

MOVE MORE HELPING PEOPLE WITH BREAST CANCER BE ACTIVE

Macmillan Move More programme helps people with breast cancer across East Lancashire and Blackburn with Darwen to become more active.

Move More is part of The Macmillan Cancer Improvement Partnership which is a pioneering three year programme to provide better care and support for cancer patients from the moment of diagnosis to beyond treatment.



Members of the Move More sessions show us their Tai Chi!

“The move more sessions have encouraged me to develop self-confidence and become more active by exercising with a group of people who have been through same experiences as me”

Alison, 53 diagnosed with breast cancer in 2014

Macmillan Move More Programme East Lancs & Blackburn with Darwen Case Study 2015

Move More has been working closely with the Blackburn & East Lancashire Breast Care Support Group and following an initial presentation, consultation and taster session at the group it was identified that the group would like and benefit from the opportunity to attend a regular activity session.

A plan was put together to run a pilot of 6 activity sessions at St Silas Parish Centre in Blackburn specifically for individuals diagnosed with breast cancer.

The sessions have provided an opportunity to try out different activities such as Tai Chi, Pilates and Gentle Exercise Circuits and have been supported by Blackburn with Darwen Councils HealthWISE team. Individuals attending the group are at various stages of cancer diagnosis and treatment and the sessions help to find effective and safe ways to be active and stay active, no matter where they are on their cancer journey.

Ruth Loft, 68 was 44 when she was first diagnosed with breast cancer and diagnosed a second time 15 years ago. Ruth is the Secretary of Blackburn and East Lancashire Breast Care Support Group and has supported the development of the activity sessions.

Ruth says ***‘the Move More sessions provide an excellent variety of exercises and at everyone’s own pace. I feel more flexible and confident!’***

The sessions will now continue in Blackburn on a weekly basis every Monday evening.

For more information contact:

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Find us on facebook at *Macmillan Move More East Lancashire and Blackburn with Darwen*

