

BEING ACTIVE



Sport, physical activity and cancer: a toolkit

Guidance for services setting up or signposting to local physical activity and sporting opportunities as part of the physical activity and behaviour change care pathway

**MACMILLAN
CANCER SUPPORT**



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This guide is designed to be read in conjunction with the Macmillan document *[Integrating Physical activity into cancer care: evidence and guidance](#)*.

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Introduction

Macmillan has identified and developed ways to support people with cancer to be physically active, recognising the health benefits of moving more. Through our pilot work in partnership across the UK with the NHS and local and national governments, we have identified and developed models which have the potential to support people with a range of long-term conditions and support behaviour change. We are particularly grateful to Sport England for their support, expertise and funding.

Macmillan has developed a model of care that can be integrated into the cancer care pathway to support people to become and stay more active. This is called the Move More model, and is described in detail in the Macmillan document *[Integrating Physical activity into cancer care: evidence and guidance](#)*.

In this Toolkit, you'll find all the information you need on setting up or signposting people living with cancer to sport and physical activity opportunities. It contains examples of opportunities and a spotlight on local services. This toolkit has been developed following testing from a UK-wide evaluation, so is based on service user insight and evidence, and feedback from service providers. It contains general guidance on setting up activities, and an A–Z of appropriate sports with practical tips and guidance.

Sport and physical activity opportunities offer a great way for people affected by cancer to get active. People with cancer often tell us that taking part in a sport helps them to feel more like their 'old self', helping them to take back control and improve quality of life. Sport involves skill and competition, and is a great social activity.¹

As well as being a great source of enjoyment, sport and physical activity has proven benefits to physical and mental

well-being, educational attainment, social cohesion and economic development.² However, 28% of the population are sedentary, only 57% meet the recommended Government guidelines and several demographic groups have activity levels well below the national average.³

People with cancer involved in Macmillan pilots have said they like to have a range of sport and physical activity opportunities to choose from. Following the participant feedback, services have started to enhance the number of opportunities and developed new partnerships and exciting initiatives around them.⁴ All across the UK, 'Get Back Into' sport sessions, and adapted sports like walking football are being set up. These often aim to help older or less physically able individuals enjoy competitive team sports, without the high impact or strenuous level of activity that standard versions of the same games require. These sports act as a gentle re-introduction to the sport, with similar rules to standard versions.

Sport has now become fully integrated into the Move More model and a wide range of new partnerships have been developed. These include national sports governing bodies, County Sports Partnerships, sports clubs, universities, support groups, faith groups, community centres, football associations, local authorities, leisure providers, other charities, challenge events, fundraising, volunteer organisations, libraries, NHS and private organisations.

We hope you find this toolkit useful in helping to integrate physical activity and sport into the cancer care pathway.

A woman with blonde hair in a ponytail, wearing a black tank top and black leggings with a blue waistband, is seen from behind. She is stretching her arms, with her hands clasped together above her head. She is wearing a white wristband on her left wrist and a black smartwatch on her right wrist. The background shows a paved path leading through a green, grassy area with trees in the distance.

SECTION ONE: PLANNING AND SETTING UP ACTIVITIES

Understanding how to target your physical activity and sporting offer

When developing your sport and physical activity offer, it is important that this is targeted to your service needs, taking into account a range of factors, such as:

- location
- accessibility
- time
- price
- group or individual session
- cancer specific or open to all
- type of activity
- intensity of activity

In order to target your sport and physical activity offer to the people in your area it is important to understand who your service users are going to be (and what their personal preferences and needs are). This can be achieved by carrying out surveys, focus groups, data from health care linking closely with key partners such as NHS hospital trust and public health, or utilising existing market segmentation. This might look into factors such as age, gender, ethnicity, socio-economic status, cancer type and stages, co-morbidities, and physical activity levels.

Useful resource:

Sport England Segmentation.
Sport England. *Get Healthy Get Active what we have learnt*. 2016.

Which physical activities?

The physical activities available should be based on your service users' personal preferences and needs. According to the data analysis Macmillan has carried out* most popular activities are:

1. Walking
2. Swimming
3. Gym
4. Cycling
5. Golf
6. Badminton
7. Yoga
8. Keep fit
9. Bowls
10. Aerobics
11. Football

A good starting point is therefore to make sure that you have links with the providers of all these activities within your geographic area. It will be important to ensure providers of these activities have had cancer awareness training. If you are in England, you can work with your County Sports Partnership to reach the providers.

The direct link to the cancer awareness training is available on our physical activity Learnzone <http://learnzone.org.uk/physicalactivity>

* This is based on data from Cancer Research UK, Sport England, Macmillan Cancer Support and the Census to show what age group you should focus on in order to maximise referrals to the programme.

Activity location and timing

Experience from our such as age, gender, ethnicity, socio-economic status, cancer type and stages, co-morbidities, physical activity levels) pilots shows that referrals are likely to be evenly spread across any geographic area. Services will therefore need to link with activity providers from all over the area.

Physical activities need to be accessible by public transport or by active travel, to reduce health inequalities. Insight research shows that people are prepared to travel for up to 20 minutes to access a physical activity. For people during treatment or with advanced cancer, travel will be tiring and may add an additional barrier to change.

You will also find that many of your service users will be working or have other caring responsibilities, meaning that physical activity opportunities need to be at a variety of times of day.

Working in partnership to set up or link to sport and physical activities

Signposting or starting a new sport and physical activity opportunity doesn't have to be daunting. You can get support from national and local organisations. Whether you are looking for equipment, financial support, or publicity, there are several ways to help start your session.

Local sports development teams

Your local authority sports development team or leisure trust can offer you a menu of opportunities in your local area and links to access local facilities, they can provide potential volunteers and access to local events and access to the parks in the area.

www.gov.uk/find-local-council

Local national governing body (NGB) representative

Your NGB representative can offer advice or best practice from other local sessions, tell you about any current projects that could support your session, and help promote your service.

Local sports clubs

Local sports clubs host community schemes that deliver a range of activities. Having a sports club on your side can be a great asset, as they may offer their branding, experienced coaches and reduced facility hire.



Helen, diagnosed with colon cancer in 2013

County Sport Partnership (CSP) (England only)

Your CSP supported by Sport England co-ordinates the effective delivery of local sport and physical activity by brokering relationships and influencing stakeholders. CSPs understand the needs of the local area to influence and guide decisions to maximise investment into sport and physical activity. They are also a key player in raising the profile of sport and physical activity through innovative local and national promotional campaigns. Your local CSP may be able to point you in the direction of potential funding schemes as well as sharing your session with their contacts and link to initiatives, events and forums.

Funding for Sport

This website provides a useful resource and guidance around the funding available to run sport and physical activity opportunities: www.funding4sport.co.uk. It also provides updates of new funds available to apply for.

Housing Associations

Housing Associations must contribute to their tenants' living environment. Many have a specific pot of corporate responsibility funding. If you know of a community suitable for your sport and physical activity opportunity, contact the Housing Associations and find out how to access this funding.

Funding for sport and physical activity opportunities

There might be sport specific funding on offer, to support with set up costs.

For example:

- Table Tennis Facility Grant Schemes (England) <http://tabletennisengland.co.uk/about/facilities/facility-funding>
- Rowing Foundation Grants to support rowing in Britain with preference shown to encouraging participation in rowing by disabled people through the provision of equipment www.therowingfoundation.org.uk/index.php
- Bowls England Greens Loan relates to any item connected with the bowling green www.bowlsengland.com/for-clubs/clubs-development-loans

How to set up sport and physical activity sessions for people living with and beyond cancer

Hints and Tips

- ‘Get back into’ and walking sports are popular, and services should aim to include these as part of their menu of opportunities.
- Some services provide free activity vouchers as an incentive to getting people started.
- Macmillan Challenge events are a fantastic way for service users to engage in a sport of their choice whilst raising money for Macmillan. There’s something for everyone, from 5k runs to full day treks. **Details of events and how to sign up are on the [Macmillan website](#).**
- Consider promoting seasonal sport and physical activity opportunities, as outdoor activities are more popular in the warmer months. There is useful research on this published on the Sport England website.*
- Use a flexible approach to meet service user needs: one size does not fit all.
- Projects should aim to support families who want to be active together.

Signposting to existing activities

- It is good practice to visit the session before signposting for quality assurance.
- Offer basic cancer awareness training for providers to build their confidence, knowledge and awareness of people affected by cancer. Ask to receive a copy of the certificate from the activity provider attending the online course.
- Engage with your local professional football clubs. Both football league and Premier

League clubs host community schemes that deliver a range of activities. Having a football club on your side can be a great asset, as they may offer branding, experienced coaches and reduced facility hire. *Move More* services have successfully engaged with their local clubs where they have featured in match programmes, promoted the sessions at half time displays and engaged with the ‘fit fans’ initiative.

Planning new activities

- Put together a list of service users who wish to be involved in a new session, it is important to consider the level of demand for the activity.
- You will need to consider the availability of facilities. Are there suitable facilities nearby and available at a reasonable cost and do you have the budget in place?
- Run taster sessions and discuss with the service users the most appropriate time, format and venue for the sessions to take place. Publicise the taster through local papers, sport centres and other outlets.
- Schedule the session at an appropriate time and venue.
- Conduct a risk assessment

Promoting your sessions

- Promote your sessions in line with the Macmillan Physical Activity Marketing toolkit**
- Utilise the Macmillan Marketing toolkit for sports poster templates and social media newsletter briefing sheets to promote sport and physical activity opportunities.

*Sport England. *Getting Active Outdoors* insight report. 2015.

** www.macmillan.org.uk/_images/promoting-your-service-toolkit_tcm9-300593.pdf

- We recommend using photography of men and women aged 35–74, including those with different disabilities and taking part in a wide variety of activities. We have held several photo shoots. These photos can be accessed through <http://thelibrary.macmillan.org.uk>.
- Think about language: for many inactive people and health and social care professionals the term 'sport' is viewed negatively.
- Update your menu of opportunities leaflet and database. Ask the National Governing Body (NGB) to promote the sessions via their social media, newsletter and website.
- Contacting your local Macmillan Information Centre, local Age UK and other organisations is a great way to get the word out about your new session.
- As well as signposting to challenge events, your regional fundraising manager can invite you to Macmillan events to promote your service and support you in accessing new business and workplaces to promote your session.
- Get involved with national campaigns
 - Campaigns include This Girl Can where services will have access to Sport England's toolkit including insight, imagery and slogans to promote their services. There is also the Get Set to Go Mind national campaign to encourage service users to take up sport to support with Mental Health issues.
- Take pop-up sports equipment along to wellbeing events and launches to promote the session. The NGBs will have a portable equipment that they may be able to bring along to your events.
- Often local newspapers are happy to include a story about your session to help attract new service users. You can invite them to come and take some photos of your session.
- Sports taster sessions are a useful recruitment tool.
- Utilise local champions and sport ambassadors to spread the work making sport the norm. For example a local football player with a connection to cancer.
- Combine with social events. coffee mornings designed to engage inactive people and increase confidence prior to moving them into activity opportunities.

Celebrating Success

- Keep photographic records of your activities, and publish details in the local newspapers and in your member newsletters.
- Celebrate successes of your service users engaging in the sport. Promote your session via BBC get inspired – a free online portal to help promote sport and physical activity opportunities. visit www.bbc.co.uk/getinspired
- Use social media to keep people informed on what is happening. For example create a social group page on Facebook where you can post pictures and videos

Developing your sessions

- Some of your service users may like the chance to get involved in more competitive activities. Organise your own internal leagues and competitions.
- Try and have a mix of recreational, competitive and social activities linked to the sessions. Many services offer a tea or coffee post session.
- Recruit champions from the service users who have been participating regularly.

Case study examples

 **Dorset:** walking, **Nordic walking, running and cycling coaches/leaders** received **basic cancer awareness training** on the Macmillan online Learnzone to increase their understanding of people affected by cancer and be able to signpost more effectively if required.

 **Guys and St Thomas** Move More service have linked with **The Bowls Alliance** as part of the Macmillan national partnership and campaign to deliver 'Just Bowl' training to the physios in the cancer department. The team have accessed portable bowls equipment and will be offering **taster sessions** alongside the circuit class and at Health & Well Being events. The team have also commenced stretch and relax yoga at the cancer centre and staff have attended a yoga training course.

 The **Velindre Cancer Centre** have developed a partnership with **Pedal Power** where Macmillan *Move More* physical activity resources are held and promoted by the organisation.

