

# **Shropshire & Mid Wales Cancer Service Users Forum**

## **FEEDBACK REPORT FORM**

**This is the feedback of the individual user/s attending this group**

Meeting attended : Exercise for Cancer Survivorship (Get Active Feel Good project)

Date : 8<sup>th</sup> August 2013

Feed back presented by : Sian

### **Issues of general interest to the group**

Kim Davies is now the Get Fit Feel good advisor. She is already in post and works two days a week. New contact details are: getactivefeelgood@gmail.com  
Tel: 07543 827531

Macmillan have commended the project: it seems to be the only project running as a behaviour change intervention and not an exercise programme. I.e. we give behaviour change advice support and advice whereas others put people on an exercise programme they have developed.

An end of year 1 evaluation report is in draft format.

Funding has been received from Macmillan and Shropshire Public Health (Shropshire Council) for a further two years.

A Get Active Feel Good Seminar is being arranged for October/November- this is aimed at clinicians and GP's and is hoped to raise understanding of the importance of physical activity for cancer survivorship and awareness of the project. The forum will also be invited.

A service audit is being considered to see if physical activity is being discussed with patients .

Consideration is being given to including in roles and responsibilities of the cancer nurse specialist to supporting patients to keep physically active.

Commissioners are considering how best to ensure that the importance of physical activity as part of cancer survivorship is included in within cancer services.

The aim is still very much to embed physical activity as part of the patient pathway.

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### **Issues of concern**

Facilities at Telford for Kim (& patient) are not as good as Shrewsbury

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