



# MOVE4YOU

## Physical Activity Programme

**Tottenham Hotspur Foundation, in partnership with North Central London Integrated Care Board is offering a 12-session guided physical activity programme for adults who have had a cancer diagnosis in the last five years.**

**Move4You led by specialist activity instructors, provides ongoing support for 12 months and is tailored to each individual, supporting people of all abilities to engage with a variety of activities to help them move more during and after treatment.**

### **Who can take part?**

Anyone aged 18+ who has had a cancer diagnosis in the last five years and who lives in or has access to healthcare in Barnet, Camden, Enfield, Haringey or Islington.

### **How is Move4You delivered?**

Move4You will be carried out virtually - either one to one or as a group – with the option of face-face or telephone if required.

### **How to get started?**

Your GP/CNS/AHP can complete the referral on your behalf, or simply complete the Online Referral Form (link below) - ensuring that you have the support/agreement from your local healthcare professional (GP, CNS, Physio or Nurse) – as you will need to add their details to the form and submit to us via the link below or email us at:

[move4you.referrals@nhs.net](mailto:move4you.referrals@nhs.net)

Online Referral Form: <https://www.tfaforms.com/4852126>

### **Participant Feedback – Yoga Class**

*“That was great! Thanks so very much for the yoga class – it was a whole new experience to do it that way and exciting to feel part of the 21st century. I feel so boosted for having seen everyone and participating in the class. It’s surprising how quickly we are affected as humans by a lack of social interaction.”*