

## The Move More Physical Activity and Wellness Programme is available for people with cancer across Southport and Formby.

Speak to your cancer nurse specialist or GP about being referred to the programme or for more information contact:

Lucy Holmes or Tess Harrison  
Macmillan Physical Activity Coordinators  
**0151 934 2352**  
[www.activelifestyles-sefton.co.uk](http://www.activelifestyles-sefton.co.uk)

## Macmillan Physical Activity and Wellness Programme, Southport and Formby

WE ARE  
MACMILLAN.  
CANCER SUPPORT

TAILORED SUPPORT  
TO HELP YOU  
GET MORE  
ACTIVE

Working with Macmillan

Sefton Council

active  
Lifestyles

NHS  
Southport and Formby  
Clinical Commissioning Group

No one should face cancer alone. If you, or anyone you know, have questions about cancer, call the Macmillan Support Line free on **0808 808 00 00** Mon-Fri, 9am-8pm or visit [www.macmillan.org.uk](http://www.macmillan.org.uk)

Move More.  
Be a more active you.



If you're living with cancer in Southport and Formby, Macmillan Cancer Support's Move More Physical Activity and Wellness Programme is here to help you get and stay active. Our professionals really understand cancer and can create a physical activity programme tailored just for you, as well as give you ongoing support.

We'll ask you a few questions, listen to what you have to say and then discuss ways of making physical activity a part of your life. And it doesn't matter if you've never been a particularly active person.

## Why be more active?

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control.

It can help you prevent and manage some of the effects of treatment, such as fatigue, depression and risks to your heart health. And lots of people tell us that it helps them to feel more like their old self.

## We provide

- One to one assessments and consultations.
- Access to friendly, highly qualified exercise professionals.
- A tailored activity and wellness programme.
- Help with setting personal goals and planning ongoing support.
- Discussing concerns or providing more information about the benefits of activity.
- Access to a wide variety of physical activity and wellness sessions.

