

CAN-Move NEWSLETTER

Welcome to our Summer 2024 Newsletter

Welcome to our Summer 2024 Newsletter and the year that marks our 10th year of supporting patients, helping them to engage in exercise during and after treatment.

So Happy Birthday to us!

Starting this newsletter with a bit of history about us:

CAN-Move was set up in 2014 firstly as a pilot programme, supporting breast, prostate and colorectal cancer patients. Adding another intervention to an already well-established Active Lifestyles service delivered by Salford Community Leisure. After this successful pilot phase and following an evaluation process, Salford CCG fully funded the CAN-Move programme for 5 years and with a full expansion to all Salford patients recovering from any type of cancer.

Now into our 10th year we are commissioned by Salford Integrated Care Board and accept referrals from a number of health professionals and self-referrals.

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



CAN-Move offers important maintenance exercise rehabilitation support during treatment, then restorative, and supportive rehabilitation after treatment. Helping people to maintain and then restore physical and mental health, and help to improve longer term outcomes.

The programme offers the chance for people to be more socially active with peers too if they wish, across a variety of classes and sessions. This can help with motivation and provide a good support network.



2024 HIGHLIGHTS



Quays TV

In March this year we appeared as a feature on Quays TV. Quays TV is the University of Salford's official student TV station.

Check out the video below:

<https://www.facebook.com/share/v/Q63Q2nFenJPbQaaT/>

Taster Archery sessions and 6-week Beginners Course's

As many will know at CAN-Move, we like trying out different activities to give our patients choice and support them to try new things. In February this year some of our patients joined some taster archery sessions led by Dom from 'The Salford Archery Group' in Eccles. These were very well received and in June the group were able to offer some more sessions and put on a 6-week beginner's course. Sessions offer the chance to learn skills ranging from archery safety practices to stringing a bow, to methods of shooting and aiming, along with fun challenges and historical facts along the way.

Archery is great way to help maintain focus, build upper body strength and stamina. There will be another 6-week beginners course starting on Friday the 6th September which is now full, but please enquire about going onto the waiting list for future courses.



Here's some feedback from those who have taken part in sessions so far:

'Fascinating and exciting, totally took my mind off other things and historically very interesting'.

'Excellent and educational session. We both thoroughly enjoyed it and very helpful from a concentration angle.'

'Most enjoyable and instructing session in archery. Thank you very much.'

Working with our partners - Cancer Health and Wellbeing Events



These events aim to inform patients with useful information around lifestyle advice and other support as they transition through their cancer journey.

We have enjoyed attending another six 'Cancer Health and Wellbeing Events' since January this year including the first Urology event. The events attended are arranged and facilitated by the Northern Care Alliance Macmillan information and support centre staff and cancer nurse specialists.

The events offer the chance for the team to promote CAN-Move and the benefits of being active to attendees, enabling several self-referrals into the service.

They are part of the NHS long term plan to deliver personalised care for people living with cancer.

It has also been fun beginning with some exercise at the start of each event, which has brought plenty of smiles from patients, loved ones attending and staff.

Come walk with us!

Can you guess where we have been walking?



Salford Walking festival

salfordcommunityleisure.co.uk/walks-festival24

CAN-MOVE WELLBEING WALKS

We have enjoyed various routes on our CAN-Move Wellbeing Walks so far this year, but with some very mixed weather up to now. Those who know, know! Pictures are not included ha ha. The walks are an hour in length and friends and family members are very much encouraged to attend.

We are looking forward to enjoying future walks going into autumn, the season of colour! Also hurrah, we have a new walk route in September meeting at the biggest public park and second oldest in Salford - Buile Hill Park (*meeting at entrance of Lukes C of E Primary School*) and walking around the flatter areas of the park. Look out for an email from Tess regarding walk dates and meeting places. **The walks are on Tuesdays 1.30 - 2.30pm.**

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



RHS Garden Bridgewater - Monthly 30 minute Wellbeing Walk

This is a 30-minute, slow-paced, fully accessible Wellbeing Walk and scooters can be hired. It is aimed for people who are not used to walking or for those getting back into walking.

