

The Get Active Feel Good project is open to Shrewsbury and Telford Hospitals NHS Trust patients from Shrewsbury, Telford and Powys. Your physiotherapist or cancer nurse can refer to our Get Active Feel Good Adviser for an individual appointment and assessment. If you would like to be referred, please talk to your key nurse or physiotherapist.

## Questions about cancer?

Cancer is the toughest fight most of us will ever face. But you don't have to go through it alone. The Macmillan team is with you every step of the way.

If you have any questions about cancer, need support or just someone to talk to, call free, Monday to Friday 9am-8pm (interpretation service available) on **0808 808 00 00** or visit **www.macmillan.org.uk**.

If you are deaf or hard of hearing, you can use our textphone service on 0808 808 0121, or the Text Relay system.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

The photograph has been posed by models, but the quote is a real quote from a person who has benefited from increased physical activity.

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Shropshire County **NHS**  
Primary Care Trust

**A service providing practical help for people with cancer in becoming more active**





**“There is no doubt in my mind at all that if I had been given specific training in exercise for cancer patients then my overall recovery would have been greatly enhanced and shortened”**

## Who we are

Get Active, Feel Good is a new project for Princess Royal and Royal Shrewsbury Hospital patients, to support people with cancer in being more active. Keeping active is one of the best ways to make a positive difference to your life, at whatever stage of cancer treatment you might be. Our Get Active, Feel Good Adviser is an exercise specialist trained in working with cancer patients who will help you with safe and effective ways of being active.

## How does being active help?

Cancer and its treatment can cause physical changes and dealing with these is often stressful. Being more physically active can help you cope with and recover from some of these changes.

Doctors used to advise people to rest as much as possible during treatment, but this has now changed. We know that too much rest can result in loss of muscle and leaves you with low energy levels.

Being active during and after treatment can help

- Reduce tiredness, reduce stress and anxiety
- Help look after your bones
- Help look after your heart
- Help keep your weight healthy
- Improve your quality of life.

## How can Get Active, Feel Good project, help me?

Whatever your health, regular physical activity can help you feel better. However, being more active can be challenging, particularly if you are also dealing with a difficult illness, and it's important to get advice before you start.

The Get Active, Feel Good project can support you in starting regular, sustainable, physical activity. An appointment with our advisor will give you an individual assessment and consultation to:

- Overcome your concerns
- Plan safe and effective exercise that meets your personal needs and abilities

- Find suitable activities to build your physical fitness in ways that suit you
- Manage the side effects or after effects of treatment
- Choose enjoyable physical activities that fit into your life and match your interests.
- Plan ongoing support to help you keep as active as you would like.
- Receive a free Get Active Feel Good pack and resources to help you get moving

If you've received a referral to the "Get Active, Feel Good Project, this is because your nurse or physiotherapist has seen that increasing physical activity can be of benefit to your health and your quality of life.

To book your free appointment (Telford or Shrewsbury) please contact us on **0772 9111 904** or email [getactivegreg@gmail.com](mailto:getactivegreg@gmail.com)