



If you're living with cancer in Walsall, Macmillan's Feel Good Move More scheme is here to help you get and stay active. Our exercise professionals really understand cancer and can create a physical activity programme just for you, as well as give you ongoing support.

Taking part in physical activity during and after cancer treatment is nearly always safe and can make a big difference to your quality of life.

What's more, getting active is also a great chance to meet others with similar experiences.

Join Feel Good Move More Walsall

For a free Feel Good consultation with one of our specialist physical activity advisors, contact Feel Good Move More using the details below or ask your clinical nurse specialist or consultant to refer you.

Call **01922 270 453** or **07789 983874**, fax **01922 444143**

or email feelgood.movemore@nhs.net

www.facebook.com/FeelGoodMoveMoreWalsall

For information and advice about getting active, call **0808 808 00 00** or visit macmillan.org.uk/physicalactivity

Together with Macmillan

Walsall Healthcare 
NHS Trust

LIVING
WITH
CANCER?

WE'LL HELP YOU

GET
ACTIVE

WE ARE
MACMILLAN.
CANCER SUPPORT

Feel Good Move More Walsall.
Be a more active you.



? Why get more active?

When you're living with or after cancer, physical activity can help you make a positive change to your life. Cancer and its treatments 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 changed. We now know that too much rest results in loss of muscle strength and leaves you with low energy levels.

Being active during and after treatment can:

- reduce tiredness (fatigue)
- reduce stress and anxiety
- help look after your bones
- help look after your heart
- help reduce your risk of getting a blood clot
- help keep your weight healthy.



'You do as much or as little as you could cope with.'
Linda Pitchford - Service user

? How can we help?

You may be a little nervous about building up your activity levels, particularly if it's for the first time or if you haven't been very active for a while. You may feel too tired or just not know where to begin.

Our NHS Macmillan Physical Activity Advisor is trained to work with people affected by cancer and can support you in finding safe and effective ways of becoming more active. We can offer and advise on a range of activities that fits with your needs, interests and abilities within your local area.

As part of your care pathway you have the opportunity to meet with your NHS Macmillan Physical Activity Advisor for a one-to-one Feel Good consultation. This will give you the opportunity to ask any questions you may have and to gain advice and support on physical activity.

We can support you to:

- overcome your concerns
- find suitable activities to build your physical fitness
- manage the side effects or after effects of treatment
- choose enjoyable physical activities that match your interests
- plan ongoing support to help you keep as active as you would like.

