

CAN-Move NEWSLETTER

Welcome to our Winter 2025 Newsletter

Season's Greetings from the CAN-Move team
We are pleased to share with you our Winter 2025 CAN-Move newsletter

We hope you are able to enjoy the festivities, but know there may be a mix of emotions at this time after diagnosis and if you are undergoing any treatment. In the newsletter, look out for the link to our online Christmas special yoga session. The session is a gentle movement class aiming to support body and mind, with a theme of inviting gentleness and to ease any overwhelm felt this month. There is plenty of support from us and other services in Salford taking you into 2026. Again look out for this in the newsletter to help you stay active and connected. Also keep reading to see what we have been up to this year.

In April we celebrated 10 years of CAN-Move by holding a celebration lunch at Ordsall Hall. We had over 40 CAN-Move members attend, some very new to the service and some who have been with us for a number of years. We were also pleased to have some staff from Salford Royal colorectal cancer team attend. We enjoyed being together to celebrate this milestone with some lunch and birthday cake [Celebrating 10 years of CAN-Move](#). We feel grateful to have supported people for this length of time and also to have created a community that supports each other.

We are looking forward to progressing further with our aim of embedding physical activity and exercise into cancer care pathways in Salford in the coming year.



CAN-Move Timetable

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

MONDAY

All Ability Circuit Class & Social

11.45am - 1.15pm / **Worsley Leisure Centre**

Supervised Gym Session

12 - 1pm / **Eccles Leisure Centre**

TUESDAY

Cardio & Strength Based Class

10.30 - 11.20am / **Online Via Zoom**

CAN-Move Wellbeing Walks *(Every 2 weeks)*

1.30 - 2.30/3pm / **Various Locations**

WEDNESDAY

Supervised Gym Session

11am - 12pm / **Swinton Leisure Centre**

Supervised Gym Session

11am - 12pm / **Irlam Leisure Centre**

Supervised Gym Session

12.30 - 1.30pm / **Worsley Leisure Centre**

THURSDAY

Tai Chi and Qigong

10.45-11.45am / **Worsley Leisure Centre**

All Ability Circuit Class & Social

1.30 - 3pm / **Eccles Leisure Centre**

FRIDAY

Gentle Yoga & Relaxation

9.30 - 10.30am / **Online via Zoom**

Dance Fitness Class

1.30 - 2.30pm / **Worsley Leisure Centre**

ONCE MONTHLY

Wellbeing Gardening Session

Thursdays / **RHS Garden Bridgewater**

All Ability Circuit 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.

Supervised Gym Session

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.

Online Zoom Cardio & Strength based class

A class that can be done from the comfort of your own home, using small dumbbells / food tins for example as weights.

Online Zoom Gentle Yoga and Relaxation

A gentle yoga practice involving some chair-based movements and standing yoga postures, to mobilise joints and strengthen muscles. Infused with mindfulness and yogic philosophy to support your health and wellbeing.

CAN-Move Dance sessions

Have some fun learning a variety of dance routines to different types of music.

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.

CAN-Move Wellbeing Walks

Walks in various areas across Salford, a chance to exercise and reap the benefits of being outdoors.

Wider mainstream activities also available:

Swimming, Aqua Fit, Aqua Relax, Hydro Fit and Easy Does It Circuit Classes.



Greater Manchester



Salford Care Organisation

Northern Care Alliance
NHS Foundation Trust



Our sessions aim to support our clients in a holistic way. Offering multi model types of exercise and physical activity, aiming to reduce decline of and improve muscular health, aerobic fitness, mobility, balance and support bone health during and after treatment, as well as aiming to improve treatment tolerance. Sessions to support body and mind, including yoga, tai chi and wellbeing sessions at RHS Garden Bridgewater, combine movement with mindfulness, strengthening the connection between body and mind.

Our yoga and relaxation class is offered online every Friday morning [.Our Christmas special has been recorded and link to the class is here.](#)

The class starts seated progressing to some standing poses. This session includes an 'Effortless Ease' meditation aiming to help you to flow into Christmas in a more peaceful way.



