



Exercise sessions for people affected by cancer: before, during and after treatment

Gloucestershire

For those living with and beyond cancer, being physically active has many benefits. There is strong evidence that exercise decreases reoccurrence and improves survival rates for lung, brain, breast, prostate and colorectal cancer.

Being physical active also helps to prevent, minimise and manage the consequences of treatment such as fatigue, pain and anxiety and depression. It is safe both during and after treatment.

All of the professionals in this booklet are qualified professionals who are trained in cancer. We hope that you find it helpful in supporting you to get fit before, during and after treatments. If you have any queries of concerns please contact Clare Lait on 0300 421 6586. Thank you and enjoy.

Physical activity guide for adults

	Be active		Build strength	Improve balance
	To keep your heart and mind healthy		To strengthen muscles, bones and joints	To help reduce your chance of falling
How often?	150 minutes of moderate activity a week	or 75 minutes of vigorous activity a week	2 days a week	2 days a week
Walk		Run	Gym	Dance
Gardening		Sport	Aerobics	Tai chi
Swim		Stairs	Carry bags	Bowling
<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>Sit less</p> </div> <div style="text-align: center;"> <p>Sofa</p> </div> <div style="text-align: center;"> <p>Computer</p> </div> </div> <p>Break up long periods of sitting down to help keep your muscles, bones and joints strong.</p>				

Mondays

Course and Cost	Time	Venue	Contact
Heidi's Heroes Exercise Circuit Rolling programme – partners welcome. Cost: Free Discounted membership to The Sports Centre Low, moderate and higher level intensity	9.30-10.30am	The Cheltenham Ladies College Sports Centre, Malvern Road, GL50 2NX	Gordon Best Canrehab Level 4 Exercise Specialist Gbest40@yahoo.co.uk Brendan Ward Canrehab Level 4 Exercise Specialist Brendan.m.ward@hotmail.com
Heidi's Heroes Exercise Circuit Rolling programme – partners welcome. Cost: charity donation Discounted membership to The Sports Centre Low, moderate and higher level intensity	8-9pm	The Cheltenham Ladies College Sports Centre, Malvern Road, GL50 2NX	Clare Lait Macmillan Cancer Specialist Physiotherapist. 0300 421 6586 Brendan Ward Canrehab Level 4 Exercise Specialist Brendan.m.ward@hotmail.com
Nordic Walking Drop-in sessions. Free. Low, moderate and higher level intensity	9.30-10.30am (new walkers) 1.30-2.30pm (drop-in)	Barwood Park, Gloucester, GL4 3JB	Pauline Turfrey Nordic Walking UK Instructor 07801 472320
Recipe for Health (NHS) Combined nutritional education and circuits Four weeks. Free Low to moderate intensity	9.30am-12.30pm	Gloucester locality - please call or email for details	Joanne Pain Macmillan Specialist Cancer Dietitian Katie Clive Macmillan Therapies Assistant and Canrehab Level 4 Exercise Specialist 0300 421 6586 NextSteps@glos-care.nhs.uk

Tuesdays

Course and Cost	Time	Venue	Contact
Exercise Circuit, Bourton-on-the-Water Rolling programme Cost: £4 per session Lower, moderate and higher level intensity	9.30-10.30am	Cotswold Leisure Centre Station Road Bourton-on-the-Water GL54 2BD	Tracy McCue tracymccue@everyoneactive.com 01451 824024
Recipe for Health (NHS) Combined nutritional education and circuits Four weeks. Free Low to moderate intensity	9.30am-12.30pm	Gloucester locality - please call or email for details	Joanne Pain Macmillan Specialist Cancer Dietitian Katie Clive Macmillan Therapies Assistant and Canrehab Level 4 Exercise Specialist 0300 421 6586 NextSteps@glos-care.nhs.uk
Exercise Circuit, Cirencester Rolling programme Cost: £4 per session Lower, moderate and higher level intensity	1.30-2.30pm	Everybody Active, Tetbury Road, Cirencester, GL7 1US	Sarah Clifton Gould Canrehab Level 4 Exercise Specialist sarah.cliftongould@cotswold.gov.uk 01285 654057
Starting Out, Gloucester (NHS) A therapy-led fatigue and exercise management programme for people undergoing cancer treatment. Please note: These sessions are available by referral only.	tbc	Cheltenham General Hospital Sandford Road Cheltenham GL53 7AN	Juliette Sherrington & Nikki Broadbridge 0300 422 4439

