. Clarendon Leisure Centre will temporarily be closed for refurbishment, with the estimated date of closure being February the 19th for a 6 week period. The whole centre will be closed.

If you are currently utilising the free 12-week CAN-Move pass, just a reminder there are some brilliant membership options after you finish to keep you exercising and benefiting from sessions:

Aged 70 years or above, then we offer a special All-Inclusive membership. Great for older members who want to continue to keep active, socialise with friends and take advantage of our fantastic value memberships. - [click here to join](#)

Aged under 70 you could take advantage of a cheaper 3 month all Inclusive membership. This includes no upfront joining fee and an option to join 3 month Active Lifestyle membership for £35 (Off-peak) or £45 (peak).

Don't forget our cafes are still offering 50 % to all 70's

As we enter the Autumn/Winter season, it's the perfect opportunity to enjoy a warm beverage and friendly conversation. Come with friends, family, or even alone – our cafes are open to everyone and eager to offer a welcoming experience. Please note: Upon your first visit, you will be required to register your details and provide proof of age. You will then receive your discount card which can be used for any future visit.

Salford Community Leisure cafes: Parr Fold Park, Clifton Country Park, Irlam & Cadishead Leisure Centre, Worsley Leisure Centre, Salford Museum & Gallery, Ordsall Hall



CANCER SUPPORT INFORMATION



The Salford Prostate Cancer Support Group

If interested call the group telephone number: 07552 486704 or email

SalfordPSSG@outlook.com.

salford-prostate-cancer-support-group.co.uk

The Salford Lung Cancer Support Group

Run by Lung Cancer Clinical Nurse Specialists from Salford Royal. Call 0161 206 5771 for more info.

Salford Breast Buddies

Friendly group open to those recently diagnosed, currently in treatment and breast cancer survivors. Booking essential. Please ring 07776 959872 or email energise@thebiglifecompany.com to book your place.

Shine Cancer Support

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. Online and local face to face support is available with plenty of meet ups around Manchester.

Email manchester@shinecancersupport.org if you would like any more info or to become involved.

SALFORD MACMILLAN CANCER INFORMATION & SUPPORT SERVICE

Contact numbers: 0161 206 1455 (Main Centre)
0161 918 7804 (The Christie at Salford Royal)
Email at: Salfordcancerinfo@nca.nhs.uk Twitter - @MacInfoSalford

[X\(Twitter\)—@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. This includes people who: • Require information about cancer • Have a cancer diagnosis • Have survived cancer • Are living with the consequences of a cancer diagnosis • Are a carer, relative, or friend with someone with cancer • Are healthcare professionals.

OTHER IDEAS FOR SUPPORT IN SALFORD

Park Run/walk

This is a free, community event where you can walk, jog, run, volunteer or spectate. Parkrun is 5K and takes place every Saturday morning at 9am. The park run/walks in Salford are at Worsley Woods and Peel Park. Click the links for more info.

[Worsleywoods](#)

[Peel Park](#)



Finally, a reminder we are on Facebook and X (formally Twitter), so please give us a follow or a like on these platforms for more information and updates on local and national Cancer support.

Our contact number is 0161 778 0540

Do get in touch if you have any feedback about CAN-Move as a service, we would love to hear from you!! Thanks for reading

A leaflet from the NHS Northern Care Alliance, titled 'Empowering You: Type 2 Diabetes Workshops in Salford'. It lists various workshops including 'Diabetes Essentials', 'What can I eat?', 'Living with Diabetes', and 'X-PERT Diabetes'. It also provides contact information for the Salford Community Diabetes Team and a QR code.

Saving lives, Improving lives

NHS
Northern Care Alliance
NHS Foundation Trust

Empowering You: Type 2 Diabetes Workshops in Salford

Diabetes Essentials

- Learn the essentials in a single 2.5-hour session at your local gateway or 2 x 1-hour sessions online
- Perfect for the newly diagnosed or those seeking to refresh their understanding of diabetes management

What can I eat?

- Delve deeper into food choices during a 2.5-hour session packed with practical examples
- Discover beneficial dietary habits tailored to Type 2 Diabetes

Living with Diabetes

- Engage in 3 x 3-hour interactive sessions with peers:
 - Share experiences and support those in a similar position
 - Grasp diabetes essentials and lifestyle changes
 - Improve your diet control and understand the role of physical activity

X-PERT Diabetes

- Explore diabetes in more depth with 6 x 2.5-hour sessions:
 - Set the record straight on diabetes, understand your health metrics
 - Unveil nutrition's impact, weight management, and develop carb awareness
 - Decode food labels and minimise the risk of complications

Join us for face-to-face sessions at one of the local gateways, contact us by phone or email to find out more information or secure your spot!

Salford Community Diabetes Team
Telephone: 0161 206 5822
Email: diabetes.admin1@nca.nhs.uk