Mood boosting benefits of exercise and physical activity

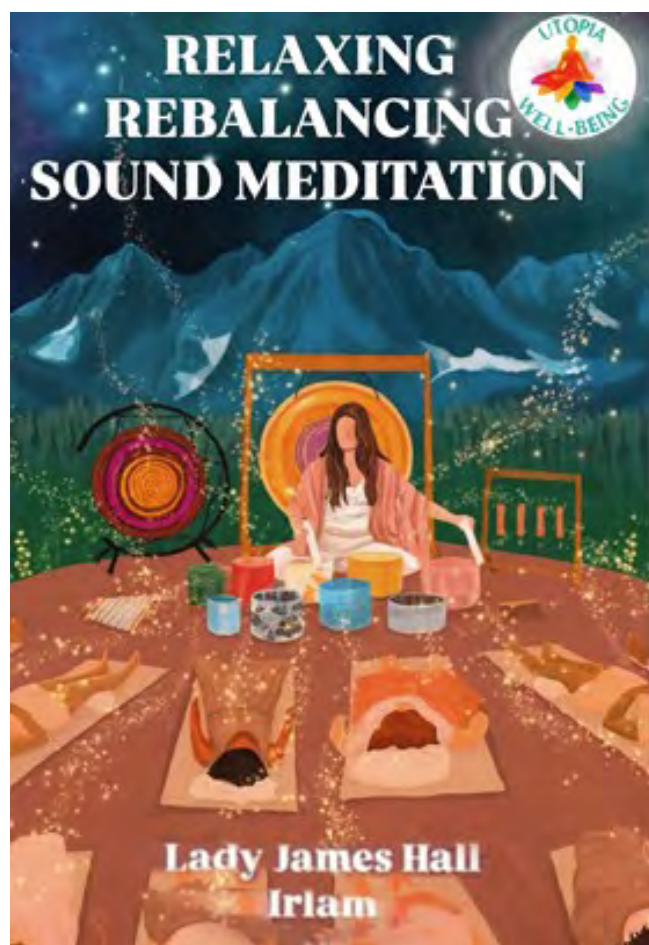
Exercise and physical activity can help to improve mood at any time of year. It can be important during the winter months to help with any 'winter blues', helping to stimulate the release of feel good brain chemicals such as endorphins and dopamine which act as natural antidepressants, helping to lift mood and promote a sense of wellbeing. Other mental health benefits for cancer patients include:

- Exercise can help with sleep and fatigue management , which can help to regulate mood
- Group exercise provides the chance for people to exercise together and connect, getting support and motivation from peers. Creates a sense of community and belonging
- Provides a sense of accomplishment and empowerment
- Promotes improved self-esteem and body image which can help boost confidence
- Exercise can help us to shift our body out of fight or flight mode ,helping to calm the nervous system
- Through building strength we can build physical resistance, which can enhance psychological resilience
- Can help to provide a distraction from worry and negative thoughts

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We aim to keep supporting our clients mental and emotional health through our exercise and wellbeing sessions , previously running mindfulness sessions .In 2026 we have some new wellbeing support:

In January some members will be joining a sound bath/sound meditation session in Irlam, delivered by Louise from Utopia Wellbeing. These sessions offer relaxing meditative experiences, where you are immersed in the healing vibration of sounds. A type of mindfulness practice to help you stay present. Sound baths can offer an array of benefits which can include relaxation and deep rest, relief from muscle tension / headaches, improve sleep quality and boost mental clarity and focus, amongst many more benefits -all improving physical and emotional wellbeing. We are very much looking forward to this session



In July some of our members took part in another beginners archery course led by the Salford Archery Group in Eccles. 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. It has been great to hear from Dom who leads the group, that this has now become a new hobby for some people that are attending the main group regularly, after participating in the most recent course, and previous beginners courses held just for CAN-Move members.

In September we held two Macmillan coffee events in our socials at the end of Worsley and Eccles Circuit classes. We were pleased to raise a total of £246.65 between these events! Thank you again to all those who were able to come, bring /bake goodies and donate.



Here we are enjoying the crisp weather at one of our last walks of the year at Parr Fold Park in December. Keep looking out for emails about meeting places and dates for our CAN-Move Wellbeing walks, we deliver these twice a month.



Walking with purpose video

In October we released 'Walking with Purpose' A video created for us by a talented Salford University Student studying documentary production .

An impactful video which shows one of our Salford Community Leisure CAN-Move Wellbeing walks in action in Worsley Woods. The video highlights some key benefits some members are gaining from the walks and service. [Click here to view the video.](#)



Cancer Health and Wellbeing Events

We attended the Breast Health and wellbeing event at Wythenshawe hospital in October (*Breast Cancer awareness month*). Here we were able to chat to a number of attendees about benefits of exercise and CAN-Move to Salford patients. It was good to catch up with North West staff from national charity Breast Cancer Now at the event, who were also promoting their service here. They are hosting 3 face to face Moving Forward courses in 2026 in Salford, available to patients who have had a primary breast cancer diagnosis and finished active hospital treatment. We were invited to observe Day 1 of the course in November and saw how this course offers invaluable support. Especially noting how supportive connections were made between attendees, who were able to share experiences and emotional understanding. The course aims to empower patients through less structured, open discussions to build their knowledge, skills, and confidence along with equipping them with the tools to self-manage the impact of diagnosis and treatment and improve their well-being and quality of life, ready to move forward. Groups are kept small (*no more than 15 people*) and the courses are facilitated by their expert facilitators, in a venue near the hospital alongside volunteers who have had a personal experience of breast cancer.

They are run over 2 consecutive weeks (*each session is 3.5hrs*)

Salford course dates in 2026:

Wednesday 18th & 25th March (10-1.30pm)

Wednesday 1st & 8th July (10-1.30pm)

Wednesday 14th & 21st October (10-1.30pm)

The Course is held at Elm Bank Conferencing suite , 46 Half Edge Lane , Eccles, M30 9BA. Let Tess know if you are interested in attending any one of these courses and she can register your place.