Wednesdays

Course and Cost	Time	Venue	Contact
Exercise Circuit, Forest of Dean Rolling programme Cost: £3 per session Lower, moderate and higher level intensity	10.30 - 11.30am	Great Oaks Hospice, The Gorse, Coleford GL16 8QE	Gordon Best Canrehab Level 4 Exercise Specialist Gbest40@yahoo.co.uk 01594 812617
Nordic Walking Four Weeks of technique. Free. Low, moderate and higher level intensity	2-3pm	Maggies Centre, College Baths Road, Cheltenham. GL53 7QB	Pauline Turfrey Nordic Walking UK Instructor 01242 250611
Recipe for Health (NHS) Combined nutritional education and circuits Four weeks. Free Low to moderate intensity	9.30am- 12.30pm	Gloucester locality - please call or email for details	Joanne Pain Macmillan Specialist Cancer Dietitian Katie Clive Macmillan Therapies Assistant and Canrehab Level 4 Exercise Specialist 0300 421 6586 NextSteps@glos-care.nhs.uk

Thursdays

Course and Cost	Time	Venue	Contact
GL1 Exercise Circuit, Gloucester Rolling programme Cost: £2.50 per class for 6 weeks, £29 per month Discounts to other GL1 classes for participants & partners Lower, moderate and higher level intensity	6.15-7pm	GL1 Sports Centre, Bruton Way, Gloucester GL1 1DT	Joanne Berry Canrehab Level 4 Exercise Specialist Joanne.Berry@aspiretrust.org.uk
Macmillan Next Steps Exercise Circuit (NHS), Gloucester Six-week rolling programme. Free. Lower, moderate and higher level intensity	2.45-4pm	GL1 Sports Centre, Bruton Way, Gloucester GL1 1DT	Felice Marchetti Macmillan Senior Health Trainer and Canrehab Level 4 Exercise Specialist Katie Clive Macmillan Therapies Assistant and Canrehab Level 4 Exercise Specialist Tanya Wallington Macmillan Cancer Specialist Physiotherapist Clare Lait Macmillan Cancer Specialist Physiotherapist & Physical Activity Lead 0300 421 6586 NextSteps@glos-care.nhs.uk
Nordic Walking Drop-in sessions to continue walking after completing a course. Free. Low, moderate and higher level intensity	2-3pm	Maggies Centre, College Baths Road, Cheltenham. GL53 7QB	Pauline Turfrey Nordic Walking UK Instructor 01242 250611

Fridays

Course and Cost	Time	Venue	Contact
Exercise Circuit, Maggies Rolling programme. Free. Lower to moderate intensity	9-10am	Maggies Centre, College Baths Road, Cheltenham. GL53 7QB	Gordon Best Canrehab Level 4 Exercise Specialist Gbest40@yahoo.co.uk Book with the centre on 01242 250611
Cancer Rehabilitation Circuit, Stroud Rolling programme. £3 per class (and £1.50 for partners) Lower, moderate and higher level intensity	2-3pm	Stratford Park Leisure Centre, Stratford Road, Stroud GL5 4AF	Gordon Best Canrehab Level 4 Exercise Specialist 01453 754508 GP.referral@stroud.gcsx.gov.uk
Recipe for Health (NHS) Combined nutritional education and circuits Four weeks. Free Low to moderate intensity	9.30am-12.30pm	Gloucester locality - please call or email for details	Joanne Pain Macmillan Specialist Cancer Dietitian Katie Clive Macmillan Therapies Assistant and Canrehab Level 4 Exercise Specialist 0300 421 6586 NextSteps@glos-care.nhs.uk
Starting Out, Gloucester (NHS) A therapy-led fatigue and exercise management programme for people undergoing cancer treatment	1.30-2.30pm	Gloucestershire Royal Hospital Great Western Road, Gloucester GL1 3NN	Juliette Sherrington & Nikki Broadbridge Oncology Lead and Senior Physiotherapist 0300 422 4439

Meet the Cancer Exercise Specialists in Gloucestershire

Clare Lait

Clare is a Specialist Cancer Physiotherapist who works in the NHS for Macmillan Next Steps Cancer Rehabilitation. She also leads on the physical activity pathway within this role. Clare has been a physiotherapist for 18 years and specialised in cancer for over 10 years.



Clare has set up and delivered many exercises programmes and advisory clinics to enable people living with and beyond cancer to be physically active safely and effectively. She is passionate about ensuring that people can live as healthy and active life as possible after a cancer diagnosis.