 **Luton:** New monthly 'mix it up' sessions are **taking** place which have included **taster sessions in indoor bowls, walking cricket, walking netball, walking football and table tennis**. Following the tasters the sessions have become sustainable with links to other long term condition service users taking part.

 **Dorset:** The Move More service in Dorset teamed up with another charity to hold a **climbing taster activity session** at Snowden in Wales. There were training sessions on offer in the build up to the event at the local climbing centre. Over 30 service users took part in the event. One participant said: "For me to walk up a hill was a feat, but a mountain, after cancer was definitely an eye opener. I felt proud of myself and I knew so many people would be too. Maybe it was physical tiredness that brought all the emotion out, and the fact it brought back memories of my own battle of cancer, the reason I was doing it. What a fantastic weekend. Bring on the next one."

 **Lincolnshire:** the service hosted by Lincolnshire Sport CSP has had a successful presence at the **Lincoln 10k where 25 service users walked the course and 5 runners took part on the day**. The service successfully held the second 5k Macmillan to raise vital funds for the charity.

 **Move More Aberdeen** have engaged with challenge events to offer further opportunities for their service users including the **Macmillan Longest Golf Day**.

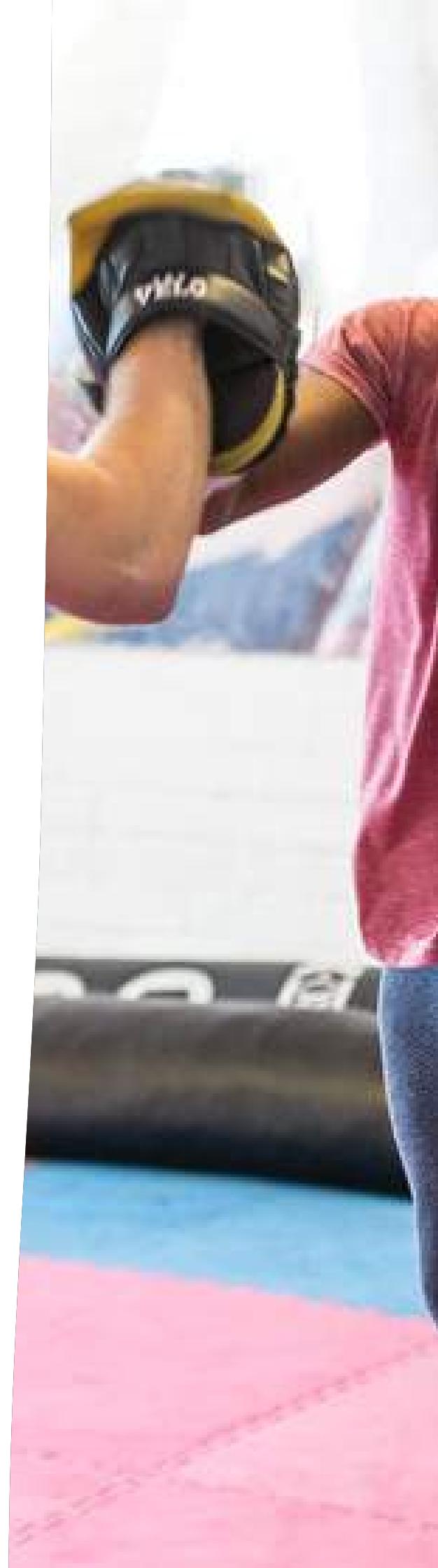
'For me to walk up a hill was a feat, but a mountain, after cancer was definitely an eye opener. I felt proud of myself and I knew so many people would be too.'

Anon

Active Luton recruited a local **Boxing champion**, Billy Schwer who helped spread the word about the service and attend local events. Billy, himself a vocal advocate for reversing poor health through good nutrition and regular activity, said: “I feel proud to be able to support such a fantastic programme. I believe that a combination of physical, mental and nutritional health will aid prevention and recovery of any disease. “This programme gives the tools to help people fight against cancer. You only have to look at the participants today to see the benefits that they are getting from the scheme.”

Tottenham: a bowls service user was filmed to showcase his experience on the programme and the benefits of being part of *Move More*. The film was shown on **BBC News** and **Sky Sports** and the participant attended a celebration event alongside Tottenham Footballers which received press coverage and generated further referrals. <https://app.frame.io/f/BdweKKHQ>

Brighton have launched a **brighter outlook run together** group for people affected by cancer in preparation for the Brighton 10K in April. The group featured in the local newspaper to promote the session which generated additional participants. The Brighton service is hosted by Albion in the Community football club. Match day tickets are offered as incentives for oncologists who refer in to the service.



 **Move More Blackburn with Darwen:** the service has fed back to NGBs on their product and their appropriateness for people affected by cancer. Successful links have made with the Accrington lung cancer support group, where the service delivered an information session about the service and delivered a Tai Chi taster session and adapted ballet. The service is in talks with Blackburn Rovers FC about linking in with the walking football group, in order to encourage male cancer referrals. Recently the service has promoted the importance of bone health and resistance training to existing move more exercises classes and breast cancer support groups, with each person having a resistance band and booklet to take home.

 A **Hertfordshire** service user has looked at ways to engage more males into the service and has **set up a cycling activity support group called 'prostate pedallers'**. One service user has attended motivational interview training and has set up a website and business cards to promote this activity option.

 **Eastleigh** has introduced **buddies to the service supporting new participants with swimming**. This has helped service users' confidence in the pool. The buddies are there to check on progress and ask how the sessions are going and if anything needs to be adjusted.

 **Walking Football.** Successful programmes have been set up in partnership with football clubs in Sheffield and Dorset. Dorset have focused on 'Healthy essentials for life after cancer treatment' specifically for testicular cancer service users in partnership with Bournemouth AFC. The project has received further funding from a local scaffolding company. Sheffield have focused on fans with testicular cancer at Sheffield United, they have helped to shape the programme curriculum and have featured in the match day programme.

 In **Bridport**, the service has linked with Table Tennis England and Dorset Table Tennis Centre to provide free Saturday morning sessions with coaching. New living well 'activators' are being trained up to promote the service.

 In **Luton**, the service has actively signposted to parkrun and has created Move More T-shirts with a text code to promote the service. Following the Move More sessions, service users have entered the 5K race in Milton Keynes Festival of Running, raising money for the charity and using the NHS Choices couch to 5k app programme.

 The **Sheffield Active Everyday** service set up a Sports Photobooth at their launch event and got each member to sign a pledge to the service whilst holding an item of sports equipment.

 The **Macmillan Active Manchester** Move More service invited sports clubs to their launch and the local CSP. They also got each guest to sign a pledge to the service.

 The **Dorset** Living Well Active Move More service invited NGBs along to their launch event. The NGBs brought along their pop-up equipment for service users to try out whilst they were walking round the stands. This included target zones and rebound boards.

 **Manchester Giants.** The service offers basketball match tickets as incentives for referrers and half time displays of the service at match events.



**SECTION TWO
SPORT AND
PHYSICAL
ACTIVITY
OPPORTUNITIES**

A–Z of sport and physical activity opportunities

Aerobics

Aerobics combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness).

Key Aerobics 'get back into' initiatives

Specific sports will have modified versions of aerobics. For example:

- Aqua Aerobics and the British Gymnastics 'Aerobic Gymnastics' initiative is a great way to improve fitness alone or with a team. If someone is new to the sport, they don't need any special equipment or skills to take part. They can just jump straight in and start building strength and stamina from day one.
www.british-gymnastics.org/discover/aerobic-gymnastics
- LTA Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities. www.lta.org.uk/play/types-of-tennis/cardio-tennis
- England Athletics AthleFIT combines the best of what are fundamentally athletic running, jumping and throwing events applied with the traditional circuit training approach:
www.englandathletics.org/athlefit
- Zumba Gold is designed for active older adults who are looking for a modified Zumba class that recreates the original Zumba moves at a lower-intensity.

Signposting to current provision

- Aerobics classes are available throughout each service area at local leisure centres and community halls. Alternatively, there are a number of good quality aerobics DVDs available, specifically our Move More DVD, which will enable your service users to participate in the activity from their own home.
- Contact your local fitness studio, health club, adult learning centre, community centre www.classfinder.org.uk

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Exercise To Music Certificate – a level 2 course, also known as 'entry level'.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to cancer module for quality assurance.

For more information

Visit our www.macmillan.org.uk/BeActive for access to our resources

Contact the Exercise, Movement and Dance Partnership www.emdp.org
Tel 01403 266000

Angling

Fishing helps people be active in beautiful surroundings outdoors.

Key Angling 'get back into' initiatives

- Let's Fish is targeted at 50+ and disabled anglers, a group participation programme in partnership with commercial fisheries.
- Club Fish is a club and commercial fishery development programme incorporating opportunities to support and increase regular participation.
- Go Fish is a national grass roots competition framework.
- Fishing for Life aims to help women with breast cancer learn to fly fish and in doing so, enhance their well-being and help them to develop a healthy life-long interest.

Signposting to current provision

- Find a club on the Angling Trust website or link with your local CSP for further information.

Training qualifications

- Check the lead coach or volunteer qualifications; as a minimum they should have received the Level 1 certificate in Angling.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Visit the Angling Trust
www.anglingtrust.net
or call **0844 7700616**



Archery

Archery offers many benefits, it helps to build strength and co-ordination and is accessible to everyone. It is a sociable and positive diversion away from daily commitments.

Key Archery 'get back into' initiatives

- **Target Archery** – This popular form of archery takes place on flat terrain and consists of shooting a given number of arrows, known as a round, at targets over distances of up to 100 yards for men and 80 yards for women. Indoor archery with its smaller target faces and closer distances is very popular during the winter months.
- **Field Archery** – Takes place on a course of targets set out in rough country (often woodland). The shooting distances are frequently unmarked so that archers have to rely on judgement and instinct, particularly if they elect to shoot without sighting aids or with the traditional longbow.

Signposting to current provision

- Anyone interested in taking up archery can contact their local club, by using Archery GB's Club Finder. With over 1,100 clubs in the UK, there will be one not too far away. Some clubs specialise in particular types of archery such as 'Target' or 'Field' and many have access to indoor facilities over the winter season for practising and shooting in competition at closer distances.
- Another way is to look to have an archery experience as part of a holiday or leisure break, or to experience archery through a 'come and try' at places like game fairs or county shows. A 'come and try' is often run by a local club and they will also be able to give information on the club and how to join.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Archery GB instructor award.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Visit Archery GB at www.archerygb.org
or call 01952 677 888

Athletics

Running is one of the simplest, cheapest and most effective forms of physical activity. It can be done almost anytime and anywhere, and requires very little equipment. Taking part in athletics running, jumping and throwing events is good for the heart and strengthens the bones and tendons, it increases mental functions and raises overall energy levels and a great way to de-stress and reduce anxiety.

Key Athletics 'get back into' initiatives

- **Run Together** – Run England/Jog Scotland/iRun Wales. This new social running programme aims to support people to take their first steps in walking, jogging and running activities. The NGBs also provide running route markers to be installed in local parks.
- **AthleFIT** – Indoor track and field recreational fitness aimed at increasing fitness and participation. These are delivered in local facilities and provides non-competitive fitness sessions.

Training qualifications

- Check the lead coach or volunteer qualifications; as a minimum they should have received the Leadership in running and fitness qualification, athletics assistant or athlefit leader.

Promoting your sessions

- Link to the Macmillan website to promote running for Team Macmillan www.macmillan.org.uk/findarun. There are also training plans and key resources available on the website.
<http://tzones.realbuzz.com/macmillan>



For more information

Visit England Athletics at <https://runtogether.co.uk> or call **01013476543**

Visit Jog Scotland at <http://jogscotland.org.uk> or call **0131 476 7321**

Visit Jog Wales at <http://irun.wales> or call **07597 074 055**

Visit Athletics NI at <http://athleticsni.org> or call **028 9060 2707**

Signposting to current provision

- Visit the online postcode tracker on the NGB website.
- Link with your regional athletics activator or club and coach support officer, details are on the NGB website.
- Signpost service users to parkrun – a series of 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in.
www.parkrun.org.uk
- There is a link to the NHS 'Couch to 5k' app on our www.macmillan.org.uk/BeActive website.



