

# User Involvement: co-design & co-production



@prehab4cancer

**PREHAB 4 CANCER**  
GREATER MANCHESTER

**Help to PREPARE YOURSELF for cancer treatment**

**What is Prehab4Cancer and recovery programme ?**

Prehab4Cancer is a free exercise, nutrition and wellbeing scheme designed by a team of NHS professionals and exercise experts, based on latest research. The scheme is delivered in leisure centres across Greater Manchester, for people to access close to where they live. The aim is to help you to cope with cancer treatment and feel better, physically and mentally. It is designed to help people take an active role in their cancer care and live as well as possible with and beyond cancer.

**The programme includes:**

- Exercises to suit your level of ability and fitness
- Nutritional assessment and advice
- Mental wellbeing support and onward psychological referral if needed
- 2/3 weekly sessions prior to treatment
- Support to return to exercising after your cancer treatment
- Bring your friends or family members and meet others in a similar situation
- Free access to your local leisure facilities before and after treatment for an agreed time period

**For more information contact the team:**

T: 07719 902 037  
E: prehab4cancer@nhs.net  
W: www.gmactive.co.uk/prehab4cancer

**NHS**  
in Greater Manchester

**Small changes can make a DIFFERENCE**

**Why have I been referred to the Prehab4Cancer and recovery programme?**  
Prehabilitation is the medical term which describes preparing for cancer treatment. It has been recommended by doctors and other healthcare professionals involved in your care that you undergo prehabilitation alongside your other planned medical interventions.

**Will I be able to do the exercises that are given to me?**  
The NHS clinical cancer team delivering the scheme are friendly and experienced. They are qualified in cancer rehabilitation. They will:

- > Assess you regularly
- > Take into consideration your current level of ability and needs such as other health conditions
- > Give you exercises designed for you
- > Support you to take an active role in your cancer care
- > Plan exercises designed to improve your fitness levels and muscle strength leading up to your treatment,
- > Put your safety first
- > Raise any concerns with your clinical cancer team

**Is it safe for me to exercise when also having cancer treatment?**  
Latest research shows it is SAFE and RECOMMENDED to do exercise when you are undergoing cancer treatments.

**Family members, carers and friends:**  
*Supporting a loved one who is going through cancer treatment can be upsetting and worrying. It can be difficult to know how best to support them. This programme promotes the importance of people preparing for their cancer treatment. You are actively encouraged to go to appointments with them and even join in with the exercises. Your practical and emotional input will help motivate your family member or friend. Your support can make all the difference.*

**How this will HELP YOU:**

- Better response to treatment
- Quicker recovery
- Fewer problems during treatment
- Reduced anxiety and improved mood
- Improved energy levels
- Take an active part in your cancer care
- Lower chance of cancer recurrence
- Improve your general fitness and other health conditions
- Be able to do your normal activities
- Gender specific or tailored packages available if required

**HOW TO ACCESS the programme:**

- All participants are referred by a healthcare professional involved in your care
- A GM Active team member will contact you within a couple of working days to confirm your details and arrange your first appointment
- Your first appointment will be a couple of working days after and will take place in a leisure centre close to your home
- Contact the GM Active team or a healthcare professional who gave you this leaflet for further information

**"I enjoyed the gym... I felt like I was making a contribution to my own wellbeing"**

**GMCA** GREATER MANCHESTER COMBINED AUTHORITY  
**GM ACTIVE** Greater Manchester Cancer  
**MACMILLAN** CANCER SUPPORT  
**ERAS**  
Health Innovation Manchester  
Greater Manchester Health and Social Care Partnership

# Prehab advice for non-eligible patients

Useful Support    News & Events

## Arm Curls

Stand or sit in a chair. With your arms by your sides with your palms facing forwards and bend your elbow. If you find this easy you could do the exercise holding a tin of food or water bottle or a weight to make it more difficult.



## Arm Raises

Stand or sit in a chair. Lift both arms together, up above your head and then out in front of you. If you find this easy you could do the exercise holding a tin of food or water bottle to make it more difficult.



## Sit to stand from a chair

Put your arms across your chest, stand up from the chair and then sit down again slowly. If you feel too unsteady doing this, then don't cross your arms and lightly use your arms to push up.



## Mini Squats

In standing, hold onto the back of a chair or firm surface. Keep your feet hip width apart. Slowly bend your knees as far as you feel comfortable, keeping you back as straight as possible. Hold for 2 seconds and then straighten your knees, squeezing your bottom muscles and thigh muscles as you do.



## Marching on the spot

Whilst standing is best, but you can complete this in sitting if you feel unsteady. March on the spot for 30 seconds. Rest for 30 seconds. If you find this easy, bring your knees up higher while you're marching.

