



The Cancer Therapy team are here to support you in managing your cancer, the symptoms related to your cancer, and its treatment.

We listen to your personal goals and concerns and aim to provide one or more of the following interventions: advice, guidance, equipment, and exercises. This will help you manage any symptoms related to your cancer or treatment and enable you to feel more in control of your physical and mental health.

The Therapy Team at Salisbury Foundation Trust, consists of:

- who design and offer a personalised exercise programme to prepare for, and recover from, surgery and/or treatments.

- support you to maintain your independence in tasks of daily living and in the activities that matter to you. This can include equipment, goal setting and education on how to manage your symptoms and improve your quality of life.

- who provide advice, strategies, and exercises to help you manage daily tasks, and improve physical health.

Please see the Cancer Support Team Roles leaflet in your information pack for full details of what each of the above

Prehabilitation and Rehabilitation is the work done to improve your physical and mental health before (Prehabilitation), during, and after (Rehabilitation) your cancer ' it reh sicioe

that can include quicker recovery after surgery, improvements in tolerance to treatment, and enhances quality of life, confidence, and wellbeing.

At any stage of your cancer, the team will focus on three key areas:

Exercise

Nutrition

Psychological support

They aim to put you in the best place possible to manage your cancer and its treatment and maintain your quality of life, as much as is possible.

Exercise is essential to help you maintain your physical and mental health, and to maintain your quality of life.

If it is felt you would benefit from support with your physical health, you can be referred to one of our Exercise Instructors and/or Physiotherapists and Occupational Therapists.

When you are contacted, we will discuss with you what matters to you and help you in one of the following ways depending on your needs:

Advice on maintaining activity and where to find additional support and advice on the internet.

A consultation with one of our Exercise Instructors to look at your exercise regime and motivation, with the aim of providing a tailored exercise programme looking to achieve your personal goals and improve your mental wellbeing.

We will aim to include exercises to improve your cardiovascular fitness and muscular strength with the target of reaching guidelines of 150 minutes of moderate activity or 75 minutes of strenuous activity per week, but will work with any symptoms you are managing due to the cancer (eg. fatigue). We can also give advice on any other cancer-related symptoms you may be having.

A consultation with one of our Therapists (Occupational Therapists or Physiotherapists), who can discuss your goals with you. They can then provide any combination of the following: advice, help with managing symptoms such as fatigue, exercises, equipment, and support to help you to be more independent in your daily life and to improve your physical and mental wellbeing.

We can also provide advice on smoking and drinking cessation or reduction if you feel that this is something you would benefit from.

G s o e rs p /



For full details on any of the following, please speak to your Cancer Support Worker. Please note, the list below may change over time.

The course runs over 6 weeks, with each week having a two hour session. Topics include: sleep & fatigue, diet & nutrition, goal setting/ pacing, aromatherapy, yoga, and more.

Groups may run based on a number of topics which would help cancer patients. These could include fatigue management or exercise groups. Your Cancer Support Worker will be able to inform you of any groups which are currently running.

Free protected time in the swimming pool and changing rooms on Fridays 2pm— pm and 7:30-8:30pm at Odstock Health and Fitness Centre, They offer tailored gym sessions to meet your needs. The swim sessions are funded by Salisbury Hospitals charity– the Stars Appeal.

A Wiltshire Council Leisure Centre near your home, or the Odstock Health and Fitness Centre, are offering a free 12 week pass for swimming, exercise classes or use of the gym.