[See here for more info in other Breast Cancer Now courses, including courses for secondary breast cancer patients.](#)



Salford Cancer Health and Wellbeing event

In November we attended the Salford Cancer Health and Wellbeing event at Swinton Masonic Hall hosted by Salford Macmillan Information and support centre team. The event hosted 88 attendees which included cancer patients with various diagnoses and their loved ones. It was great to be on the presenting team along with Macmillan teams from Salford and Oldham, as well as a patient user representative who spoke about her cancer journey. We also hosted a stand along with other support services. We will be supporting several patients who made self-referrals into CAN-Move, after attending the event.

At the event we caught up with our friends from The Salford Prostate Cancer Support Group
Details about this group:



Salford Prostate Cancer Support Group

Come and join us on
3rd Wednesday of the month

Elmbank Banqueting & Conference Centre
46 Half Edge Lane, Eccles M30 9BA



Contact us on: 07552 486 704
Email: salfordpcsg@outlook.com
Web: www.salford-prostate-cancer-support-group.co.uk

Supported by: Macmillan & East Lancs Masonic Charity



Wellbeing sessions-RHS Garden Bridgewater

Throughout January to June 2025, we enjoyed more wellbeing gardening sessions hosted by Royal Horticultural Society (RHS) Garden Bridgewater, and led by Ozichi, who leads on the therapeutic gardener programme. Gardening activities were varied and ranged from activities like weeding and watering, to more strenuous digging to prepare the soil for planting. [See article from the RHS about how gardening can be a beneficial form of exercise for both body and mind!](#)

In the remaining sessions towards the end of the year we focused on a walk around different areas of the garden and some outdoor mindfulness which involved awakening the senses.

At our last session in November we saw an array of autumnal colours in the garden, adding to our mindfulness experience.



'I thoroughly enjoyed the sessions at RHS. It's such a lovely, peaceful place. I learned a lot from the gardening session in the summer and I think it's great that despite those sessions ending, we can still go there and do the walk and do the mindfulness session. I'd never tried mindfulness before and I really enjoyed it and now have techniques to use when I'm on my own. I also met new friends and people who can relate to what has happened and what is happening to me. Thank you very much.'

'I love these sessions and being outdoors. I find there is always something to appreciate when out in nature'

We are looking forward to more wellbeing sessions at the garden next year and we will communicate via email dates when they will take place.

Members have been benefiting from RHS Sessions in a number of ways :



'Wonderful sessions at RHS, being out in the fresh air and feeling part of a team that's making a contribution through our gardening work. The walks and mindfulness sessions in such a beautiful environment with such lovely people, are so beneficial for my mental health. Thanks to the team for organising'

JUST A FEW MORE PICTURES FROM 2025!









To see centre opening times over the Christmas and new year period and some remaining Salford Community Leisure festive events, go to : [An SCL Christmas - SCL](#)

If you are currently utilising the reduced rate 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 keep you active.

Under 70:

Take advantage of our Active Lifestyle Membership available to referred patients, after finishing the 12 week pass ,payable upfront. New January 2026 prices:

- £49 for 3 months All-inclusive membership anytime
- £36.50 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. New January 2026 prices:

- £35 for 6 months
- £68.50 for 12 months

90+ membership

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



OVER 90's FREE

GYM MEMBERSHIP

7 GYMS, 5 POOLS & LOW IMPACT GROUP EXERCISE CLASSES

Other support

CAN-Survive

Can-Survive UK offers a culturally appropriate wellbeing and therapeutic activities, primarily, however not exclusively for the African and Caribbean community members. In 2025 the service expanded to the Salford Area. They offer support for people diagnosed, living with or after cancer or caring for a loved one with cancer.

The Salford well-being and support group sessions are based at Langworthy Cornerstone every Wednesday 11am-1.00pm. Offering a safe and confidential space in which people can meet, share their experiences and take part in a range of free wellbeing and therapeutic activities.

For further information contact: email: supportgroupsalford@can-survive.org.uk
mobile: 07939 975582



- Have you or anyone close to you been affected by cancer?
- Would you like to meet other people in similar circumstances?
- Would you like to receive information and support?

Can-Survive UK welcomes you to their culturally appropriate Wellbeing and Support Group, primarily however not exclusively for African and Caribbean community members.

We offer a safe and confidential space in which you can meet other people, share experiences and take part in a range of free wellbeing and therapeutic activities.

Venue: Langworthy Cornerstone
451 Liverpool Street
Salford
M6 5QQ

Day / Time: Wednesday, 11.00am to 1.00pm



Being there is a local charity providing emotional support and practical assistance to people with cancer and other life limiting illness, along with those closest to them, such as family, friends and carers.

[Being There | life limiting illness support](#)



Salford Macmillan Information and Support Centre

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

Right there with you



Salford Macmillan information & Support Service

Salford Royal (Hope Building)
& The Christie at Salford

In partnership with

Various support is offered including befriending services, benefits advice, cancer information materials, carer support, counselling, emotional support, self help and support groups, volunteering activities, and financial support.

Thank you for reading and see you in 2026! CAN-Move sessions will recommence on the 5th of January.

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

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

