

TOTTENHAM HOTSPUR FOUNDATION MOVE4YOU

CANCER PHYSICAL ACTIVITY PROGRAMME

Tottenham Hotspur Foundation in partnership with Macmillan Cancer Support and the Big Lottery Fund, is offering a physical activity programme formerly known as ACE for patients aged 18 and above, residing in Barnet, Enfield, Haringey or Islington.

The programme will be led by specialist cancer physical activity instructors who will support you through the 12 sessions – step by step. A variety of activities are offered to help you move more during and after treatment. Activities will be tailored to each individual, accommodating people of all abilities and conditions.

There are many benefits to becoming more active before, during and after cancer treatment, such as:

- Reduced tiredness and fatigue
- Pain relief and improved flexibility
- Improved mood and wellbeing
- Improved bone health and a reduced risk of osteoporosis
- A balanced healthy weight
- Improved general fitness

There are several ways of achieving these benefits including:

- Walking
- Everyday activities at home
- Gym sessions
- Exercise or physical activity classes

To sign up to MOVE4YOU, simply fill in your details and hand the form to your GP, CNS or AHP Department.

YOUR DETAILS

First Name

Surname

Date of Birth

Telephone Number(s)

Address

GP Surgery/CNS Clinic/AHP Dept.

Preferred Location

- | | |
|---|--|
| <input type="radio"/> Barnet
Cophall Leisure Centre | <input type="radio"/> Enfield
Southbury Leisure Centre |
| <input type="radio"/> Haringey
Tottenham Green Leisure Centre | <input type="radio"/> Whittington Hospital |
| <input type="radio"/> Barnet Hospital | |

FOR GP/CNS/AHP TO COMPLETE

Cancer Diagnosis

Other Medical Conditions

Medications *(please attach a printout where possible)*

Currently undergoing cancer treatments?

☐ Yes ☐ No

Previous cancer treatments?

☐ Yes ☐ No

Future cancer treatments?

☐ Yes ☐ No

Please give full details on the above, including relevant dates

Please attach any additional information to this form

By signing this form I indicate that:

- I consent to joining the programme
- I give consent for relevant medical information to be passed to Tottenham Hotspur Foundation
- I agree that Tottenham Hotspur Foundation will give feedback to my referrer whenever necessary.

Patient's Signature

GP/CNS/AHP Name

GP/CNS/AHP Contact Telephone Number

GP/CNS/AHP Email

Date

Please send completed forms to:

**Health and Wellbeing Team,
Tottenham Hotspur Foundation,
Bill Nicholson Way, 748 High Road,
Tottenham, N17 0AP**

*All information provided will be used solely in relation to the **MOVE4YOU** programme. Tottenham Hotspur Foundation will not pass your details on to any third party organisation. For full details on data protection please contact Tottenham Hotspur Foundation.*



***Not only have they developed my strength,
but the exercises have given me energy
and improved my self-confidence.***

Zohreh, Participant

If you have had a diagnosis of cancer in the last five years and are:

- Aged 18 or above
- A resident of Barnet, Enfield, Haringey or Islington
- Registered with a GP

Then our free 12-session cancer physical activity programme may benefit you.

If you have any questions please contact the team ☎ 020 8365 5138

✉ **ace@tottenhamhotspur.com**



MOVE4YOU

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REFERRAL FORM