Clare talks locally and nationally on the importance of exercise in cancer and was involved in the production of the latest national guidance for exercising with bony metastases. She has reviewed physical activity resources for Macmillan. She has provided expert advice on the Ask the Expert – Physiotherapist online resource with Macmillan.

Outside of work Clare is a keen triathlete and enjoys spending time with her husband and five children.

Felice Marchetti

Felice is a Senior Health Trainer (personal trainer) trained at Level 3 personal training from the Register of Exercise Professionals (REPS) and Level 4 Canrehab which is a specific course that trains exercise specialists in understanding cancer, its treatments and its effects on the individual.



He has worked with many different populations within the community including Great Britain athletes, professional boxers, disabled, blind, elderly and people affected by cancer. He has a particular interest in Olympic weightlifting, strength and conditioning, boxing, and getting people to achieve what they thought was not possible. Felice is currently undertaking his Cardiac Rehabilitation qualifications. Outside of work Felice enjoys to train himself.

Katie Clive

Katie works as the Therapies Assistant Practitioner for Macmillan Next Steps Cancer Rehabilitation. She is involved in delivering our Next Steps educational courses to patients, which teaches patients techniques to self-manage some of the side-effects of a cancer diagnosis or from the treatments they may have had.



Katie also helps to organise and deliver the physical activity elements of other Next Steps courses like "Active Everyday" and "Recipe for Health". Katie worked in the Oncology Unit, Cheltenham General Hospital in the Therapy Department as a Senior Therapy Support Worker for 16 year supporting the Physiotherapists and Occupational Therapists on the Oncology wards. Katie is Cancer Rehabilitation Level 4 Trained.

Outside of work Katie likes to meet up with friends and describes herself as more of an afternoon tea lady than a going out and partying girl. She likes being outside in the fresh air and particularly enjoy walks which involve being by water. She has an allotment and likes nothing more than putting the world to rights over a flask of tea and a good old dig.

Joanne Pain

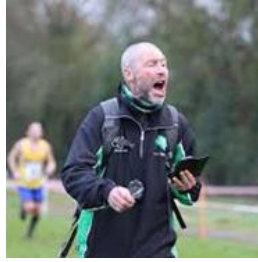
Jo is a registered Dietitian qualifying in 2005 with a BSc (Hons) degree in Nutrition & Dietetics from the University of Wales Cardiff Institute. Jo has had numerous roles as a dietitian but has spent the last six years within the field of oncology, specialising in Head & Neck Cancer.



Jo is now working with Macmillan Next Steps Rehabilitation, alongside her Head & Neck role, promoting healthier lifestyle choices for those affected by Breast, Colorectal & Prostate cancer. Many people experience eating concerns either before, during and/or after their treatment for cancer. Some of these concerns may include unintentional weight loss or weight gain, cancer related fatigue, gastrointestinal problems following surgery or radiotherapy and swallowing difficulties.

Brendan Ward

Brendan works as a personal trainer at the Cheltenham Ladies College Sports centre. Brendan is a Level 4 Cancer and Exercise rehabilitation specialist as well as holding a Level 3 diploma in exercise referral, a Level 3 diploma in personal training and a Level 3 exercise and fitness instructor for disabilities.



He co-runs the cancer exercise circuits held on a Monday and is responsible for delivering the exercises in a safe and individualised way. He also has qualifications in weight loss management, torso training and core stability, postural analysis and corrective exercise. He is trained to instruct with kettlebells, TRX and is a UKA running coach. Outside of work Brendan is a keen runner, leading and coaching the Cheltenham Striders and he himself represented his country for his running.

Pauline Turfrey

Pauline Turfrey is the volunteer Nordic Walking Instructor for both McMillan and Maggie's Cancer Charities. She worked at a senior level in the banking industry for over 30 years before being diagnosed with cancer. The diagnosis offered a new perspective and she took the opportunity to retire in 2013.



Since then she has volunteered for Maggie's, Cobalt Diagnostic Imaging and McMillan and has used her skills to help these charities in any way possible.

Pauline has taken a keen interest in exercise with a focus on how it can help people manage and live with my cancer. Having read an article on how beneficial Nordic Walking was as an overall exercise, but in particular for those who have had lymph nodes removed, Pauline decided to train as an instructor. She qualified with Nordic Walking UK in 2015 and have been running courses for cancer patients and their family/friends for the last two and a half years.

Pauline is married to Peter and has two grown up children - Phillip who lives and works in Melbourne Australia, and Patti who lives and works in Manchester.

