

**Macmillan Cancer Information and Support Centre at
Wexham Park Hospital - Tel: 0300 615 4886**
E-mail: fhft.macmillan.information@nhs.net
**Macmillan Cancer Navigators at
Frimley Park Hospital - Tel: 0300 613 3535**
E-mail: fhft.macmillan.cancernavigators@nhs.net

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

(Due to COVID-19 services may change - please check with providers directly for latest information)



Healthy Living Support Information Sheet - Exercise

Agency	Contact Details
<p>Macmillan Cancer Support Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.</p>	<p>Tel: 0808 808 0000 www.macmillan.org.uk</p>
<p>Macmillan Move More DVD Gentle exercise plan to complete at home.</p>	<p>Tel: 0808 800 0000 www.macmillan.org.uk</p>
Berkshire	
<p>Active Life Physical activity programme across Slough for people aged 50 years and above.</p>	<p>E-mail: activeslough@slough.gov.uk www.slough.gov.uk</p>
<p>Public Health Slough Health and Wellbeing services - offering an extensive range of local activities both in person and virtual.</p>	<p>Email: publichealthslough@slough.gov.uk www.publichealthslough.co.uk Tel: 0800 0614734 / 01753 373646</p>

<p>Walking for Health Regular free of charge short walks each week in your local area.</p> <p>Slough Healthy Walks A volunteer based walking group. Leading free walks around Slough.</p>	<p>Tel: 0207 339 8541</p> <p>www.walkingforhealth.org.uk</p> <p>For Surrey and Hampshire groups access site with post code.</p> <p>Tel: 01753 875177 or 07525 643271 Email: fadumo.olow@slough.gov.uk</p>
<p>Active Life Physical activity programme across Slough for people aged 50 years and above. Get Active hosts a large variety of sport and physical activity sessions. Join the Active Slough Facebook page. Currently online. 15 free 30 minute exercises per week.</p>	<p>Tel: 01753 875784</p> <p>Email: activeslough@slough.gov.uk</p> <p>www.slough.gov.uk/activeslough</p>
<p>Friends in Need A friendly peer support group who help you to manage your depression and anxiety by inviting you to try their uplifting, fun and free of charge activities.</p> <p>They have a full activity timetable of virtual and in person events</p>	<p>Website: www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/</p> <p>Facebook Group: https://www.facebook.com/groups/128815250860939/</p> <p>Slough: Tel: Charlene Morgan 07950 303832 Email: charlene.morgan@bucksmind.org.uk</p> <p>Windsor, Ascot and Maidenhead: Tel: Ansa Khan 07496 874882 Email: ansa.khan@bucksmind.org.uk</p> <p>Bracknell: Tel: Kara Hale 07914 669 430 Email: kara.hale@bucksmind.org.uk</p>
<p>Cancer Support Network A local support group offering virtual exercise programmes including chair yoga and Qigong plus walking groups in Berkshire</p>	<p>www.involve.community/cancer</p> <p>Online enquiry form on website</p> <p>Tel: 01344 304404</p>

