

**Advising and supporting people with cancer with physical activity and exercise**

**Thursday 27<sup>th</sup> January 2022, 8.30am-9.30am via Microsoft Teams**

**Microsoft Teams meeting**

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**Agenda**

<b>Time</b>	<b>Topic</b>	<b>Speakers</b>
8.30am	Welcome, introduction and housekeeping	June Davis, AHP consultant advisor, Wessex Cancer Alliance and Fran Williams, Partnership Manager, Wessex Cancer Alliance
8.35am	What is the difference between physical activity and exercise?  What does the evidence tell us?	Professor Sandy Jack Professor of Prehabilitation Medicine Clinical Experimental Science, Faculty of Medicine University of Southampton  Honorary Consultant Clinician Scientist Anaesthesia/Critical Care & Perioperative Medicine Research Dept University Hospital Southampton NHS Foundation Trust
8.45am	Why is physical activity and exercise important for people with cancer?  Case study examples	Dr Lisa Loughney, Clinical Exercise Physiologist and Cancer Survivorship Lead, Irish Cancer Society
8.55am	Practical support and advice about exercise for people with cancer	Marianne Carley Service Development Manager Hampshire, Southampton and Isle of Wight CCG
9.05am	Discussion and Q and A panel session  <ul style="list-style-type: none"> <li>• Benefits of exercise for people with cancer</li> <li>• Barriers and how to overcome these</li> <li>• Confidence to support people with cancer</li> </ul>	All
9.30am	Close	