

The Living Well project is open to Heatherwood and Wexham Park NHS Foundation Trust patients. If you would like to be referred to our Living Well Adviser for an individual appointment and assessment, please talk to your Advanced Nurse Practitioner (ANP) or Physiotherapist.

WE ARE MACMILLAN. CANCER SUPPORT

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.



Heatherwood and 
Wexham Park Hospitals
NHS FoundationTrust



**Encouraging people with cancer
to become more active**



Who we are

Living Well is a new project set up by Heatherwood and Wexham Park NHS Foundation Trust and The Royal Borough of Windsor and Maidenhead in collaboration with Macmillan Cancer Support 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 Living Well Project 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
- look after your bones
- look after your heart
- keep your weight healthy.
- improve your quality of life

How can the Living Well Project help me?

Whatever your health, regular physical activity can help you feel better but 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 Living Well project can support you in starting regular, sustainable, physical activity. An appointment with our advisor will give you an individual assessment and consultation to:

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



- Find suitable activities to build your physical fitness in a way that suits 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 Living Well 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. We will offer you a six week exercise programme at Windsor Leisure Centre tailored to meet your needs.

if you would like further information please contact us on cancerrehab@rbwm.gov.uk or call on 01753 778562.