Case study

Leanne took part in OutRun for Macmillan and set herself the challenge of running a marathon during May, all while undergoing chemotherapy for acute myeloid leukaemia. “I will be completing a lot of the challenge from hospital as I will still be in treatment. Having OutRun to challenge me will give me a focus and something to aim for while in hospital. I know that being physically fit will help me through my treatment. One of my friends has offered to complete some of my OutRun miles for me on days when I don’t feel up to it and I’m trying to get some of my friends to take on their own OutRun challenges. When they say ‘I can’t run’ or ‘I won’t be able to do it’ I just tell them ‘if I can do it while undergoing chemotherapy, you can definitely do it!’” www.out-run.org.uk



Spotlight on Dorset Living Well Active running group

A student at Bournemouth University trained as a Run England leader and has started to lead sessions for people affected by cancer linked to the Dorset Living well active service.

Ashley said “I’ve been working alongside Living Well Active to support the service users to move more. The ladies who have attended the running group have now been inspired to enter the Bournemouth 10k. The success and determination of these women helps others take up running and improves their well being, the support that Living well active provides to them is amazing.”

Feedback from the ladies attending the sessions has been very positive and many didn’t anticipate the progress that had been made. Sessions were set at an appropriate pace and helped to grow their confidence and motivation levels.

‘The success and determination of these women helps others take up running and improves their well being, the support that Living well active provides to them is amazing.’

Ashley, Run England leader

Badminton

Badminton offers a full-body workout that tests agility and stamina, and is good for all ages. The almost weightless racquet is liberating. Equipment can be relatively cheap, and a lot of sport centres and clubs also rent for a nominal fee.

Key Badminton 'get back into' initiatives

- **No Strings Badminton** – relaxed, social play and weekly drop-in sessions, ideal for casual players of all abilities led by a welcoming session coordinator
www.nostringsbadminton.co.uk
- **Battle Badminton** – A good way to find new players to play socially in matches where they pick the venue, set the rules and log the results online
<http://battle.badmintonengland.co.uk>

Signposting to current provision

- Contact your local National Governing Body (NGB) participation manager or development officer for information on Badminton in your area. Access the NGB website postcode search function, there may already be a session taking place that you can signpost service users to.
- If you are based in England your local County Sport Partnership (CSP) can help facilitate these discussions with regional badminton participation managers.
- Local libraries and other information centers are likely to maintain directories of local clubs and sessions.
- Talk to the local Badminton Development Officers (NGB/Local Authority) and get in touch with sports coordinators in your Local Authority.

Training qualifications

- Check the lead coach or volunteer qualifications; as a minimum they should have received 'No Strings' Coordinator e-learning training module (coordinators get access to an online resource bank) or Badminton Leaders training.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to cancer module for quality assurance.

Promoting your sessions

- Engage in Badminton 4 Macmillan week, a campaign to increase participation which takes place for a week in November. There are many resources available online and fundraising ideas to support your event.
www.badmintonengland.co.uk/macmillan



For more information

Visit Badminton England at
www.badmintonengland.co.uk
or call **01908 268400**

Badminton Wales visit
www.badminton.wales
or call **0300 300 3124**

Badminton Scotland at
www.badmintonscotland.org.uk
or call **0141 445 1218**

Badminton Ireland at
www.badmintonireland.com
or call **0353 1 839 3028**

Basketball

Key Basketball 'get back into' initiatives

- **Walking Basketball** – Walking Basketball is a walking version of the 'running' game, suitable for all ages, sizes and abilities. For individuals or groups walking Basketball can deliver a safe, fun and fitness boosting experience.

Signposting to current provision

- Visit the NGB website to find a club or centre in your area where your service user can give basketball a go.
- There are indoor and outdoor facilities all over the country where you can simply round up service users, get a ball and get underway. Search for indoor and outdoor facilities using the NGB search function.
- There are over 800 clubs in the country so finding one close to where your service user lives shouldn't be too difficult. It has never been easier to join a basketball club.

Training qualifications

- Check the lead coach or volunteer qualifications; as a minimum they should have received the Basketball England Level 2 UK Coaching Certificate.

- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



The Manchester Giants have delivered a half time display promoting the Macmillan Active Manchester Move More service during one of the local league matches. The service also featured in the match day programme with details of how to refer in and on the Basketball club's social media. The club are now planning a Basketball legends event to promote the service.



For more information

Visit the Walking Basketball website at <http://walkingbasketballuk.com>

Visit the Basketball England website at www.basketballengland.co.uk

Visit the Basketball Wales website at www.basketballwales.com

Visit the Basketball Northern Ireland website at www.basketballni.com or call 028 90383817

Visit the Basketball Scotland website at www.basketballscotland.co.uk

Boccia

Boccia is a target ball sport similar in principle to bowls but is played indoors with soft leather balls. The game requires an element of skill rather than speed or strength. Boccia can be played for fun, enjoyment, social or health benefits but can also be played in a more competitive environment.

Signposting to current provision

- Contact your CSP or Local Sports Development team to find out about provision in your local area.
- Visit the NGB website session finder for signposting.
- National Boccia Day takes place on the 17th September. Find out on the NGB website information on the Boccia Fests that are taking place across the country.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 certificate in coaching Boccia.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit Boccia GB on <http://gb-boccia.org>



Bowls

Bowls is an accessible game that's quick to learn and combines physical activity with precision, patience, and power. It improves muscle strength, flexibility and endurance. It can be played at a competitive level, for those who want more of a challenge. Any version of the game can be played for fun with the whole family – indoors or outdoors.

Key Bowls 'get back into' initiatives

- Just Bowl Play Bowls4Fun is a new initiative making bowls more accessible than ever allowing it to be played in any venue at any time by anyone. www.playbowls.org

Signposting to current provision

- Contact your just bowl lead officers via the national governing bodies.
- Use the NGB handy 'find a club' tool online.

Promoting your sessions

- Link with key campaigns including Play Bowls Day. Create a fun, informal and social atmosphere to allow new participants to enjoy the game.
- Link with the Play Bowls Roadshow where the aim is to raise awareness of bowls within the specific area. This is delivered in a van with the equipment on board so taster sessions can be run at different venues.
- Get involved in Bowling for Macmillan week national campaign.

Training qualifications

- Check the lead coach or volunteer qualifications: as a minimum they should have received the Just Bowl leader training or the Level 1 award in coaching bowls.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Bowls England: www.bowlsengland.com
or call **01926 334609**

Bowls Scotland: www.bowlsscotland.com
or call **01292 294623**

The Welsh Bowling Association:
www.welshbowlingassociation.co.uk

The Northern Ireland Bowls Association:
<https://nibabowls.org>

Boxing

Regular boxing can help with weight loss and improve muscle tone, co-ordination and agility. It provides a full-body workout and builds strength, improves conditioning and is a great for cardio in a fun environment.

Key Boxing 'get back into' initiatives

BOX is the NGB's new recognised fitness boxing course. BOX Instructors are qualified to deliver fun fitness sessions incorporating Olympic-style boxing techniques.

Signposting to current provision

- To find a gym in your area that offers boxing training or circuit lessons for recreational boxers visit the NGB club finder or contact your regional secretary.
- Boxing clubs are open to all shapes and sizes, including people who just want to do non-contact boxing training or those who want to compete.
- Leisure and community centres run taster sessions and 'Hop, skip and punch' courses; contact your local authority or CSP for further info.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Boxing Level 1 Coaching Course.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



Active Luton recruited a local Boxing champion, Billy Schwer who helped spread the word about the service and attend local events. Billy, himself a vocal advocate for reversing poor health through good nutrition and regular activity, said: "I feel proud to be able to support such a fantastic programme. I believe that a combination of physical, mental and nutritional health will aid prevention and recovery of any disease. "This programme gives the tools to help people fight against cancer. You only have to look at the participants today to see the benefits that they are getting from the scheme."



For more information

Visit the England Amateur Boxing Association www.abae.co.uk/aba or call **0114 223 5654**

Visit Boxing Scotland
www.boxingscotland.org
or call **0845 241 7016**

Visit the Welsh Amateur Boxing Association
<http://welshboxingassociation.org>

Visit the Irish Amateur Boxing Association
<http://iaba.ie> (which covers Northern Ireland). Or call **01-4533371**



Canoe and Kayaking

Canoeing can be competitive or recreational, a team game or an individual test of speed and ability, a sociable hobby or a way of escaping the crowds. It's a low impact activity that can improve aerobic fitness, strength and flexibility. With a range of disciplines, distances, and many types of water to navigate, there's something for everyone.

Key Canoeing 'get back into' initiatives

- Starter Sessions provide a safe and fun introduction to canoeing. They are open to everyone and people don't need any previous canoeing experience, specialist kit or skills as everything they need will be provided. People just need to find a starter session nearby, turn up and have a go.
- Go Canoeing Guided Tour provides a great way to get on the water and head out on a canoeing adventure. There is a huge choice of boats to try on different tours, from the laidback traditional Canadian canoe to the freedom of 'sit on top' kayaks.

Signposting to current provision

- Visit the British Canoeing website, to find a starter session happening nearby; using the Go Canoeing Activity Search.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 Certificate in Coaching Paddlesport.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Visit British Canoeing at
www.britishcanoeing.org.uk
or call 0300 0119 500

Climbing

Climbing uses lots of muscle groups, both in the upper and lower body. Back, abdominal and leg muscles all get exercised as well as fingers, shoulders and arms. Regular climbing can improve stamina as well as muscle strength. In addition, all the reaching and stretching for holds improves flexibility and agility.

Key Climbing 'get back into' initiatives

- The 'Climbing Out' initiative runs 5 day residential outdoor activity programmes for young people facing life changing injury and illness. See weblink for further details.
www.climbingout.org.uk

Signposting to current provision

- The British Mountaineering Council website has a directory of all climbing facilities and taster sessions.
- Contact your CSP or Local Authority for information about climbing in your local area.
- Signpost service users to the Macmillan Mighty Hikes series there is training support available on the challenge events section of the website.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Climbing Leading award.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



Dorset Living Well Active

The Move More service in Dorset teamed up with another charity to hold a climbing taster activity session at Snowdon in Wales. There were training sessions on offer in the build up to the event at the local climbing centre. Over 30 service users took part in the event. One participant said:

"For me to walk up a hill was a feat, but a mountain, after cancer was definitely an eye opener. I felt proud of myself and I knew so many people would be too. Maybe it was physical tiredness that brought all the emotion out, and the fact it brought back memories of my own battle of cancer, the reason I was doing it. What a fantastic weekend. Bring on the next one."



For more information

Visit the British Mountaineering council at www.thebmc.co.uk or call 0161 445 6111

'I felt proud of myself and I knew so many people would be too.'

Move More participant

Cricket

Whether batting, bowling or fielding, cricket is a form of cardiovascular exercise that improves agility. It's great for hand-eye coordination and builds team spirit and develops concentration levels.

Key Cricket 'get back into' initiatives

- **Walking Cricket** – The rules of Walking Cricket are simple. It is the same game as normal cricket except with a softer ball (an 'Incrediball') and no-one can run. Batsmen "walk" between the wickets, Fielders walk after the ball and bowlers can't have a run-up only a walk-up.
- **Last Man Stands** – This offers an exciting and easily accessible format of cricket for busy people.
- **Easy Cricket** – A concept to get people involved and playing informal easy formats of the game. Easy Cricket will be delivered by Cricket Activators who might be able to get further support like training and a kit bag to help them initiate their Easy Cricket sessions.

Signposting to current provision

- Link with your regional cricket activator.
- Utilise the online directory to find a suitable club or session to start playing.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the ECB certificate in coaching adults cricket.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit the England and Wales Cricket Board
www.ecb.co.uk/development/get-into-cricket or call **020 7432 1200**

Visit Cricket Scotland www.cricketscotland.com/participation-news
or call **0131 313 7420**

Visit Cricket Ireland www.cricketireland.ie
or call **+353 1 8947914**

Cycling

Cycling is a great way to achieve the benefits from physical activity. For people with painful joints, regular cycling can help ease pain by building muscle strength and improving flexibility.

Key Cycling 'get back into' initiatives

- **Sky Ride** – if your service users are just starting out cycling, Sky Ride is the perfect place for them to begin, with friendly local rides led by experienced ride leaders and big city rides to inspire the whole family. www.goskyride.com/SkyRideLocal
- Ride Social is a social network for cyclists, the perfect next step after Sky Ride Local. Ride Social allows participants to meet like-minded cyclists in their area and organise rides. www.goskyride.com/Social
- British Cycling mapping allows members to save and share their favorite routes.
- The award-winning Breeze programme is a big part of British Cycling's ambition to get one million more women cycling by 2020, with fun, friendly, informal rides led by women, for women. www.goskyride.com/Breeze/Index
- **Last Man Stands** – This offers an exciting and easily accessible format of cricket for busy people.
- **Easy Cricket** – A concept to get people involved and playing informal easy formats of the game. Easy Cricket will be delivered by Cricket Activators who might be able to get further support like training and a kit bag to help them initiate their Easy Cricket sessions.

