

'The programme is like a breath of fresh air that gives you strength, confidence friendship and support when you most need it'



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

Alison shares how Macmillan has helped her following cancer treatment.

'I was Diagnosed in 2014 following my 1st mammogram and I had a wide excision right lumpectomy, radiotherapy and adjunct therapy of Tamoxifen.

I found out about the Move More Programme at a Macmillan Event (Cancer Improvement Partnership Service User) in December 2014 and following requesting a referral from my GP I started with Move More in January 2015. Since then I've taken part in activities including a weekly Gentle Exercise and Tai Chi class and Gentle Aqua and Swim sessions. I've also taken part in 1-2-1 personal training sessions and Golf, Sailing and Fly Fishing taster sessions!

The extensive personal support I have been given by Move More has encouraged and motivated me to develop my personal fitness by undertaking fitness sessions and also having individual exercise programmes to help me continue my exercise regime even whilst on holiday! The support has also included demonstrating my fitness progress through fitness, psychological and fatigue questionnaires.

I have also been able to be supported by a group of individuals that have become life- long friends and all understand the challenges of conquering cancer treatment. We are able to work within our own individual capabilities and are motived to work harder and support each other to achieve.

The sessions have been my life line and without them I would not have been able to physically or mentally progress following cancer treatment to where I am today without the support of Move More.

The Move More programme is like a breath of fresh air that gives you strength, confidence friendship and support when you most need it. A must for anyone on a cancer Journey!!!!'

Alison 54.

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