



## An update from the Active Everyday team!

In this edition you can read about:

- New Walking Football Programme for people affected by cancer!
- Referrals to Active Everyday
- Clare's story



### **New Walking Football programme launches soon**

We are delighted to announce that Active Everyday and Sheffield United Community Foundation are launching our second 'Fans Fit for Cancer' programme.

Fans FC is a free physical activity programme designed for people affected by cancer. It offers a structured **12-week** physical activity programme primarily involving walking football.



Fans Fit for Cancer (Fans FC) was a small scale pilot study launched in April 2016 in Sheffield. The project was a collaboration between Active Everyday and Sheffield United Community Foundation aiming to develop and integrate the Fans FC programme using the draw of Sheffield United Football Club to engage people affected by cancer to become more physically active. The programme recruited 10 people with a variety of cancers.

Participant Feedback:

*"[the programme] made me feel good about myself, gave me the confidence to go out and get fit."*

*"I feel better within myself and much more confident than I did before."*

*"I got to meet some great people who are all in the same boat."*

If you would like more information please contact Liam on:

[activeeveryday@shu.ac.uk](mailto:activeeveryday@shu.ac.uk)



## Referrals

The referrals into Active Everyday continue to increase and the project has now helped over 150 people affected by cancer.

To refer someone all you need to do is send us their name and contact details and tell us why you are referring them. Let them know to expect a call from us and we will do the rest.

People can also self-refer simply by emailing or calling us if they are interested in hearing more about the project.

Email us at [activeeveryday@shu.ac.uk](mailto:activeeveryday@shu.ac.uk)

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## Clare's story

Clare was diagnosed with Secondary Breast Cancer in April 2015 and was referred to Active Everyday to help support her to get more physically active.

*"I heard about Active Everyday and went to see them, I thought 'hallelujah' finally I was talking about what I could do, rather than what I couldn't. I was supported to take part in physical activity that suited me by a trainer that knew and understood all about my cancer."*

Active Everyday helped Clare find a progressive physical activity programme that was appropriate to her needs.

*"It had an effect on more than just exercise, it made me think there was loads more I could be doing with my life. The effect has been transformational for me - and I don't use that word lightly."*

Read Clare's full story at: <http://www.thestar.co.uk/news/feature-making-the-most-of-life-with-cancer-1-8105973>

## What About Your Patients?

At Active Everyday we are committed to helping people affected by cancer to become and stay more physically active.

We help people in many ways:

- Get fit for surgery
- Improve fatigue
- Improve general health and well being
- strengthen muscles, joints and bones
- Get out and meet new people

Wouldn't it be great to see your patients benefit in these areas?

Remember referring is easy....

[activeeveryday@shu.ac.uk](mailto:activeeveryday@shu.ac.uk)

We can also provide flyers and business cards.

**Thank you for your continued support of  
Active Everyday**

