

BEING ACTIVE WITH CANCER

Regular movement and physical activity are a key part of optimising health and wellbeing during treatment for cancer.

Patients commonly report the following benefits from being physically active:

- Reduces anxiety, low mood and depression
- Alleviates lymphoedema
- Improves cancer-related fatigue
- Improves sleep quality
- Helps restore wellbeing and quality of life
- Reduces hospital stay and improves recovery
- Reduces post-operative complications and side effects from anti-cancer treatment.

There is lots of evidence detailing the benefits of regular movement and activity to people living with a cancer diagnosis, the Moving Medicine website has gathered all of it together for both healthcare professionals and patients to utilise.

Visit the consultation tab:
www.movingmedicine.ac.uk

FIND OUT MORE ABOUT MOVING WITH CANCER

www.macmillan.org.uk

www.weareundefeatable.co.uk

www.movingmedicine.ac.uk

www.canrehab.com

Find more classes and ways to move on the Bucks Online Directory:

www.directory.buckinghamshire.gov.uk

INSTRUCTOR WITH SESSIONS YOU'D LIKE INCLUDED?

Email info@leapwithus.org.uk with details of your classes to be added to future editions.

You can also get free promotion by adding your activities to

www.directory.buckinghamshire.gov.uk



Helping people living with cancer to become and stay active



Supported by



WHAT IS CAN MOVE?

Can Move is a partnership between the NHS and community providers to support the wellbeing of people living with a cancer diagnosis.

CAN MOVE PHYSIO

Small group community-based activities led by cancer specialist oncology physiotherapists, to support patients with more complex cases.

Aylesbury Roman Park Hall
Monday PM. FREE
bht.aosphysio@nhs.net

Marlow Community Hospital,
Thursday PM. FREE
bht.aosphysio@nhs.net

Buckingham Community Hospital
Friday PM. FREE
bht.aosphysio@nhs.net

Amersham Community Centre,
Pilates Health Physiotherapy
Weekdays
Exercise, pain, fatigue & scar management.
1:1 and group sessions.
Contact for more information and pricing.
rehab@pilates-health.com

CAN MOVE EXERCISE PROFESSIONAL

Community-based group activities to help you be fit for treatment and to aid recovery.

These sessions are led by experienced exercise professionals with a Cancer pre and rehab qualification.

Aylesbury Aqua Vale
Wednesday 2.30pm-3.30pm
£30 for 6-week block/£6 PAYG
vicky@livewellfitness.co.uk

Chalfont St Peter Community Centre
Outdoor exercise session. Friday 10am - 11am
£30 for 6 weeks / £40 for 8 weeks
referrals@breatheoutside.co.uk

Denham Village Memorial Hall
Circuits style exercise session
Wednesday 10am-10.45am £6 PAYG / £20 month
beth@bouncebackexercise.com 07888912579

Wycombe Leisure Centre
Monday 10am - 11am
Friday 10am - 11am
£6.80 per session KristinaBaker@pfpleisure.org

Online classes via Zoom
Monday 12pm-12:45pm (Functional Fitness)
Tuesday 8am-8:30am (Mobility & Balance)
Thursday 10am-10:30am (Core Control & Stretch)
Friday 12pm-12:45pm (Strong & Balanced)
£28 a month or £5 per session
beth@bouncebackexercise.com 07888912579

CAN MOVE COMMUNITY

The Bucks Online Directory lists a variety of community-based activities that will help you be active.

These are led by qualified exercise instructors or coaches, but they do not hold cancer pre and rehab qualifications.

These sessions are ideal for people who don't need specialist cancer rehab support but want to keep active with others.

Examples of the activities available include:

- yoga
- group walks
- walking football & netball
- swimming
- table tennis

www.directory.buckinghamshire.gov.uk

Why not try:

5K Your Way - Move against Cancer (Parkrun)
Rickmansworth Aquadrome 8.45am
Last Saturday of the month. Free.
rickmansworthgroup@5kyourway.org

Higginson Park, Marlow 8.45am
Last Saturday of the month. Free
Meet by skate park
higginsonmarlowgroup@5kyourway.org