<p>Next Steps Enhancing Recovery. Physio led classes after a cancer diagnosis. A safe and supportive way to get back into exercise using Yoga, Pilates and Cardio. Courses run in 10-week terms intermittently on Saturday mornings <i>£15 assessment fee but classes are free</i></p>	<p>Tel: 0800 086 2846</p> <p>Enrol at: www.pincandsteel.co.uk</p> <p>Location: Braywick Leisure Centre, Maidenhead/Windsor</p> <p>Classes run by Gemma - 07732 622761</p>
<p>Pink Ribbon – Breast Cancer Pilates Rehab. Guiding safely back to exercise. Courses run in 8-week terms intermittently in the evening. Specifically, for breast cancer patients. Free Service</p>	<p>Tel: 07938 588029</p> <p>Email: sarah@gogigurept.co.uk</p> <p>Location: Maidenhead, SL6 7QU</p>
<p>Forever Fitness Virtual studio & personal training – specialist in exercise with health conditions, including cancer (chargeable service)</p>	<p>Tel: 07796 178544</p> <p>Email: sharonhatherley@yahoo.co.uk www.foreverfitnessberkshire.com</p>
<p>Surrey</p>	
<p>5K Your Way Frimley A community-based initiative to encourage those living with and beyond cancer, families, friends and those working in cancer services to walk, jog, run, cheer or volunteer at a local 5k Your Way parkrun event on the last Saturday of every month.</p>	<p>www.5kyourway.org</p> <p>There is a local group which meets at Frimley Lodge Park, Frimley Green.</p>
<p>Rushmoor Health Living – Focus on Farnborough, Aldershot and South Reading working to improve quality of life for disadvantaged by removing barriers.</p>	<p>Tel: 01252 957430 Email : admin@rhl.org.uk or classes@rhl.org.uk for class information rushmoorhealthyliving.org.uk</p>

<p>Surrey Heath Sports Council Grants – up to £250 to help you continue exercising.</p>	<p>Email: Craig.Alford@surreyheath.gov.uk</p> <p>Tel: 01276 707422</p> <p>www.surreyheath.gov.uk/residents/sport-leisure-parks/sports-development/sports-funding</p>
<p>Football Walking (Pilot) - for people who are living with and beyond cancer of any age who wants to start exercising in a fun, friendly group led by a Surrey FA Walking Football coach.</p>	<p>www.royalsurrey.nhs.uk/walking-football</p> <p>Surrey Sports Park, Guildford. Fridays 11am – 12pm (Mixed) & 12pm - 1pm (Female only session). Tel: 07740 724 832 Rob Bryant, Football Development Officer, Surrey FA. To register: Royal Surrey Walking Football Registration</p>
<p>The Fountain Centre Guildford Empowering and supporting cancer patients. Now offering a mixture of virtual and live yoga sessions.</p>	<p>Tel: 01483 406618</p> <p>Email: rsc-tr.fountaincentre@nhs.net</p> <p>Website: www.fountaincentre.org</p>
<p>Active Surrey – activity finder in surrey to support road back to exercise.</p>	<p>www.activesurrey.com/Health</p>
<p>ToCTogether A monthly support group for people affected by cancer in the Guildford area. Now offering virtual workshops and classes via zoom.</p>	<p>Tel: 07909 650336</p> <p>Email: info@thrivefit.uk</p> <p>www.thrivefit.co.uk</p>
<p>Camberley Leisure Centre-Cancer exercise programme open to people either undergoing treatment or in recovery. It is a 12-week course that focuses on gradually re-building physical activity, strength, stamina and confidence.</p>	<p>www.placesleisure.org/centres/the-triangle/centre-activities/gym/health-and-wellbeing</p>
<p>Buckinghamshire & Middlesex</p>	
<p>Bucks Mind Virtual Yoga Tuesday's 10.15-11.15am Thursday's 12-1pm Telephone for an email link</p>	<p>Tel: 07771 505185 Dave</p>

<p>Friends in Need (available also in Berkshire) A friendly peer support group who help you to manage your depression and anxiety by inviting you to try their uplifting, fun and free of charge activities.</p> <p>They have a full activity timetable of virtual and in person events</p>	<p>Website: www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/ Facebook Group: https://www.facebook.com/groups/128815250860939/</p> <p>Buckinghamshire: Tel: Debbie Workman 07508 350 545 Tel: Sufia Rahman 079146 694 38 Email: sufia.rahman@bucksmind.org.uk</p>
<p>Simply Walk Buckinghamshire The County Council have a scheme which arranges for walk for all abilities led by trained volunteers. Booking required.</p>	<p>Tel: 01494 475367</p> <p>Email: simplywalks@buckscc.gov.uk www.buckscc.gov.uk and search simply walk</p>
<p>Wheelpower Stoke Mandeville A site dedicated to providing opportunities for disabled people to live healthy active lives.</p>	<p>Tel: 01296 395995</p> <p>Email: info@wheelpower.org.uk www.wheelpower.org.uk</p>
<p>The Lynda Jackson Macmillan Centre Northwood Providing Youtube videos in Qi Gong is a simple flowing form of exercise similar to Tai Chi.</p>	<p>Tel: 020 3826 2555</p> <p>www.ljmc.org</p>
National	
	<p>One You Couch to 5K A free App designed to get you off the couch and running 5K in 9 weeks. Download from iTunes or Google Play.</p>
	<p>Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day.</p>

