

What do the programmes consist of?

Participants of all three programmes complete a pre-exercise session where a full assessment is carried out. This includes a health screen, questionnaires collection and further information about the programme.

30 mins activity
5 days a week

The Southmead Hospital programme is gym-based and consists of a warm-up, different circuit stations designed for both upper and lower limb exercise, and a cool down period. The leisure centre programmes are partly based in the gym using the extensive equipment available e.g. bikes, treadmills, rowing machines, as well as a circuit programme in the studio, similar to the hospital-based programme.

Each participant is given an individual programme that is specific to them and will contain a mixture of aerobic and resistance exercise. All the programmes are designed to be a stepping stone back to physical activity, informal and fun.

Discounted gym membership on completion of any of the programmes is available to participants in line with other exercise referral schemes run by Bristol City Council.

How to refer? All referrals need to be made using the referral form: www.bristol.gov.uk/page/healthy-living

They can be made by any of the following: • GPs • Consultants and other hospital-based doctors • Nurses, including Cancer Nurse Specialists • State Registered Chartered Physiotherapists. Referrals or queries regarding the suitability of any possible participants should be made by phone or post.

Contact us by post: Macmillan Cancer Support Co-ordinator, North Bristol NHS Trust, Somerset House, Southmead Hospital, Southmead Road, Westbury-on-Trym, Bristol BS10 5NB

Contact us via phone: 0117 323 2125

If you require this document in a more accessible format such as large print, Braille or a community language, please contact Macmillan Cancer Support Co-ordinator on 0117 3232125 or email macmillan121support@nbt.nhs.uk.

Prices are correct at time of print.

everyone ACTIVE

ENERGISE

Information leaflet



Avon, Somerset and Wiltshire 
Cancer Services

North Bristol 
NHS Trust



What is Energise?

Energise is an innovative new exercise referral programme specifically for people who have completed cancer treatments.

It is a pilot partnership project between Avon, Somerset and

Wiltshire Cancer Network, Bristol City Council, North Bristol NHS Trust and Sports and Leisure Management Limited. The programmes are carried out by either Chartered Physiotherapists or CanRehab trained Exercise Instructors.

About the programmes

Southmead Hospital, Physiotherapy Dept

This 9 week programme is delivered by physiotherapists and is aimed at individuals with complex cancer-related symptoms (including stable metastatic disease) and/or other health needs. It runs on a Friday from 2.30-4pm. This programme is free of charge.

12 week community programme

Delivered by exercised based cancer rehabilitation instructors

Easton Leisure Centre

Thrissell Street, Easton, Bristol BS5 0SW on **Thursdays 12.45-1.45pm**

Henbury Leisure Centre

Avonmouth Way, Henbury, Bristol BS10 7NG on **Fridays 7-8pm**

Cost: £1.55 per session.

What are the benefits of the programme?

The programmes aim to introduce participants to the benefits of physical activity to help recovery from the effects of cancer treatments.

Who are the programmes suitable for?

Anyone aged 16 years or over, who is 12 weeks following cancer treatment such as surgery, chemotherapy and/or radiotherapy and is deemed by the referrer to have a stable condition. People who are receiving maintenance cancer treatments such as hormone therapy are suitable for inclusion.

Non-cancer conditions not suitable for referral include:

Acute respiratory disease

- Unstable angina
- Unstable diabetes
- Acute heart failure
- Pregnancy
- Hypertension (systolic 160 and above, diastolic 100 and above)
- Tachycardia – resting HR >100

- A safe, supported and motivating environment to begin to start exercising
- Gradual introduction to a regular manageable exercise routine, tailored to the needs of each participant.
- Improve physical strength, mobility, function and quality of life
- Peer support



30
mins
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days a
week