Signposting to current provision

- The British Cycling website has a wealth of information to get your service user started in the sport including key contacts of your local cycling development officers.
- Macmillan offer a range of cycling events with a 50% discount for Move More service users. www.macmillan.org.uk/get-involved/fundraising-events/look-for-an-event/cycling-events/2/start-index/0 There is also a Team Macmillan app where service users can access training resources.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received a British Cycling Level 1–3 Award in coaching cycling.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



Move More services in Luton and Shropshire have included cycling challenges as part of their sporty coffee morning and sport relief challenge events.



For more information

www.britishcycling.org.uk/getinvolved
or call **0161 274 2000**

Dance

Dance gives better posture, better balance, flexibility, core strength, leg strength, and physical co-ordination. Encourage your service users to mix up their regime by doing a few different classes to find one suitable to their needs.

Key Dance 'get back into' initiatives

- **Zumba Gold** – A dancing, aerobics fitness class at a lower intensity than traditional Zumba, aimed at the older generation, typically 50+
- **Back to Ballroom** – An initiative to get participants back into the dance they enjoy held in local community hall dance groups and leisure centres. Ballroom and Latin American dancing includes ten different dances, often divided into two groups: five 'modern', or 'standard', ballroom dances, and five Latin American dances.
- **Bhangra Bollywood Dance** – This combines traditional Bhangra dance styles fused with choreography from popular Bollywood films. Bollywood dancing offers some fantastic choreography to beautiful music adding some arms, hands and feet moves. The programme helps stretch and strengthens shoulder, chest, and back allowing the patient to improve range of motion and strength.
- **Walking jive** – A walking version of Ballroom Dancing.
- **Adult ballet** – Beginners' ballet sessions for adults. Participation in ballet classes at any level can have a positive impact on the body in terms of flexibility and strength.

Signposting to current provision

- Search for a local dance fitness class on the Exercise Movement and Dance partnership website.
- Contact your local Authority, leisure trust or CSP to find out about initiatives in your local area.

Training qualifications

- Bursaries are available to fund training via the NGB website.
- Check the lead coach or volunteer qualifications as a minimum they should have received the keep fit association L3, dance specific qualification or the exercise to music qualification.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit the exercise movement and dance partnership <http://emdp.org> and www.exercisemovedance.org/page/join-the-movement or call 01403 266000

New research has been published on the health benefits of Zumba Gold.⁵

Dancing for Health initiative – classes within the hospital and hospice setting

www.dancingforhealth.co.uk/case-studies

Equestrian

Horse riding is an excellent way to improve balance, co-ordination and flexibility. It strengthens core body muscles, tones the stomach and provides a great cardiovascular workout. It is an excellent activity to protect bone density not only from the actual riding but also associated activities such as lifting a saddle, pushing a barrow of manure, carrying buckets of water, feeds etc. Riding gets service users active outdoors, in countryside or urban green space, in contact with nature which leaves a feelgood factor after riding and enjoyment of being with horses.

Key Equestrian 'get back into' initiatives

- **Take Back the Reins** – A specialised course of coaching for adults wishing to get in the saddle
- **Hoof** – The British Equestrian Federation's participation programme that is helping more people to get in the saddle.

Signposting to current provision

- Follow the link on the website to find your local riding centre.
- link to the British Horse Society's list of approved riding schools and Bridleways Groups.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 equestrian UKCC qualification.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

"I assume that people who enjoy other sports feel good after a session but the feeling of wellbeing after riding can only be described as feeling 'alive'. Unlike sports where you use an innate item like a bike or a bat, with riding you are communicating with a living creature who responds to how you are feeling. Chemo affects your chest muscles and makes you feel a little breathless – getting outside, breathing deeply and feeling fresh air in your chest is a lovely feeling. It felt to me that being active was flushing the chemicals out of my system. I now have a new goal which is once again related to my riding. I want to get back to competing my horse at Endurance which means going out on lots of hacks with friends to build up both my horse's stamina and my own – just what I love doing – happy days!"

Lynda, Move More Participant



For more information

Visit Hoof Ride www.hoofride.co.uk/WhereToRide.aspx

Visit the British Horse Society www.bhs.org.uk or call 02476 840500

This website gives the results of a study carried out by the University of Brighton in 2010 together with Plumpton College to research the physical health, psychological and well-being benefits of recreational horse riding in the UK: www.bhs.org.uk/enjoy-riding/health-benefits⁶



‘I assume that people who enjoy other sports feel good after a session but the feeling of wellbeing after riding can only be described as feeling ‘alive’.’

Lynda, Move More participant

Football

Walking Football is a slower version of the traditional game. Although walking football isn't age or gender specific, the typical participant is a male of retirement age. Participants will often have played football in the past but have been out of the game for a number of years. Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility. And it's not just health benefits: walking football also offers social benefits. Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups.

Key Football 'get back into' initiatives

- **Walking Football** – The game is small sided, with no running on or off the ball, very little contact and kick-ins instead of throw-ins. With less stress on the body and no real sudden change of direction or cutting movements, the game allows participants to play in a safe environment. The Football Association has created a walking football toolkit in partnership with Age UK which includes rules and modifications of the game, session plans, promotion messages, case studies and guidance on accessing funding.⁷

www.walkingfootballunited.co.uk

- **Just Play! Kickabouts** – This initiative is about playing football "as simple as that". It is a fun informal way to turn up, and have a kick about without committing to a weekly game, league or team www.thefa.com/my-football/justplay

Signposting to current provision

- Your local county FA can offer advice or best practice, inform you about current initiatives in your area and help promote your session.
- Contact your local Age UK as there might be sessions already taking place locally.
- Your local County Sport Partnership may be able to point you in the direction of current initiatives and potential funding schemes as well as share your session with their contacts.

Planning your sessions

- Try and use a venue that is at the heart of the community and has regular football.
- Equipment needed is two goals, bibs and a soft 'futsal' ball.
- The maximum recommended pitch size is a third of a full-sized pitch.
- Keep it simple and encourage the players to wear something they feel comfortable doing physical activity in.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the FA leadership qualification and the Older Men's Network Walking Football training.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- Walking Football is a great talking point. Often local newspapers are happy to include a story to attract new players, so invite them to take photos of your session.



Top tip: Take pop up inflatable goals, balls and cones along to well being events and launches to promote the session. The FA may be able to bring along to your events.

 **Move More Luton** have adapted the game to make it more suitable for people affected by cancer. They have introduced breaks every 10 minutes and a softer 'futsal' ball is used. Participants meet for a coffee post session and have created a social group where the service users can make friends and have a laugh about the game.

 **Sheffield Walking Football**
In Sheffield, the Active Everyday service developed a Walking Football partnership with Sheffield United Football Club called 'Fans Fit for Cancer' (Fans FC). This is just one of the popular offers on their menu of opportunities; all aimed at males that wouldn't normally attend a support group from a range of ages, ethnicities, abilities and stages of their cancer journey.

Ian Margerison – Macmillan Involvement Co-ordinator said “it was really nice to see the relationships the service users had built, their enjoyment of the sessions, and the support available to them from the Active Everyday team.”

The Active Everyday team held a focus group to gather the thoughts, experiences, and opinions of participants to help develop and design the Fans' FC curriculum. Sessions are delivered by a Level 4 cancer exercise specialist and a Sheffield United Community Coach at no cost to the participant. The sessions have been promoted in the club's match programme and social media.

The programme has two elements: classroom and physical activity. The classroom activities are aimed at developing a person's knowledge of how to manage their health and physical activity. The physical activities sessions are aimed at slowly increasing a person's capacity whilst also offering them the opportunity to experience different forms of exercise; including, aerobic, flexibility, strength and sport (walking football).

For more information

Visit The Football Association at www.thefa.com and search for walking football or call **0800 169 1863**

Visit the Scottish Football Association at www.scottishfa.com and search for walking football or call **0141 616 6000**

Visit the Football Association of Wales at www.faw.org.uk or call **029 2043 5830**

Visit the Irish FA at www.irishfa.com/grassroots or call **028 90 669 458**

‘It was really nice to see the relationships the service users had built, their enjoyment of the sessions, and the support available to them from the Active Everyday team.’

Ian Margerison, Macmillan Engagement Lead

Gardening

As with other forms of physical activity, gardening can have many benefits for physical and mental health. Many people find gardening relaxing and get a sense of achievement from watching flowers bloom or eating home-grown vegetables. Being surrounded by nature can have a positive impact on mood. Research has shown that gardening can reduce depression and anxiety.

Key Gardening 'get back into' initiatives

- **Men in Sheds** – This supports older men who want to get together, share and learn new skills – all in the welcoming space of a 'Shed'. Men are provided the 'Shed' (a workshop), tools, and equipment and a paid co-ordinator for support.

<http://menssheds.org.uk>

- **Green Gym** – These are fun and free outdoor sessions where service users will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. www.tcv.org.uk/greengym

Signposting to current provision

- If your service users don't have a garden, there are other ways that they can get into gardening. Some Macmillan information centres have gardens attached to them and some Move More services in Scotland and Luton are developing local partnerships to build Macmillan Allotment gardens.
- Service users could grow flowers or plants in window boxes, or use containers on a patio or balcony.
- The Royal Horticultural Society has lots of practical advice about growing different plants and vegetables. Further information is available in our Macmillan Gardening leaflet.
- Get involved in a community garden scheme. The Federation of City Farms and Community Gardens can give you more information about schemes in your area.
- Hire an allotment. They are often popular and waiting lists can be long. In the first instance, you should contact your local council. You can also get information from The National Allotment Society
- As well as growing plants yourself, it can be good to get out and see what other people are doing. There are many public gardens to visit.

Training qualifications

- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit The National Gardens Scheme at www.ngs.org.uk. The National Gardens Scheme commissioned The King's Fund to write an independent report on the benefits of gardens and gardening on health.⁸

Visit the Federation of City Farms and Community Gardens at www.farmgarden.org.uk or call **0117 923 1800**

Visit the Royal Horticultural Society at www.rhs.org.uk or call **0845 260 5000**



Priti, diagnosed with ovarian cancer in 2014

Golf

Golf is a great sport for bringing people together, combining exercise, personal challenges, competition and social interaction.

Key Golf 'get back into' initiatives

- **Foot Golf** – This activity is golf but with a football and people kick the ball instead of swing a club. It is a fun alternative to normal golf and requires less expensive equipment.
www.ukfootgolf.com
- **Get Into Golf** – This is delivered through County Golf Partnership, and is targeted to get structured coaching and playing opportunities in a formal environment www.getintogolf.org

Signposting to current provision

- Taster sessions and beginner courses are not as expensive as people might think, and there are driving ranges available across the country. The majority of beginner courses will provide equipment, and clubs are available to rent at most golf courses. PGA pros are trained with the skills to coach a range of disabilities.
- Get in touch with your Golf Regional Managers who have a sound understanding of how to best support your service users needs. They provide a framework and implementation programme based on the local needs of golf facilities, golfers, volunteers and coaches. Their contact details are on the NGB website.
- The Golf Foundation have a network of Regional Officers who promote golf within the community.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the assistant coach Level 1 PGA Certificate in coaching Golf
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- Get involved in the Macmillan longest day Golf Challenge in June. Simply find a team of up to four players and then get set for the challenge: overcome 72 holes, 300 shots and a 20 mile walk.
<https://longestdaygolf.macmillan.org.uk>



For more information

England Golf: www.englandgolf.org
or call 01526 354500

Scottish Golf Union: www.scottishgolf.org
or call 01334 466477

Golf Union of Ireland: www.golfnet.ie
or call 02890491891

Golf union of Wales:
www.golfunionwales.org
or call 01633 436 040

‘It is so good as a professional to be able to offer something nice/ non-medical to patients that really makes a difference to their well-being.’

Jan Chalkley, Macmillan Lead Nurse Cancer & Palliative Care





Melani and Lilus, diagnosed with cancer, participating in the service at the Guy's & St Thomas' Cancer Centre, London

Gym

Going to the gym is a great way to achieve the benefits from physical activity, it can help protect the heart and is good for lungs, and can help build strength and endurance.