<p>NHS Fitness Studio</p> <p>Royal Marsden</p> <p>Sport England</p> <p>NHS Apps</p>	<p>www.nhs.uk/conditions/nhs-fitness-studio/</p> <p>https://www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/exercise-home</p> <p>https://www.sportengland.org/jointhemovement</p> <p>www.nhs.uk/apps-library/</p>
<p>Look Good Feel Better Specifically for cancer patients: offering a number of virtual gentle exercise classes including chair yoga, pilates, thai chi and Qigong.</p>	<p>Tel: 07545 551531 01372 747500/502 – voicemail only</p> <p>Email: info@lgfb.co.uk or via form on website</p> <p>www.lookgoodfeelbetter.co.uk</p>
<p>Safe Fit SafeFit is a free remote service for anyone in the UK. Cancer exercise specialists offer you advice, support and resources to maintain and improve physical and mental well-being. Self-referral to be completed online.</p>	<p>Email: safefittrial@uhs.nhs.uk</p> <p>www.safefit.nhs.uk</p>
<p>Trekstock – Supporting young adults in their 20's and 30's living with, through and beyond cancer treatment. Currently providing an online Pilates exercise programme and exercise videos</p>	<p>Telephone: 0207 388 1200</p> <p>www.trekstock.com/exercise-videos</p>
<p>Caring for Cancer Yoga Online yoga classes for cancer patients & carers at any stage of cancer pathway (class fees maybe waived to those in financial difficulty)</p>	<p>To book, please email: info@theyogaforlifeproject.co.uk</p> <p>www.theyogaforlifeproject.co.uk</p>
<p>Asian Women's Cancer Group Now offering mixture of live virtual session via zoom. Yoga Tues pm and Social Thus pm</p>	<p>Tel: 07968 386798 – Chairperson 07503 626712 – Secretary 07594 612448 – Health & Well Being Email: info@asianwomencancergroup.co.uk</p> <p>www.asianwomencancergroup.co.uk</p>

<p>Move Against Cancer Providing an online support programme and exercise videos to patients living with & beyond cancer – age 13-30yrs. Referral required for those in treatment.</p>	<p>Email onlinesupport@movecharity.org www.movecharity.org</p>
<p>The Ramblers Association Search for routes and find your local ramblers group. Annual subscription required.</p>	<p>Tel: 0207 339 8500 www.ramblers.org.uk</p>
<p>Walking in England Walks to download and print. Access to walking clubs and maps.</p>	<p>Website contact only www.walkinginberks.co.uk www.walkinginengland.co.uk/surrey www.walkinginengland.co.uk/hants</p>
<p>S.M.I.L.E So Much Improvement with a Little Exercise within a highly sociable environment to the 50+ (membership fee applies)</p>	<p>Tel: 07876 586445 Email: wmsmile.charity@outlook.com www.smilecharity.co.uk</p>
<p>Disability Sport Signposting to participation programmes for disabled people.</p>	<p>Tel: 01509 227750 www.efds.co.uk</p>

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.palsfrimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.palswexhampark@nhs.net

Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ	Heatherwood Hospital London Road Ascot SL5 8AA	Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL
Hospital switchboard: 0300 614 5000		Website: www.fhft.nhs.uk

Author		Macmillan Cancer Information and Support Centre	
Issue Date	December 2021	Review Date	June 2022

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.