



## Macmillan Move More East Lancs & Blackburn with Darwen Case Study 2016

### ‘Gentle Aqua & Swim’ Sessions Help Friends Get Active!

Hakeema Hussein aged 56 was diagnosed with breast cancer in 2014 and was informed about support available to be more active through the Macmillan Move More programme by her Breast Care Nurse.

Wanting to take some control of her health and help improve her feelings of fatigue with support from the programme she has increased her activity levels through walking, Tai Chi and also taking part in a weekly Aqua and Swim session at Blackburn Leisure Centre.

Initially scared of water Hakeema says the aqua sessions make her **‘feel confident and motivated’** and without the session she couldn't do the activities that she now enjoys and make her happy. The sessions are ladies only, run in a private, small pool and involve gentle shallow aqua exercises and swimming.

Hakeema told her close friend Rozi Nakhuda, 54 about the Aqua and Swim sessions as she felt she would also benefit from the sessions as she had also been diagnosed with breast cancer in 2014. Rozi says the sessions help her ‘keep fit’ and also help her when she feels down.

Both Hakeema and Rozi attend together on a weekly basis and find the opportunity to socialise with others at the class is also a big part of the benefits they feel from the sessions as it makes them feel happy and supported and they look forward to the activity every week.

The Aqua and Swim sessions were set up following feed back from individuals diagnosed with breast cancer that a ladies only session would be beneficial and have been supported by Lancashire Sport , ASA and Blackburn with Darwen Council HealthWISE team and Leisure Centre. The Macmillan Move More Programme helps individuals diagnosed with cancer in East Lancs & Blackburn with Darwen to be more active.



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