Key Gym 'get back into' initiatives

- **Green Gym** – These are fun and free outdoor sessions where service users will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Green Gyms also enhance mental wellbeing through increased contact with nature, the social benefits of group activity and helping people contribute something positive to their community.

Signposting to current provision

- Contact your local authority Sports Development team or leisure trust to find out about any sessions in local leisure centres or community centres to signpost to.
- July national fitness campaign aims to encourage people to join the gym between July-August, involves all leading health clubs and leisure centres as well as smaller independent ones offering discount to attract new gym goers.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 4 Cancer and Exercise rehabilitation qualification.

Promoting your sessions

- National Fitness day – National Fitness Day is the most active day of the year, bringing together people who have an interest in getting more people more active more often. www.nationalfitnessday.com
- Commit to get fit – This annual fitness campaign starts in early July and aims to encourage at least 100,000 people to try and improve their general fitness through going to the gym www.thefitmap.co.uk/healthclubs/basics/fia/commit-to-get-fit.htm
- Sport Relief: the weekend, every two years, when the British public can get active, have fun and raise cash to help people living incredibly tough lives both in the UK and around the world. Gyms take part in exercise bike relay and treadmill challenges. www.sportrelief.com/fundraise



For more information

UK Active www.ukactive.com
Tel 020 7400 8600

Gymnastics

There's a big social element to Gymnastics, which makes the sessions a lot of fun. Some people do gymnastics to improve their fitness strength and flexibility, others enjoy being competitive. But by far the biggest reason is the fun factor as well as getting a kick out of learning new skills. There's always a great atmosphere when people are practising and training together.

Key Gymnastics 'get back into' initiatives

- **Adult Gymnastics** – This provides a new opportunity to try out the sport; service users can test a range of different activities. Whether someone is looking to take their first steps in gymnastics or get back into the sport, adult gymnastics makes it easy.
- **Gymfit** – With a huge variety of exercises focusing on cardio, core, upper and lower body, people will come away from every session feeling fitter, healthier and one step closer to that gymnast's physique.
- **FreeG** – Freestyle gymnastics – combining elements from martial arts and stunt performance as well as gymnastics, there are no rules or competitions, it's 100% freestyle.

Signposting to current provision

- Explore the full range of options and find your local club at British Gymnastics site
- All clubs provide a safe, friendly environment with professional coaches. Gymnastics can be adapted to be inclusive for everyone, regardless of ability. Find the nearest venue in the Club Finder on the NGB website along with some helpful questions to ask the club.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Gymnastics Level 2 qualification.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit the Adult Gymnastics website at www.british-gymnastics.org/discover/adult-gymnastics

Visit the British Gymnastics website at www.british-gymnastics.org/discover or call 0345 1297129

Handball

Handball is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. The sport can help develop self-confidence and hand-eye coordination in addition to all the health benefits of getting active and having fun.

Key Handball 'get back into' initiatives

- England Handball have launched a new programme called TRY Handball – an informal approach to playing Handball using pop-out goals.

Signposting to current provision

- There are marketing materials available to promote women-only Try Handball sessions.
- If your service user is looking to join a club check the online our clubfinder for your nearest club contact your CSP or Sports Development team for further information.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 certificate in coaching Handball
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit British Handball at
<http://britishhandball.com>



Hockey

Hockey is a great team sport which is easy to pick up and combines tactics and team work with a great aerobic workout.

Key Hockey 'get back into' initiatives

- Back to Hockey: sessions are fun, sociable and informal and aimed at people who either haven't played hockey for a number of years or who are looking to play for the first time.
- Rush Hockey is fast, friendly and seriously good fun. It's 5-a-side and can be played indoors or outdoors. Easy to set up and with only a few simple rules Rush Hockey aims to get people playing quickly. Rush Hockey is all about playing games in a smaller space, so no need for coaches or full pitch hire. The smaller goals also means there is no need for goalkeepers. The larger lighter ball allows mixed genders and abilities to play together so it's a great way for players to come together and meet others.

Signposting to current provision

- Contact your local Hockey development officer or relationship manager contact details are on the NGB website.
- Visit the NGB website directory of local sessions.
- Contact your CSP, local authority or Sport Development team to find out about Hockey provision in your local area.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Coaching for club players qualification.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- Get involved in HockeyFest – a great way to create an interest in your club and encourage new and existing members to get involved in hockey, interact with your local community, raise awareness & create a buzz around your club. #HockeyFest, a fresh and exciting new campaign running in the place of the traditional Club Open Weekend.



For more information

Visit England Hockey
www.englishockey.co.uk
or call **01628 897500**

Visit Hockey Wales
<http://hockeywales.org.uk>
or call **029 2033 4909**

Visit Scottish Hockey
www.scottish-hockey.org.uk
or call **(0)141 550 5999**

Visit Hockey Ireland www.hockey.ie
or call **+ 353 (0) 1 716 3261**

Judo

Judo is a great cardiovascular workout. It also improves strength, flexibility, balance, posture, reflexes and co-ordination.

Key Judo 'get back into' initiatives

- **Yellow belt challenge** – Open to individuals from disadvantaged and vulnerable backgrounds. Within days of signing up people will receive their very own Yellow Belt Challenge pack in the post. This pack will give all the information they need to beat their challenge and will also invite them to attend the local judo club where the journey will begin. In addition to the pack, they will also receive One FREE judo session, 12 months FREE membership to British Judo, FREE gradings up to yellow belt (up to 4) One FREE judo suit.

Signposting to current provision

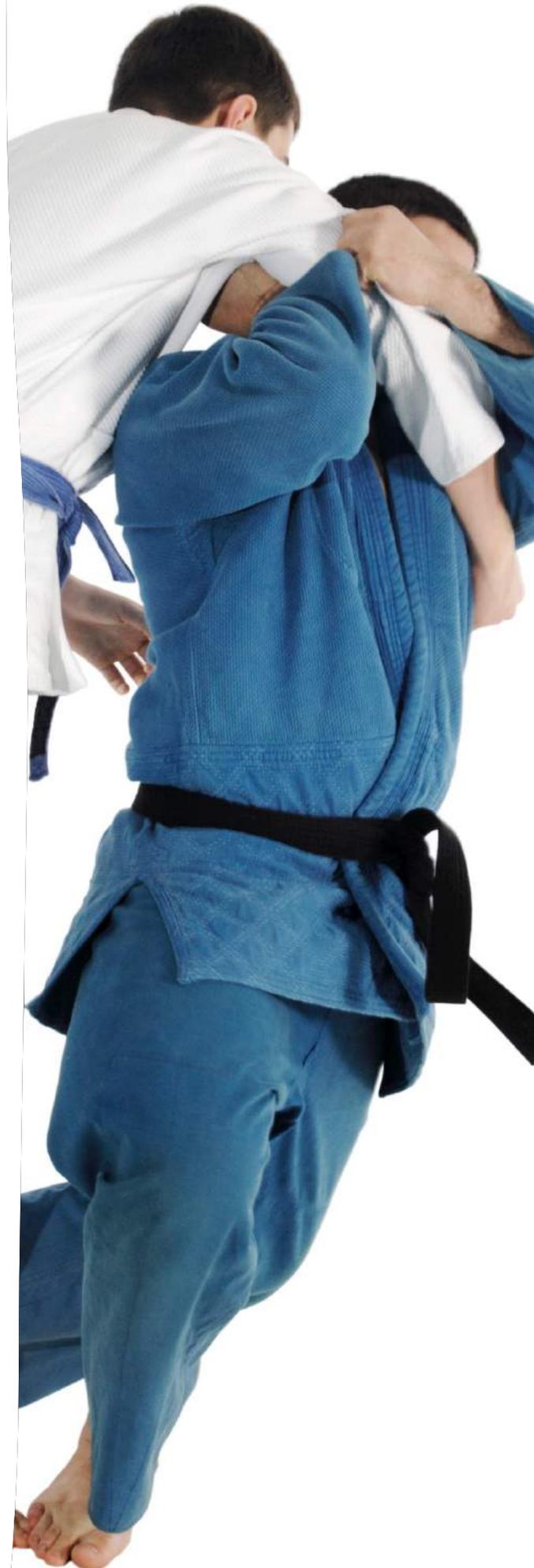
- Visit the British Judo Association, whose clubs offer a free first lesson and adult beginners courses.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 Award in Coaching Judo.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Visit British Judo www.britishjudo.org.uk
or call 01509 631670



Keep fit

Physical exercises to keep body healthy, often done regularly with other people: a keep-fit class improves strength, flexibility and endurance, and is quick to learn for all ages.

Key Keep Fit 'get back into' initiatives

- NHS get fit for free
www.nhs.uk/Livewell/fitness/Pages/free-fitness.aspx
- Tripudio
www.tripudiomovement.co.uk
Tripudio classes start and finish with a specifically designed warm-up and cool-down sequence that follows the protocol of manual lymphatic drainage and focuses on balance. The rest of the class is a combination of connective tissue stretching, non-weight bearing gentle strengthening and low impact aerobic dances set to music.

Signposting to current provision

- Contact your local CSP, Local Authority or Leisure trust for local keep fit classes there will be a variety on offer in a circuit, aerobics or sporting opportunity format and usually an online postcode finder to find the nearest session.
- There are a number of digital applications that can help people on the journey to becoming more active. Here are some:
www.macmillan.org.uk/information-and-support/coping/maintaining-a-healthy-lifestyle/keeping-active/apps-to-help-you.html#291893.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Tripudio Instructor qualification or cancer rehabilitation level 4.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

www.ymcafit.org.uk
0333 331 4196

‘I wish someone had told me sooner how beneficial it would have been while going through treatment. Physical activity is not a dirty word and gives the patient a sense of control over their body – both mentally and physically.’

Clare

Netball

From losing weight, developing the body's cardiovascular system and improving muscle tone, taking part in Back to Netball is great in so many ways.

Key Netball 'get back into' initiatives

- Walking netball (England) Walking Netball has evolved from a growing demand for walking sports. One of netball's strengths is that people never forget playing the sport and the memories as well as the love for the game never leave. Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level. www.englandnetball.co.uk/my-game/walking-netball
- **Bounce back to netball Scotland** – The programme provides the opportunity for people to ignite or rekindle their passion for netball in a fun and sociable environment. <http://bounceback.netballscotland.com>
- **Back to Netball**– This provides women of all ages with a gentle re-introduction to the sport. Run by passionate and enthusiastic coaches, sessions cover the basics of the game including passing, footwork and shooting. Sessions finish with a friendly game to put the skills into practice. www.englandnetball.co.uk/backtonetball
- The portable Netball Anywhere initiative takes a mobile court on tour, pitching up in car parks, town squares and parks all over the country to get as many people playing netball and keeping active as possible. www.englandnetball.co.uk/netball-anywhere-goes-nationwide

Signposting to current provision

- People don't need any special kit, just comfortable clothes and trainers ideally that lace up.
- Pop the person's postcode into the NGB handy session finder to find out where the nearest session is to signpost to or contact your regional Netball Development Officer to support with session development and links to activities and events in your service area.

Training qualifications

- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.
- Check the lead coach or volunteer qualifications: as a minimum they should have received the Walking netball host training. The aim of this six hour workshop is to provide people with the skills they need to be able to host a Walking Netball session. The workshop includes a mix of both theory and practical sessions. They might also have the UKCC Level 1 coaching netball Course.

Promoting your sessions

- Visit the Macmillan shop to get some Macmillan laces for your service users who are taking part to help promote the sessions.



For more information

Visit England Netball at www.englandnetball.co.uk and search for walking netball or call **01462 442 344**

Visit Netball Scotland at www.netballscotland.com and search for walking football or call **0141 428 3467**

Visit the Football Association of Wales at www.welshnetball.co.uk or call **02920 334950**

Visit Netball NI at <http://netballni.org> or call **028 90 736320**

Nordic Walking

Nordic Walking is an enhancement of ordinary walking. The use of walking poles means the upper body muscles are used as well as the legs. The poles help to propel the walker along – this means s/he works harder than usual yet the support given by the poles makes it feel easier.

Key Nordic Walking 'get back into' initiatives

- **Learn to Nordic Walk** – This award-winning course will help to learn Nordic walking technique and how to use it in order to achieve personal health and fitness goals.
- **Workout Walks** – For those who have completed the Learn to Nordic Walk course, these action-packed one hour walks are designed to help improve fitness levels and gain fast results.
- **Adventure Walks** – These are sociable Nordic walks in stunning locations with a mixed ability group. Led by accredited instructors or leaders, these walks make the most of beautiful countryside and are a relaxing way to enjoy being active outdoors.
- **Well Being Walks** – These are a gentle safe way to get fitter. These walks include exercises that help with flexibility, balance and strength whilst using poles to improve general fitness and increase joint mobility.