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

This indoor walk is aimed at those struggling to walk outside/fear walking outside. People can stop to have a rest / some water. The walk is for any current referrals on the 12-week pass or those who have a membership. More info on confidence walks here : [Confidence Walks support people with health conditions to get more active.](#)

MEMBER SPOTLIGHT

Derek Poon (Prostate Cancer Patient)



Derek has been attending sessions with his wife Siu since starting CAN-Move last year. One of their favourite sessions is the Wellbeing Gardening at RHS Bridgewater. Recently Derek and Siu have started volunteering at the RHS, which is lovely to hear. They are pictured above, at work wearing their purple RHS volunteer tops!

Derek said:

'Since April 2023, my wife and I have been participating in activities organised by 'CAN-Move', and it has brought about significant changes in my life. When I was diagnosed with prostate cancer in 2023, I felt utterly hopeless. However, through engaging in various activities, my perspective changed considerably. One of the most impactful activities was the 'Wellbeing Gardening' sessions held at the RHS. There, horticultural therapists taught me a wealth of gardening knowledge and we completed projects under their guidance alongside other participants. During these sessions, I met many wonderful friends. Numerous volunteers worked diligently behind the scenes, assisting the horticultural therapists, and preparing for the activities. Their dedication inspired me to explore volunteer work myself. Thanks to a contact from 'CAN-Move', I recently became a volunteer at RHS. This opportunity has allowed me to make new friends and deepen my understanding of horticulture. I am profoundly grateful for all these experiences and am really enjoying this journey.'

At the session in June, we made a bug hotel



TIMETABLE & CLASS DESCRIPTION

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



Some sessions are group based cancer rehab specific activities and some are individual. As well as the below activities, there are also some non-cancer rehab sessions referrals can join at the centre as extra options or if they prefer these. For example, sessions such as yoga, pilates and water-based activities: swimming, aqua relax and aqua fit, are all available.

CAN-MOVE CLASS TIMETABLE

MONDAY

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

Swinton Supervised Gym session day and time TBC

CAN-Move

CLASS DESCRIPTION



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| 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 DANCE SESSIONS

Our dance sessions allow those that join to dance to music, offering a fun way to exercise. There is emerging evidence that dance can help with mental health conditions such as depression and anxiety some cancer patients may experience. As well as this dancing is a weight bearing activity supported through the feet and legs, which can help to strengthen bones as well as having cardiorespiratory system benefits, both important during and after cancer treatment and for general health.



'I consider myself so lucky to have been a member of the CAN-Move dance class from the very first lesson in 2022 when it was trialled for 6 weeks during the summer. As a result of how successful it was, regular classes, much to the delight of all the participants of the trial lessons, commenced in September. If anyone is thinking of coming to the class, I would say give it a try. We all have really good time, with lots of laughs too. In fact, if the class is not on for any reason everyone says how much they miss it. Louise, our teacher, has such a lovely personality which makes everyone feel at ease and she has a lot of patience when teaching us new steps. The class has given me a new lease of life and I will certainly carry on attending for as long as possible as I always come out with "the feel-good factor". (Lung cancer patient)



'I absolutely love the dance class. I've always loved dancing since I was a child, but Louise's class is very good exercise as well. I never want the class to finish. The music she plays is perfect for each dance we do. I love it, it's the best!! What I also like is if anyone finds it a bit too much at first, there are chairs for them to sit a dance out and watch if they want to, while they have a rest. Everyone who attends the class loves it.' (Breast Cancer Patient)

GENERAL INFORMATION –

SCL CENTRE UPDATES AND MEMBERSHIP INFO

Swinton & Pendlebury Leisure Centre is the latest site to have a gym and studio refresh following Broughton and Eccles Leisure Centres. This includes new state of the art Matrix cardio equipment and an increase in their range of strength equipment.

Irlam & Cadishead Leisure Centre is next to have a gym refurb and will be closed from the 8th of September. The pool and classes will be open as normal. Other sites will be open to use the gym should members wish.

Clarendon Leisure Centre – Update: As some will know in May, there was a tragic fire at Clarendon Leisure Centre. At present the pool side of building is being demolished and made safe and the dry side is being looked at to see what can be moved/relocated. No major decisions have been made about the future of the site, as the City Council are working with the insurers and loss adjusters.

Memberships

If you are currently utilising the free 12-week CAN-Move pass, just a reminder there are some brilliant membership options at the end of this which can be purchased at Leisure Centres, to help you maintain your exercise sessions and keep benefiting:

Under 70

Take advantage of our Active Lifestyle Membership available to referred patients, after finishing their free 12 weeks pass:

- £45 for 3 months All-inclusive membership.
- £35 for 3 months All-inclusive until 4pm weekdays and anytime at weekend.