Juliette Sherrington and Nikki Broadbridge

Juliette leads the Oncology Therapy Service at Cheltenham General Hospital. She has 21 years' experience as an Occupational Therapist and has specialised in cancer care for the past 5 years. Nikki is a senior Physiotherapist in the Oncology Therapy team at Cheltenham General Hospital. She has been qualified for 10 years and has spent the last 4 years specialising in cancer care.



They run a Starting Out programme designed to give advice on managing energy levels whilst undergoing cancer treatments. They offer group sessions which incorporate allocated individual slots to discuss your individual needs. Our programme is designed to offer strategies and advice on managing energy levels whilst undergoing treatments and includes a session on physical activity.

Tanya Wallington

Tanya is a Specialist Cancer and Musculoskeletal Physiotherapist who works in the NHS for Macmillan Next Steps Cancer Rehabilitation. Tanya has a Bachelor of Science in Sport, Health and Exercise Sciences. Tanya has been a trained Physiotherapist for 8 years and worked in large NHS Trusts in London and Bristol before joining Gloucestershire Care Services NHS Trust in 2012.



At Gloucestershire Care services she has worked in outpatient services; specialising in musculoskeletal and long term conditions. Throughout her career, Tanya has developed her skills in treating individuals with a cancer diagnosis and chronic pain management. Tanya is passionate about enabling individuals to self-manage and achieves this by providing suitable treatments and giving individuals the skills and confidence to achieve the best long term health and wellbeing outcomes.

Tanya also has her own private practice providing mobile musculoskeletal physiotherapy; where she specialises in clinical pilates. Tanya is in the process of developing cancer specific clinical pilates programmes and is starting an online blog to compliment this.

Outside of work Tanya enjoys doing spinning classes and spending time with her family.

Gordon Best

Upon retiring from the military after serving 38 years as a helicopter pilot with the Army & RAF, Gordon re-trained as Personal Trainer in 2015/16 and has been able to draw on his extensive experience within the military's fitness training regime having attained a number of fitness training qualifications.



After completing his Level 2 Certificate in Fitness Instructing & Level 3 in Personal Training, he wanted to specialise and immediately completed his Level 3 Diploma in Exercise Referral, which opened the door to further specialist qualifications. Level 4 Cancer Rehabilitation was completed in May 2016 and to further his knowledge base, he is attending a Level 4 Cardiac Rehabilitation Course in Jun 2018.

Since attaining his new skills, Gordon has worked across Gloucestershire County as a whole. He assists with the Forest of Dean Exercise Referral scheme, by delivering one-to-one gym based sessions with over 250 referrals. Within that particular scheme, Cancer Rehabilitation classes are run weekly at a Hospice in Coleford. He delivers similar Cancer classes for the Stroud District Council and for Maggie's in Cheltenham.

Sarah Clifton-Gould

Sarah has been working as an Exercise Specialist in Cardiac, Pulmonary and Cancer Rehabilitation and GP Referral schemes, for the last 12 years. Sarah also works in Health, within local government. Working on initiatives that compliment the work of health professionals, and the caring of our communities.



She is qualified in :

- BACPR Cardiac Rehabilitation Level 4
- Cancer and Exercise Rehabilitation Level 4
- Chronic Respiratory Disease Rehabilitation Level 3
- Exercise on Referral Level 3
- Advanced Personal Trainer Level 3
- Otago Exercise Programme Leader Level 2

Sarah is passionate about using exercise, and other lifestyle choices, to help prevent the occurrence and re-occurrence of these, and other, health conditions.

Outside of work, Sarah is a keen dancer and runner.

Tracy McCue

Tracy has worked in the fitness industry for the past 14 years, and is qualified in Level 2 gym, functional training, TRX level 1, GP referral, Level 4 Cancer rehabilitation post and pre-natal exercise, respiratory instructor qualified. She works in Bourton-on-the-Water as a gym instructor and GP referral instructor.



Tracy also runs a local respiratory class. She likes to use the gym and the rest of the time is very busy and is spent driving her 9 year old girl round as she does karate three times a week and football three times a week. She also enjoys going to the horses.

Joanne Berry

Joanne has over 12 years' experience within the health and fitness industry but now currently specialises in Cancer Rehabilitation and GP referral clients. She is enthusiastic about making positive changes to people's health and well-being through personalised exercise programs that accommodate individual needs and abilities.



She is versatile when it comes to delivering group training sessions or individual 1-1 sessions in which her personal attributes play a role in making it an enjoyable experience.

She is qualified in:

- Cancer Rehabilitation Level 4
- GP Exercise Referral Level 3
- Personal Training
- Varied Class Qualifications
- Motivational Interviewing Techniques