Signposting to current provision

- Visit the Nordic Walking UK class finder <https://exercise-anywhere.com> It's simple to choose the right session, in the right location and book online.
- Contact your local CSP, or local authority to link with current provision in your area. Programmes are delivered by leisure centres, in workplaces, hospitals and by independent Instructors. This means that there are plenty of options to find suitable sessions that cater for the needs of each and every participant from rehab level to workout walk.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the NWUK passport community Instructors, Nordic Walk leaders course.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit Nordic Walking UK at <http://nordicwalking.co.uk> or call 01392 956856



Michelle, diagnosed with breast cancer in 2016, and daughter

Orienteering

Orienteering is an exciting and challenging outdoor sport that exercises both mind and body. The aim is to navigate between control points marked on an orienteering map; as a competitive sport the challenge is to complete the course in the quickest time choosing the best route; people can run or walk making progress at their own pace.

Key Orienteering 'get back into' initiatives

- Xplorer; this is an outdoor navigational challenge for the whole family to enjoy and involves a healthy mix of physical activity and decision making.
www.britishorienteering.org.uk/page/xplorer.

Signposting to current provision

- Contact British Orienteering who have a database of local parks that have been mapped an event and clubfinder tool.
- Permanent Orienteering Courses offer service users a huge amount of variety, from urban courses in city centres to rural routes through beautiful scenery. They are on your doorstep or further afield helping people to discover new places.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the community orienteering award.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

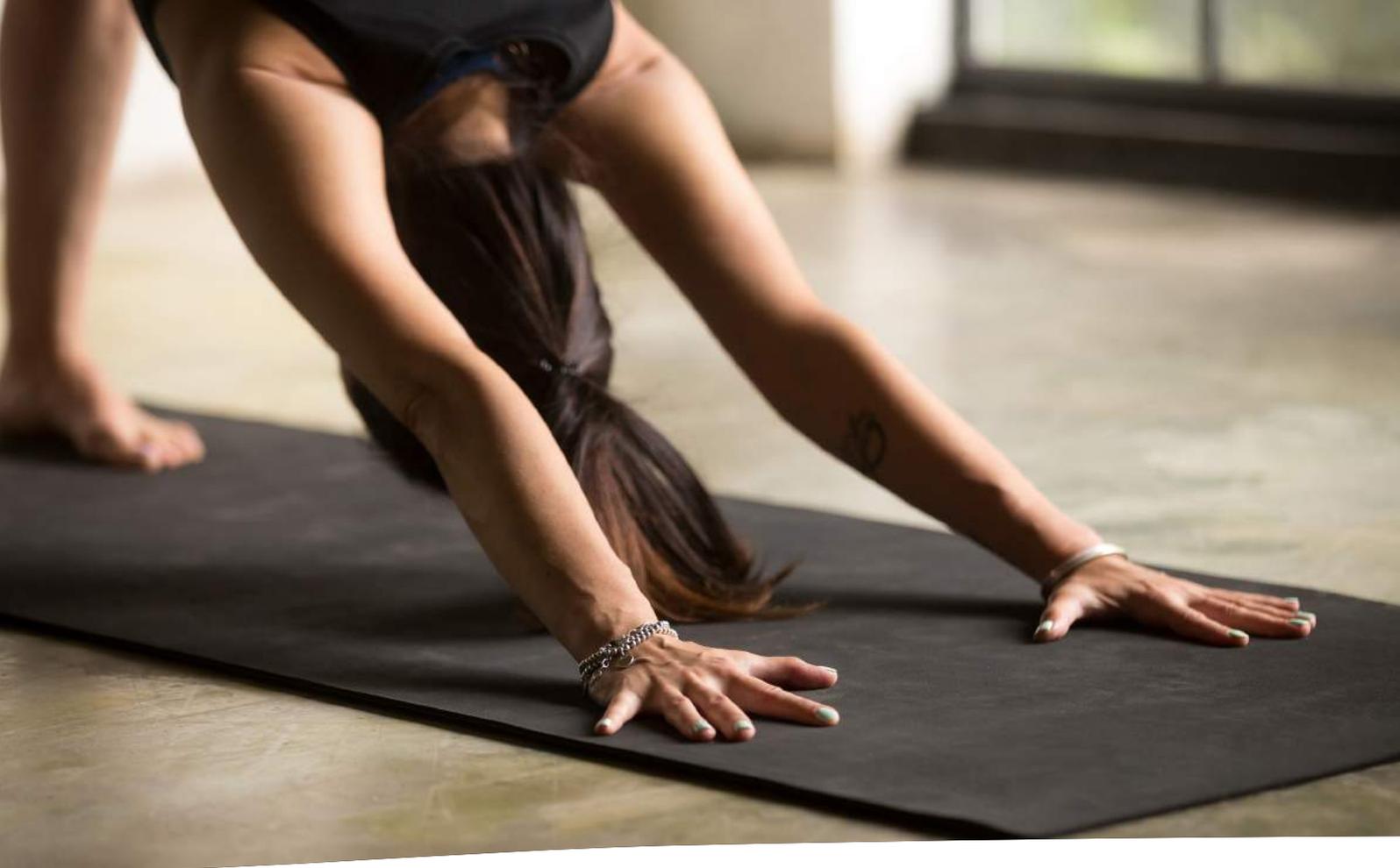
Promoting your sessions

- Take part in British Orienteering seasonal themed events check the NGB website for further details.



For more information

Visit British Orienteering at
www.britishorienteering.org.uk
or call 01629 583037



Pilates

Pilates strengthens the 'core' (abdominal and lower back) muscles. It helps stretch and strengthen shoulder, chest, and back allowing the patient to improve their range of motion and strength to those areas most affected by surgery, treatment, and reconstruction.

Key Pilates 'get back into' initiatives

- The Pink Ribbon pilates programme specifically addresses the needs and challenges facing all women recovering from breast cancer-related surgery.

Signposting to current provision

- The NHS website has a handy guide to pilates including videos.
- Contact your local leisure centre, local authority or community centre for local timetables of appropriate sessions to signpost to.

Training qualifications

- There is a nationally recognised level 3 qualification for mat-based pilates teaching.
- When choosing a pilates teacher, you should consider their experience and the quality of their training, as well as their personality and rapport. Experienced teachers will normally have undergone a minimum of 450 teacher training hours over a period of several months or years.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit www.nhs.uk/Livewell/fitness/Pages/pilates.aspx

www.pinkribbonprogram.com

Rounders

The sport of rounders is a fun, exciting, striking and fielding team game, where points known as 'rounders' are scored by a player hitting a ball and then completing a circuit of the track. As well as hand-eye co-ordination, playing rounders can improve skills, reflexes and cardiovascular health.

Key Rounders 'get back into' initiatives

- **Return To Rounders** – A series of 'get back into' rounders sessions in your local area. The simplicity of rounders, recalled from childhood, means that returning to the game is not a daunting prospect. The fun and social aspect of this team sport can benefit general well-being.

Signposting to current provision

- Service users trying rounders for the first time can use the online team finder to locate the nearest session, or check the event calendar to find rounders programmes. STAR Centres and indoor leagues also make it easier for people to play and develop their skills in rounders all year round.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Rounder's Activator course or the UKCC awards in coaching rounders.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit Rounders England
www.roundersengland.co.uk
or call 0114 248 0357

‘Regular Physical Activity during and after treatment enhances quality of life, reduces symptoms and is associated with better treatment outcomes and less complications. Good news for both patient and doctor.’

Dr Jerry Hill, GP

Rowing

Rowing is a great way to develop your service users' fitness or to stay physically active. It's a low-impact, full-body exercise that works every major muscle group and a safe and enjoyable way to exercise.

Key Rowing 'get back into' initiatives

- Learn to Row courses are aimed at complete beginners. For people with no knowledge about rowing, Learn to Row courses carefully build up skills
- **Row2Health** – Learn to Row course for people recovering from cancer.
- **Dragon Boat Racing** – There are specific organisations set up across the UK introducing dragon boat racing for people affected by cancer. One initiative is called 'Paddlers for Life'. The pulsation of the drum beats produced by the drummer may be considered the 'heartbeat' of the dragon boat. The drummer leads the paddlers throughout a race using the rhythmic drum beat to indicate the frequency and synchronicity of all the paddlers' strokes. The paddlers sit facing forwards in the boat, and use a specific type of paddle which, (unlike rowing sweep, or scull), is not rigged to the racing watercraft in any way.

Signposting to current provision

- Visit the British Rowing website and Find your nearest rowing club or see what affiliated water sports centres have to offer.
- If your service user prefers rowing on dry land there is an indoor rowing section on the website where you will find top tips to help service users to get started.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the UKCC Level 2 Certificate in Coaching Rowing.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



The Pink Champagne Breast Cancer Dragon Boat Team in Dorset

was set up by a group of breast cancer survivors in 2008, part of the menu of opportunities of the Dorset Living Well Active service in collaboration with the breast cancer team at The Royal Bournemouth Hospital and an expert team of exercise therapists at the Littledown Centre. Together, with the 150 other Breast Cancer Survivor Dragon Boat Teams worldwide, team members are contributing to a number of education and research programmes, as well acting as role models to inspire and encourage other men and women to achieve the physical, psychological and social benefits of physical activity, through the sport of dragon boat racing.



For more information

Visit British Rowing at www.britishrowing.org/go-rowing or call 020 8237 6700

Visit Paddlers for life at www.paddlersforlife.co.uk

Rugby

Rugby improves speed, agility and strength, it also has social benefits of playing in a team or with friends and a fun alternative to the gym.

Key Rugby 'get back into' initiatives

- Touch Rugby League is a fast, skilful and action-packed team sport, played in a fun and social atmosphere, without any of the tackling you see in a traditional game of Rugby League.
- Tag Rugby is a minimal contact team game in which each player wears shorts with velcro patches with two tags attached to them. The mode of play is similar to Rugby League or Touch Rugby with attacking players attempting to dodge, evade and pass a rugby ball while defenders attempt to prevent them scoring by 'tagging' – pulling a velcro attached tag from the ball carrier.

Signposting to current provision

- Visit the online session finder. Rugby is played in hundreds of community clubs across the UK. Clubs and coaches work hard to develop players, helping people reach their full potential.
- Representing a club is great way to continually improve, with regular competitive games in exciting and well-run regional and national league structures.
- Contact your local sports development team or CSP for rugby initiatives in your local area. In some locations there are Regional Rugby Development Officers who can help with signposting to appropriate sessions.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 Coaching Certificate in Rugby.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit Play Touch Rugby League at www.playtouchrugbyleague.co.uk

Visit Try Tag Rugby at www.trytagrugby.com

Visit the Welsh Rugby Union at www.wru.co.uk or call **0844 249 1999**

Visit Scottish Rugby at www.scottishrugby.org or call

Visit Irish Rugby at www.irishrugby.ie/home.php or call

Visit the England Rugby Union at www.englandrugby.com or call **0871 222 2120**

Swimming

An all-body activity accessible to all ages, swimming can help protect the heart and is good for lungs. It helps build strength and endurance, and is a good activity for people who have bone or joint pain. It can be helpful for people who have lymphoedema, as it gently massages the lymphatic muscles. Some people find water exercise (including things like aqua aerobics) helps with breast cancer symptoms.

