

Salford Community Leisure employs a team of friendly, highly qualified exercise professionals, who provide specific health related advice and activities to Salford residents, working with clients who have various health conditions.

We work in close partnership with health professionals in Salford, in particular GPs, Cardiac Rehabilitation, Pulmonary Rehabilitation, Falls Prevention and the Health Improvement Team. Together we continue to support over 3500 referrals per year across all services, to take part in regular physical activity, to help people improve their overall health and wellbeing.



'This is a fantastic programme run by a team of friendly, supportive, helpful staff, that understand how to help people with cancer exercise safely, and it's fun!'

salfordcommunityleisure.co.uk/can-move



CAN-Move

A programme supporting anyone living with or beyond cancer to be physically active and improve their wellbeing





The CAN-Move Programme is a Physical Activity and Exercise Referral Programme for anyone with a Salford postcode or Salford GP, who is living with or beyond cancer.

The Programme is delivered by exercise specialists from The Active Lifestyles Team, working closely with Salford Royal Hospital, Salford Primary Care Networks & Community Groups.

The Can-Move Programme includes:

- Exercise in a relaxed atmosphere, delivered to you individually or in a group setting. With plenty of support & encouragement from peers and instructors
- Face to face and online support available
- Includes Supervised Gym Sessions and specialist CAN-Move Circuit Classes
- Wider activities of Salford Wellbeing Walks, Wellbeing Gardening Sessions, Tai Chi, Yoga, Swimming and Aqua Classes
- Patient led, tailored and supported programme of prescribed exercise/activity
- Opportunity to exercise in a Salford Community Leisure Centre nearest to you



When you are living with cancer or have been previously diagnosed with cancer, being physically active can help you make a positive change to your life.

You may be a little nervous about building up your activity levels, particularly if it's for the first time or if you haven't been active for a while, but we will be there to support you. Remember any amount of physical activity is better than none.



There is evidence to show that being active during and after treatment can:

- Help to slow the decline of /improve muscular strength and endurance, cardiorespiratory fitness and mobility
- Help to manage body composition (prevent muscle loss and weight gain / weight loss)
- Improve mood and wellbeing
- Manage fatigue
- Helps to reduce the impact of other treatment side effects (for example sleep management, pain, lymphoedema, cognitive dysfunction, bone health, amongst many more)
- Could help to improve longer term outcomes such as helping to reduce the risk of cancer recurrence

Patient referrals can be made by primary care teams and secondary care i.e. cancer nurse specialist. Self referral is also possible.

For more information or to self-refer to the programme please email: active.lifestyles@nhs.net or call 0161 778 0540 / 0161 778 0577