



**Albion in the
Community**



**BRIGHTER
OUTLOOK**

Activity through and after cancer

Further information

Funded by



Brighton and Hove
Clinical Commissioning Group



East Sussex
Clinical Commissioning Group



Surrey and Sussex
Cancer Alliance

Supported by

**WE ARE
MACMILLAN.
CANCER SUPPORT**

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Research shows that being physically active, eating well and looking after your wellbeing can help you to prepare physically and mentally for your cancer treatments. Treatments and surgery take a toll on your body, so appropriately preparing yourself will help you to tolerate treatments and potential side effects better and help you recover more quickly and effectively.

What are the benefits of the programme?

We can support you to keep active, eat well and look after your wellbeing in the lead up to surgery and treatments, during treatment and after your treatment has finished. This can help you to:

- Improve cardiovascular fitness and muscle strength.
- Feel less anxious and improve overall wellbeing.
- Improve energy levels, manage tiredness and fatigue.
- Better tolerate the side effects of treatment.
- Lower the risk of health complications later on.
- Recover more quickly and help you get back to daily life and activities that you enjoy.

Keeping active may also help to reduce the risk of cancer progression and risk of recurrence.



What does the programme involve?

We know that going through cancer treatment can be daunting. Our team of dedicated coaches will help and support you to make changes to your activity levels and nutrition that will work best for you.

- After you contact us, or we receive your referral, you'll get a call from the team within a few days. You will be matched with a specialist coach who will arrange an initial appointment with you.
- The initial appointment will help us get to know you and where you are currently at with your treatment and current activity levels and wellbeing. Our coach will discuss what level and type of exercises are safe and effective and create a personalised activity plan for you.
- We offer a ten-week group based physical activity classes that includes indoor and outdoor circuits, seated exercise and yoga. These are fun and friendly classes and an opportunity to meet like-minded people. We also have a running group and provide activity classes via Zoom to help you keep active at home.
- If you prefer one-to-one support we offer a programme of exercises designed for you to complete independently.
- As well as support with exercise, our coach will offer advice on healthy eating and how best to look after your mental health.

We will provide one-to-one support for up to 12 months and help you to have lasting activity habits so that you feel confident continuing to be active after you have finished the programme.

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Do you have classes online?

We provide online live sessions via Zoom. Classes include all ability circuits, seated exercise and yoga in addition to our in-person classes.

How much does it cost?

Thanks to funding from Brighton and Hove Clinical Commissioning Group, East Sussex Clinical Commissioning Group, Surrey and Sussex Cancer Alliance and Sussex Cancer Fund the programme is provided for free.



What happens if I have other health conditions or limitations as well as cancer?

Whatever your current level, fitness, ability, needs or goals, we are here to help.

Our experienced coaches are trained to support people with a range of health conditions or limitations as well as cancer. During your initial appointment they will get to know you, and your exercise programme will be tailored to you and your needs. We can make adaptations to exercises to suit you.

I am currently having treatment, is it safe to exercise whilst in treatment?

Research shows that it is safe to exercise whilst you are undergoing treatment. It is also recommended as it can help to maintain your strength and fitness and manage some of the side effects of treatment. The amount and level of activity that is appropriate will vary day by day, and also from person to person, so you should get support from a coach who can help advise what is best.



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I feel too tired to exercise, what should I do?

Fatigue and tiredness are common, especially if you are currently going through treatment. Cancer related fatigue does not get better with rest but can lead to inactivity, which can in turn result in reduced strength and fitness and greater levels of fatigue.

Regular activity can help to break this cycle and help you to manage and control your symptoms. The programme can help you to get started in a way that is right for you and help you to feel more energised.

I am already active, should I continue with what I am doing?

Keeping active, eating well and looking after your health is very important and beneficial. Getting support from a coach can help you to understand the most appropriate and safe amount and level of exercise for you, and can help you to plan your activity around treatments.



Can I refer myself or do I have to be referred by a health professional?

We accept both self-referrals and referrals from health professionals.

What happens after the 12 months of support?

Throughout the programme your coach will help you find activities you enjoy, support you to access other free or subsidised activities near you and help you to have lasting activity habits so that you feel confident to continue to be active after you have finished the 12-month programme.

Can I sign up at any point after my cancer diagnosis?

You can sign up at any point after your cancer diagnosis. We can support you before you start treatment, whilst you are receiving treatment and after you have finished treatment to help with your recovery. The sooner you can make changes to your activity and health, the better, however we are here for you whenever you are ready.

How do I get in touch?

You can contact Albion in the Community to find out more about our Brighter Outlook programme by calling: 01273 668591 or via email: brighteroutlook@albioninthecommunity.org.uk

For more information please call: **01273 668591**,
email: brighteroutlook@albioninthecommunity.org.uk
or visit: brighteroutlook.org.uk



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