Key Swimming 'get back into' initiatives

- The Swim Fit scheme www.swimming.org/swimfit is an interactive, social experience for swimmers to develop their fitness in an aquatic environment. Based on a gym programme, the programme provides structure and purpose to a pool session supported by an interactive online, social and pool customer experience. There are two Swimfit options – people can follow poolside session cards independently and progress at their own rate (Swimfit Activate) or they can take part in an instructor led session (Swimfit Activate+). Swimfit Activate+ Gym sessions aim to incorporate high impact, high calorie burning circuit style activities into the workout.
- **Swim 4 Health** – Participants receive a one to one 'swim 4 health appointments' which is a chat with a fitness instructor and a swim progress file to plan aquatic classes, progress chart, challenge-your-friend and technique tips. A free pass is given to an aquatic class of the person's choice. Free access to online resources to support the aqua journey
www.swim4fitness.co.uk
www.placesforpeopleleisure.org

- Swim Tag is a valuable addition to a swimmer's experience by motivating and encouraging them to reach their goals. Pools that are engaged in swimtag provide competition and provides key analytical data on laps completed and goals reached.
www.swimtag.net

- **Swimming After Surgery** – A swimming group for lymphoedema patients based in Shropshire, Cannock and Wellington but rolling out nationally
<http://swimmingaftersurgery.org.uk>

- **Swimdem Crew** – A London-based initiative with the potential to go national. Lido swimming programme that attract members, particularly from black and minority ethnic groups into swimming. They hold regular swimming sessions in lidos and group discussions.
www.swimdemcrew.co.uk

Signposting to current provision

- If your service users are new to swimming or are returning to the pool and want to brush up on skills, there are lots of swimming lessons available that are aimed specifically at adults.
- Most pools are open for early morning swims and close late in the evening. Different sessions are run throughout the day so you will often find adult only sessions or sessions – contact your local pool to find the best time to suit your service user.
- If your service user prefers something a bit more varied they can sign up to MySwimfit to access training plans and challenges.
- ASA Swimfit group classes (Swimfit Activate +) are available at pools across the country. Service users are able to discuss individual goals with a fully qualified Swimfit Activator before getting started on their very own pool workout programme. They will have the support of fellow swimmers and the motivation from the activator to help them go to greater lengths every time they swim.
- If your service user already enjoy aerobics or zumba, they can try Aqua Aerobics, Aqua Jogging or a high-energy Aqua Zumba class.
- Contact your local National Governing Body (NGB) participation manager or development officer for information on Swimming in your area. Access the NGB pool finder tool www.swimming.org/poolfinder, there may already be a session taking place that you can signpost service users to.
- For a further challenge signpost to Macmillan Challenge Events www.macmillan.org.uk/findaswim Participants receive a free Macmillan t shirt, hat and swimming band as well as a digital fundraising pack full of training and fundraising tips.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received an ASA Qualification rated Levels 2.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- Messages around what is safe and appropriate for a patient's type of cancer, treatment and stage are required to relieve their anxiety and that of their loved ones. Promote the benefits of swimming to your service users – swimming is a superb all body activity, which is accessible to people of all ages. It is a good means of recovering lost fitness gradually without putting too much stress and strain on the body.
- Chemotherapy lowers the number of blood cells in the blood. If white blood cells are low, people are more at risk of getting an infection. The cancer doctor might advise avoiding public places such as swimming pools until the white blood cells are back to a normal level. Also, if a person has a central or PICC line, they should avoid swimming because of the risk of infection.
- During radiotherapy if someone has a skin reaction or redness due to radiotherapy, avoid swimming as the chemicals in the water can irritate the skin. After treatment, when any redness or skin reaction has gone, it's fine to swim again.
- If the service user was an active swimmer before, they should not be disheartened if you are not at the level they once were. Start slow and build gradually from there. They should set a manageable goal within the Move More guide.



Move More Blackburn Swim & Aqua

The Lancashire ASA Aquatic Officer was contacted by the Move More practitioner to investigate potential opportunities for breast cancer patients to access private swim and aqua sessions. A proposal was then put together by Macmillan 'Move More' and Lancashire Sport Partnership and funding of £500 was secured from the ASA to set up a six week pilot in Blackburn with Darwen and Ribble Valley (areas in which the two breast cancer support group were based). The project so far has received a total of twenty new participants.

The Blackburn venue and sessions had many positives features that suited the target groups needs and activity being delivered:

- adaptable floor to provide appropriate depth for shallow aqua (1m–1.5m)
- private, separate small pool available for sessions
- lockable, private changing area including toilets and showers
- seating/social area to gather and chat after sessions
- friendly and helpful staff on reception –new ladies greeted and directed to changing facilities, pool ready and set up for sessions on time

- the same female life guard for each session (the ladies were comfortable with this and got to know this helpful member of staff)
- equipment readily available for each aqua session
- Move More Co-ordinator trained as a L4 Cancer Rehab Instructor and Shallow Aqua Instructor prior to sessions starting
- women were already familiar with the swimming coach through meeting them on the 'Move More' programme
- coach able to adapt sessions/exercises to suit target group i.e. those who have recently had breast surgery

The project appears to have benefited participants in many ways. Ladies who have attended sessions reported; improvements with mood, reductions in anxiety, stress and fatigue. Other direct impacts have included both swimmers and non-swimmers alike becoming more confident in the water.

Overall feedback has been extremely positive with all participants reporting that they enjoyed the sessions; want to take part again; and said they would recommend similar sessions to other breast cancer patients.

‘Being active with Walking for Health is a great way to reduce my fatigue while having a walk and chat with friends.’

Mike



Ruth, diagnosed with Ewing sarcoma in 2015

 For more information

Visit The ASA at www.swimming.org/asa

Visit Scottish Swimming
www.scottishswimming.com
or call 01786 466520

Visit Swim Wales www.swimwales.org
at or call 01792 513636

Visit Swim Ireland
www.swimireland.ie
or call 00353 (0) 1 6251120

Sailing

Sailing is the perfect way to experience tranquillity and freedom on the water. The various tasks associated with sailing also helps improve flexibility and agility. Activities like pulling lines or hosting sails can significantly improve hand and eye coordination skills as well as motor skills.

Key Sailing 'get back into' initiatives

- **Sailability** – This programme encourages and supports people with disabilities to take up the sport and facilitate sites to develop sailing opportunities.
- **'Get Back Into Sailing'** – Free weekly sessions at local clubs including further tuition to improve skills across many different areas of sailing, and the social side of being involved in a friendly, welcoming club. There are plenty of Royal Yachting Association Training Centres to get people started, and if they progress to racing, sailing can give one of the most comprehensive workouts around.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Royal Yachting Association Level 2.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit the Royal Yachting Association (RYA) at www.rya.org.uk/Pages/Home.aspx or call **023 8060 4100**

Visit the RYA Scotland at www.ryascotland.org.uk/Pages/Home.aspx or call **0131 317 7388**

Visit the RYA Northern Ireland at www.rya.org.uk/rya-regions/rya-ni/Pages/hub.aspx or call **028 9038 3812**

Visit the RYA Wales at www.rya.org.uk/rya-regions/rya-cymru-wales/Pages/hub.aspx or call **01248 670814**

Signposting to current provision

- There are hundreds of sailing clubs around the country who offer affordable membership and many have boats service users can use. Look at the “Join a Club” section on the Royal Yachting Association (RYA) website to find out more.
- A good starting point for many is to take an RYA course. With more than 1,000 training centres around the UK running over 300 different courses you're sure to find something nearby. Start Sailing with a dinghy course, learn to skipper a yacht with the Day Skipper course or get the basics of power with a Powerboat Level 1 – look at the “Find Training” section below and get afloat with the RYA.

Squash and racketball

Squash and racketball are fast-moving sports and is an excellent cardiovascular workout. They are easy to learn and can be played at any age. Squash increases flexibility and strength in the back it promotes good coordination, agility and builds hand–eye coordination.

Key Squash and racketball 'get back into' initiatives

- **Squash 101** – Whether you're new to squash or returning to the game, Squash 101 is a great intro to the sport. Fun, social and inclusive, it involves up to six players on court at once with games that will challenge both the body and mind.
- **Squash Girls Can** – This is a six to eight-week programme and grasp the basics with like-minded women.
- **Racketball** – If you relish long rallies, a great cardio workout but a slower pace, racketball is the game for you. Played with a slightly larger racket and a bigger, bouncier ball, racketball's great fun and ideal for beginners.

Signposting to current provision

- Use the squash finder to locate your nearest session or club.
- Contact your regional Squash development officer for details of squash provision in your local area.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 1 coaching squash award.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit England Squash at
www.englandsquash.com
or call **0161 231 4499**

Visit Squash Wales at
www.squashwales.co.uk
or call **0845 846 0027**

Visit Scottish Squash at
www.scottishsquash.org
or call **0131 625 4425**

Visit Irish Squash at
www.irishsquash.com
or call **+353-1-6251145**

Table Tennis

Table Tennis is a sport for life for all it helps reflexes to become sharper, enhances flexibility and mental agility.

Key Table Tennis 'get back into' initiatives

- Ping! is the free street table tennis project that takes place in towns and cities all over England. Visit www.pingengland.co.uk to find your nearest tables.
- Loop is on a mission to make ping pong part of thousands of places people already spend time in and makes it possible for people to play in the workplace, sports clubhouse, university or college campus, local pub, cafe or bar. The initiative is providing 'off the shelf' ping pong packages that include all the required equipment, training and support for people willing to champion the table (and resources to help with the promotions).
www.keepintheLOOP.co.uk/work
- The Instant Ping Pong Pack brings sport to where people are. Everything needed to play ping pong is in the pack, and the rollnet takes seconds to set up and put away. The rollnet can attach to almost any table so anywhere there an empty desk or table, people can play ping pong. The Play Cards show how fun, inclusive games can be run as well as providing competition formats. Age, gender, ability – it doesn't matter, everyone can play and enjoy ping pong! Each pack costs £27.50
<https://tabletennisengland.co.uk/play/social-table-tennis/instant-ping-packs>

Signposting to current provision

- Social table tennis is thriving in cafes, bars, workplaces, sports clubhouses, universities and colleges, shopping centres and all sorts of public spaces. There are also a growing number of dedicated social ping pong clubs that build an entire social experience around the game.
- Contact your local table tennis development officer and utilise the NGB online postcode session finder to signpost your service users to a session.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 1 Award in Coaching Table Tennis The UKCC Level 1 qualification will provide learners with the necessary skills to be able to plan and deliver basic table tennis coaching activities/sessions.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- National Table Tennis Day is a special day when the table tennis family can come together to celebrate and promote all that is great about our sport and – most importantly – have some fun. The dedicated day creates a focal point and an opportunity to do something as a community. It's also about helping to raise the profile of the sport and to reach out to new participants, volunteers and officials.

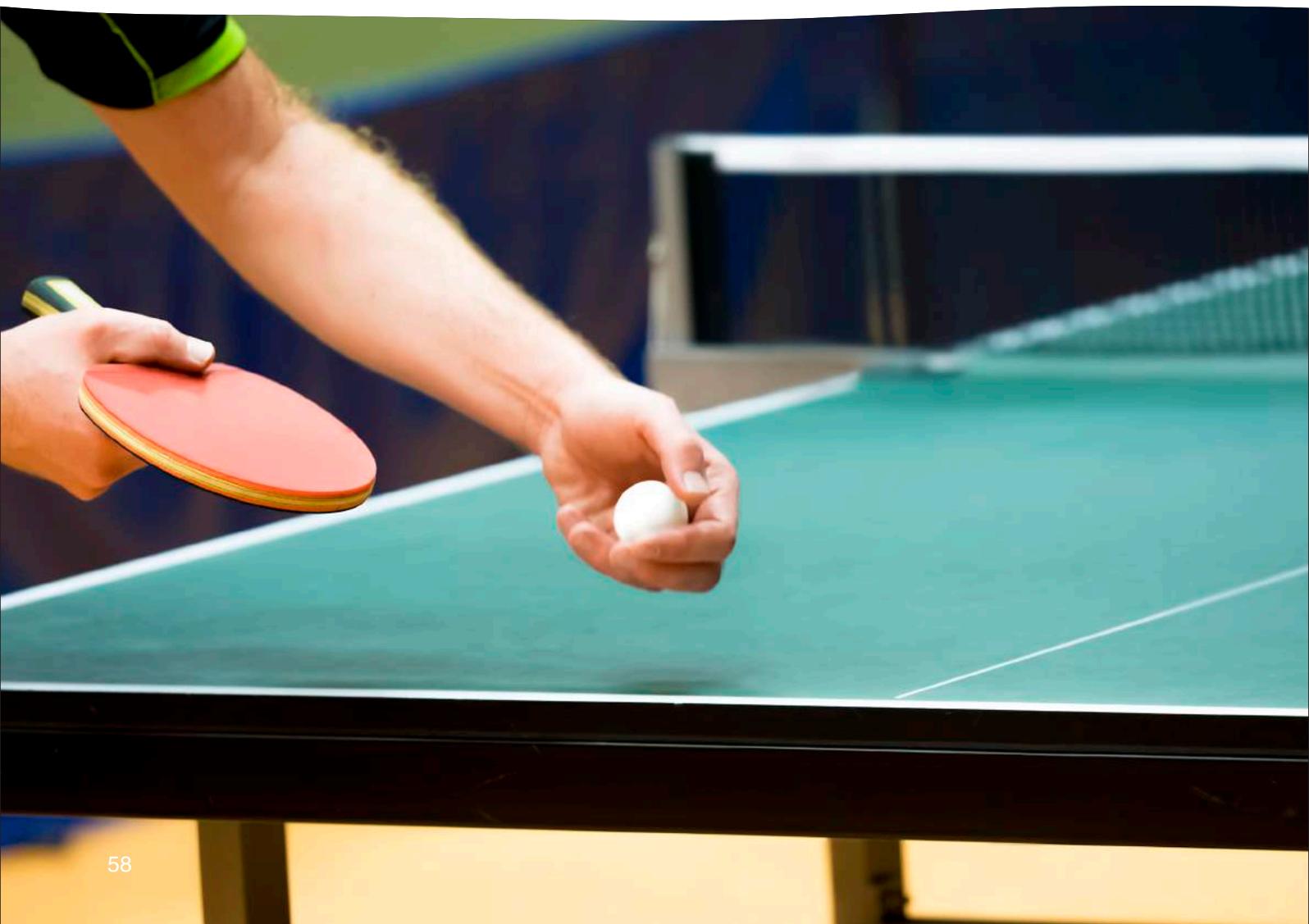
 For more information

Visit Table Tennis England
<https://tabletennisengland.co.uk>
or call **01908 208860**

