

Specialist Personal Training to help support cancer patients in Bassetlaw

A local cancer charity has launched a new and unique exercise programme for people in the Bassetlaw area living with a cancer diagnosis.

Aurora Wellbeing has launched a 'personalised prescribed exercise programme' providing patients with four complimentary one-to-one sessions with a cancer exercise specialist, either before, during or after their treatment. The programme is focused on the benefits of exercise to alleviate symptoms during treatment, aid recovery and improve survival outcomes after a diagnosis. The aim is to enable individuals to take control, work at their own level and be supported whilst doing exercises personalised to them.

Aurora has partnered with Community Wellness Services Limited (CWS) who are specialists in the delivery of physical activity and rehabilitation in the health sector to develop and deliver the programme, and 180 Degrees Fitness in Retford, a fully equipped standalone gym POD accessible to only the client and the cancer exercise specialist, enabling clients to feel comfortable, safe and supported. The programme launched in October 2020 for patients with any type of cancer.

Emma Walker is a Macmillan wellbeing practitioner at Aurora who helped to develop the programme, she explained:

"Over the last 20 years, there have been significant developments in the field of exercise-oncology research. Numerous studies have investigated the impact that exercise can have on people living with and beyond cancer, especially concerning its psychological and physiological benefits and positive cancer outcomes. A cancer diagnosis can have a huge impact on an individual's life and many people experience uncertainty and anxiety before they start treatment or when treatment has come to an end. Exercise can be hugely beneficial, helping both physically and mentally to reclaim a sense of control and improve health in the long-term."

The benefits of exercise have been described as wide-reaching and can include: reducing the consequences of treatment including fatigue, anxiety and depression, weight gain and arthritis. It can improve physical function and quality of life, and in some cases, being physically active has been shown to reduce cancer's progression, mortality and recurrence.

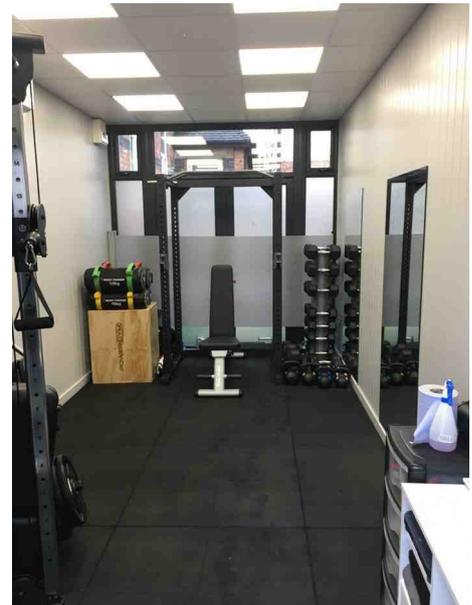
Although the benefits of physical activity are becoming more widely accepted, exercise classes with specialist trainers remain limited. Aurora is providing a unique opportunity for individuals in Bassetlaw. The innovative programme offers the chance to access specialist cancer exercise support, on a one-to-one basis tailored to the client's individual needs and personal goals.

David Birds director at Community Wellness Services said,

"The programme is proving exceptionally positive. People that didn't think they could do any form of physical activity have achieved way more than their initial expectations and progressed in ways very different from what they expected. Individuals have grown in confidence and are benefitting from the sense of achievement from small steps that can lead to significant personal progress.

"Exercise pushes people physically but it can also allow people to escape from the worry and focus on something else for a while. Feedback has been overwhelmingly positive and we are excited to start the next programme in January 2020."

The programme's success is underpinned by the collaboration between Aurora, 180 Degree Fitness gym and Community Wellness Services. It brings together a unique set of skills that have proved extremely positive, allowing individuals to receive the most tailored support.



Jamie Stroud, director at 180 Degrees Fitness & 180 Evolve explained how the 180 Evolve Gym Pod is an enabling factor in the success of the collaboration, he said

“The sessions take place in one of our 180 Evolve private gym pods with a specialist that understands the needs of cancer patients. It is a safe environment where people can grow in confidence and open up about their condition and achieve personal goals. The outcomes can be far-reaching. “

Despite the coronavirus pandemic Aurora have successfully delivered the programme and provided clients with the opportunity to experience the benefits of exercise as well as vital social interaction. The Aurora exercise programme is set to resume in January 2020 with a new cohort of clients. If you are interested in finding out more call Aurora on 01909 470985.

Aurora is a local charity that provides a free package of support for people diagnosed with cancer and their families in Bassetlaw. Support includes emotional and practical help via a confidential Health Needs Assessments with a wellbeing practitioner, either by telephone or video calls. People are encouraged to get in touch Monday – Friday, 9am- 5pm.

For further information, please visit Aurora Wellbeing Centre Bassetlaw website via <https://www.aurorawellbeing.org.uk/workshop/> for the latest information on services and support.

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Aurora Wellbeing: <https://www.aurorawellbeing.org.uk/workshop/>

Follow us on Facebook @AuroraWellbeingCentreBassetlaw and Twitter @AuroraCentres

180 Degrees Fitness: <https://180evolve.co.uk/>

Community Wellness Services: <http://communitywellnessservices.co.uk/>

For more information about the benefits of exercise

https://www.macmillan.org.uk/_images/the-importance-physical-activity-for-people-living-with-and-beyond-cancer_tcm9-290123.pdf

<https://www.cancer.net/survivorship/healthy-living/exercise-during-cancer-treatment>

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html>