Over 70's

If you're aged 70 years or above, then there is a special All-Inclusive membership. Great for older members who want to continue to keep active and socialise with friends both payable upfront:

- £30 for 6 months
- £60 for 12 months

New 90 + membership

If you are over 90 years of age you can sign up to our new annual all-inclusive membership for FREE.



FURTHER SUPPORT

Local Outdoor Wellbeing Gardening Sessions

Allotment style gardening session at Salford Sports Village and a public park gardening/maintenance at Chimney Pot Park.

See video here for more info: [Video](#) | [Facebook](#)



Grow To Learn

Dive into hands-on learning as you explore the art of growing and apply your skills in real-time. This dynamic experience takes place in the inspiring settings of Cornerstone and Chimney Pot Park—don't miss this opportunity to grow and learn together!

Every Wednesday

11:00am - 1:00pm

Chimney Pot Park

Langworthy Road

Langworthy

M6 5PP

For More Info contact Rosie on 07535586372 or Email
Rose@inspiringcommunitiestogether.co.uk

Find out More



Inspiring Communities Together is a Charitable Incorporated Organisation registration number 115705
Inspiring Housing is a Community Land Trust registration number 8335
Ofsted registration number 2664214



Green And Grow

Help us grow our community garden in this fun, intergenerational activity. Connect with community members and children from Yogurt Pots at Sports Village, Kersal, and make a difference together!

Every Thursday

1:00pm - 3:00pm

Yogurt Pots

Salford Sports Village

Littleton Road

M7 3NQ

For More Info contact Yogurt Pots on 07535586372 or Email
Rose@inspiringcommunitiestogether.co.uk

Find out More



Inspiring Communities Together is a Charitable Incorporated Organisation registration number 115705
Inspiring Housing is a Community Land Trust registration number 8335
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'Look Good Feel Better' Sessions'

Confidence-boosting sessions are available to people with any cancer diagnosis. Our free skin care and make up workshop, run by qualified beauty therapists are on the second Monday of each month.

Morning session: 10.30am - 12.30pm

Afternoon session: 1.30pm - 3.30pm

Salford Royal Hospital, Stott Lane, M6 8HD

Call 0161 206 1455 to find out more and book.
or email salfordcancerinfo@nca.nhs.uk



SALFORD MACMILLAN
CANCER INFORMATION & SUPPORT SERVICE

You can visit us:

Macmillan Information & Support Service
Salford Royal Hospital
Stott Lane,
Salford,
M6 8HD

Our centre is in the Hope Building, on the ground floor
(Next to WHSmith)

Tel: 0161 206 1455

Email: salfordcancerinfo@nca.nhs.uk

We offer a drop-in service, no appointment needed. However please contact us first if you are making a special journey, to ensure we are here for you when you visit

Opening times:

We are open Monday – Friday, 8.30am – 4pm
(excluding bank holidays)

At Macmillan we're here to help everyone affected by cancer live life as fully as possible, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

Right there with you



Salford Macmillan information & Support Service

**Salford Royal (Hope Building)
& The Christie at Salford**

In partnership with



**MACMILLAN
CANCER SUPPORT**

If you or someone you know has been affected by cancer, or you have questions about reducing your risk of cancer, we're here for you.

We provide free, confidential information and support on all aspects of cancer in a relaxed and supportive environment.

Our service is open to anyone including patients, carers, family, friends and the general public, no referral necessary.

What can you expect?

When you use our service, you will be greeted by our friendly, trained staff and volunteers who will always give you the opportunity to talk about your concerns and be happy to provide relevant information and support.

Inside the centre itself you will find lots of information available to take away for free, as well as a private area to talk about what you are going through.

How we can help

Some of the topics we can provide information and support with include:

- Accessing benefits and financial support
- Free prescriptions
- Employment support (both for employees and employers)
- Travel and car parking
- Support at home
- Information on different types of cancer, treatment and side effects
- Signs and symptoms
- Support and advice for carers, family & friends
- Counselling and talking therapies
- Holistic needs assessments
- Specialist exercise guidance
- Local support groups
- Links to local and national support services
- The opportunity for a listening ear
- Health & Wellbeing events

For more information, support or just someone to talk to, call 0161 206 1455 or visit macmillan.org.uk