Visit Table Tennis Scotland
<http://tabletennisscotland.co.uk>
or call **0131 317 8077**

Visit Table Tennis Wales
www.tabletennis.wales
or call **07747 037845**

Visit Table Tennis Ireland
www.tabletennisireland.ie
or call **00 353 1 6251135**



Tai Chi

Tai Chi promotes the use of internal energy (or Qi) to help with practising soft and hard techniques. Tai chi focusses on developing suppleness of the body incorporating elegant, slow and soft movements in a free-flowing style. It is commonly performed as a low-impact exercise, which means it won't put much pressure on bones and joints.

Signposting to current provision

- It's a good idea to watch a class or attend a free taster session before signing up for a course.
- Contact your local leisure centre or local authority to find out about Tai Chi provision in your local area.
- Visit the online Taichi directory to find a local session to signpost to www.taichifinder.co.uk/classes

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Tai Chi & Qigong Instructor.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

There is new research in Tai Chi: The effect of Tai Chi on four chronic conditions – cancer, osteoarthritis, heart failure and chronic obstructive pulmonary disease: a systematic review and meta-analyses The aim of this systematic review was to summarise current evidence regarding the effectiveness of Tai Chi in individuals with four common chronic conditions – cancer, osteoarthritis (OA), heart failure (HF) and chronic obstructive pulmonary disease (COPD). The results demonstrated a favourable effect or tendency of Tai Chi to improve physical performance.⁹



Move More Scotland Case Study

Move More Scotland offer gentle movement classes aligning breathing, physical activity, mental and spiritual awareness, which can be done seated, making it accessible for people of all ages and abilities. The classes take place across the libraries. There is a sense of calm in the room as a group of 15 people move their arms and bodies in unison, mimicking the instructor at the front.

The classes are very inclusive. You don't need special equipment or special training. It provides a foundation of a basic level of fitness and flexibility that people can then go on and do other exercises.



For more information

Visit the Tai Chi union for Great Britain
www.taichiunion.com

Tennis

Tennis is an energetic, fun and inclusive sport. It's a great way for players of all ages and abilities to meet new friends and keep healthy all year around. It improves fitness and skills such as speed, agility, balance and hand-eye coordination. Tennis provides a great full-body workout contributing to a healthy lifestyle.

Key Tennis 'get back into' initiatives

- **Cardio Tennis** – A series of tennis based drills played to music on a tennis court, designed to improve fitness for beginners and advanced players. www.lta.org.uk/play/types-of-tennis/cardio-tennis
- **Tennis Tuesdays** – Play with women of a similar standard and develop with a mixture of skills training from coaches and match play. Each week's session focuses on a different area of the game to will improve ability with a mixture of skills training from professional coaches and match play with other women at the same level. <https://clubspark.lta.org.uk/tennistuesdays>
- **Advantage Tennis Training** focuses on a number of tactical themes each week. Players will improve their level with sessions run by professional coaches and training with similar level male players. <https://clubspark.lta.org.uk/AdvantageTennisTraining>
- **Tennis Xpress** – This aims to teach adults who are new to the game or returning to the sport in 10 hours. It is a 5 week course of 10 hours with an aim of making it convenient to adults whilst offering sufficient learning and practice www3.lta.org.uk/Coaches-coaching-assistants/Tennis-Xpress/What-is-Tennis-Xpress

Signposting to current provision

- Contact your local Tennis Development officer to find out about opportunities local to you and visit the online NGB postcode finder to select an appropriate session.
- Signpost your service user to Local Tennis Leagues – Friendly, competitive tennis on a court near you
www.localtennisleagues.com
- Whether trying the sport for a first time or blowing away the cobwebs and heading back to the courts service users may need a racket, comfortable sports trainers, suitable clothing and tennis balls.

Training qualifications

- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.
- Check the lead coach or volunteer qualifications as a minimum they should have received the Tennis Leader, Level 1 LTA assistant course.

Promoting your sessions

- Great British Tennis Weekend
- <https://clubspark.lta.org.uk/OpenDays>
- Get outdoors and try tennis for free this summer at the Great British Tennis Weekends on 16 & 17 May, 13 & 14 June and 1 & 2 August.



For more information

Visit the Lawn Tennis Association at www.lta.org.uk or call 020 8487 7000



Triathlon

Think of triathlon as the ultimate in cross training. By swimming, cycling and running, many of the muscle groups will be tested in a variety of combinations. As a multi-discipline sport it can also help to prevent injuries. It is fun, sociable and can give a great personal satisfaction for first time finishers.

Key Triathlon 'get back into' initiatives

- GO TRI events and training sessions are the perfect way to taste the triathlon experience, get active and have fun. People can take part in their own mini triathlon, pledging to do #YOURGOTRI for inspiration and to receive hints and tips along the way.

Signposting to current provision

- Clubs are a great way to meet new people and progress training. Search for British Triathlon affiliated clubs on the British Triathlon website and find an event nearby.

- Visit the Macmillan Challenge events website to find events supported by Macmillan and top tips to get started www.macmillan.org.uk/findatri Tri training made easy. Once someone has joined Team Macmillan they will receive bi-monthly triathlon training e-newsletters. We work with a number of training specialists and professional triathletes to help provide regular and current training advice.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Level 2 Triathlon Coach qualification.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

For more information

Visit British Triathlon at www.britishtriathlon.org or call 01509 226 161

Volleyball

Volleyball is a good cardiovascular workout and an excellent means of improving hand-eye co-ordination, it is a very social game and a great way to meet friends.

Key Volleyball 'get back into' initiatives

- Go Spike runs all year across England at numerous events,
- **Sitting Volleyball** – This has grown to be one of the more popular Paralympic sports due to the fast and exciting action. At club level, the game offers both disabled and non-disabled players the opportunity to compete both with and against each other.

Signposting to current provision

- To get started as a beginner or experienced player in a club go to the “get involved” page on the NGB website to get details of a club or session in your area.
- People can sign up and try volleyball for free by attending a Go Spike or Glow in the dark volleyball event. Details are on the NGB website.

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the UKCC Level 2 award in coaching volleyball.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit Volleyball England at www.volleyballengland.org or call **01509 227722**

Visit Volleyball Wales at www.volleyballwales.org or call **029 2041 6537**

Visit Scottish Volleyball at www.scottishvolleyball.org or call **0131 556 4633**

Visit NI Volleyball at www.nivolleyball.com/index.php

‘Physical activity helped with tackling low moods, and gave me a feeling of getting back to a normal life.’

Parul

Walking

Walking is one of the most popular forms of activity and a great way to get people affected by cancer more active. Walking groups are an enjoyable, social way to become active. There are free, guided health walks across the UK.

Key Walking 'get back into' initiatives

Health walk programmes across the UK offer free, short and friendly health walks. With all health walks, people can expect:

- walks starting from half an hour or less
- walks to suit people with long-term health conditions, including cancer
- friendly, knowledgeable, trained walk leaders
- safe routes
- a welcoming atmosphere.

Walking for Health in England

Walking for Health is England's largest network of health walk schemes, helping all kinds of people to lead a more active lifestyle.

Their aim is to help more people – including those affected by cancer – discover the joys and health benefits of walking.

www.walkingforhealth.org.uk

Walking for Health Northern Ireland

Walking for Health group walks are aimed at people who do little or no physical activity but would like to become more active.

These groups are led by trained volunteers and are available throughout Northern Ireland. If someone is interested in finding out about walking groups in the area or would like to become a trained walk leader, then contact the Physical Activity Coordinator in your local health trust to find out about health walks.

Paths for All in Scotland

Paths for All believes walking is for everyone, everyday, everywhere. It has established health walk groups across Scotland to create a supportive and friendly environment for people to start to enjoy the many benefits of being physically active. The group health walks are led by a trained volunteer and are less than an hour long.

Together with Macmillan Cancer support and as part of the Move More programme, Paths for All also delivers walks specifically for those affected by cancer in Aberdeen, Glasgow, Dundee, Fife and Edinburgh.

To find out more, visit
www.pathsforall.org.uk/pfa-home

Let's Walk Cymru

Let's Walk Cymru covers all of Wales and is run by the Ramblers Cymru. The programme is funded through a grant from the Welsh Government and is part of the Welsh Government's national campaign for a happier and healthier Wales.

Let's Walk Cymru aims to help make everyone in Wales become fitter and happier through regular walking in the company of new friends in one of the expert-led groups.

To find out more, visit
www.letswalkcymru.org.uk

Signposting to current provision

- Visit your local health walks website postcode finder tool or contact your walking regional development officer.
- The physical activity team have developed several briefing sheets, case studies and resources of how services can engage with a health walks session.
- There are lots of walks and treks that people can do for Team Macmillan
www.macmillan.org.uk/findatrek

Training qualifications

- Check the lead coach or volunteer qualifications as a minimum they should have received the Walk leader training 1 day course and be able to access the toolkit resources online.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.

Promoting your sessions

- Walking is easy to start slowly and build up gradually, as well as being the ideal exercise to fit around everyday life.

- People do not need any specialist equipment just a pair of comfortable shoes.
- People may want to track your progress by ordering a Macmillan Pedometer from the shop or even download a step counter app on the phone.



For more information

www.macmillan.org.uk/information-and-support/coping/maintaining-a-healthy-lifestyle/keeping-active/health-walks.html



Joyce, diagnosed with Head and Neck cancer in 2009, with her Walking for Health group

Yoga

The practice of yoga helps to co-ordinate the breath, mind and body to encourage balance, both internally and externally and promote feelings of relaxation and ease.

Key Yoga 'get back into' initiatives

- **Yoga for All** – This introduces foundational yoga postures, teaches people how to breathe and helps people feel more comfortable in the yoga practice.

Signposting to current provision

- The British Wheel of Yoga has an online postcode finder
www.bwy.org.uk/find-a-teacher-class
- Contact your local authority Sports Development team or leisure trust to find out about any sessions in local leisure centres or community centres to signpost to.

Training qualifications

- There is a foundation course module titled 'Yoga for People Living with Cancer' This course explores yoga's vast potential for healing, and how a yoga practice can support people as they deal with the challenges of cancer and its treatment. Its aim is to help teachers develop the knowledge, insight, professional skills, and confidence to undertake this specialised, inspiring teaching.
- Check the lead coach or volunteer qualifications as a minimum they should have received the BWY Teacher Training courses.
- Volunteers should be recommended to complete the online modules on the Macmillan Physical Activity Learnzone page, specifically the Introduction to Cancer module for quality assurance.



For more information

Visit the British Wheel of Yoga at www.bwy.org.uk or call 01529 306851

'Being physically active has helped me take control over my health and well-being. This has also given me purpose and motivation allowing me move away from feeling poorly toward feeling healthy!'

Daniel



Macmillan Challenge Events

These events are a fun way of getting people active and can provide motivation to help people achieve their goals.

For the full calendar of events visit the Macmillan Cancer Support Challenge Events section of the website www.macmillan.org.uk/get-involved/fundraising-events



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Being told 'you have cancer' can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you're still you. We get that. And, after over 100 years of helping people through cancer, we get what's most important: that you're treated as a person, not just a patient.

It's why we'll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. **For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk)**

