

MOVE MORE WANDSWORTH

Physical Activity support for people living with or beyond cancer

In partnership with
MACMILLAN
CANCER SUPPORT

NHS
South West London
Clinical Commissioning Group

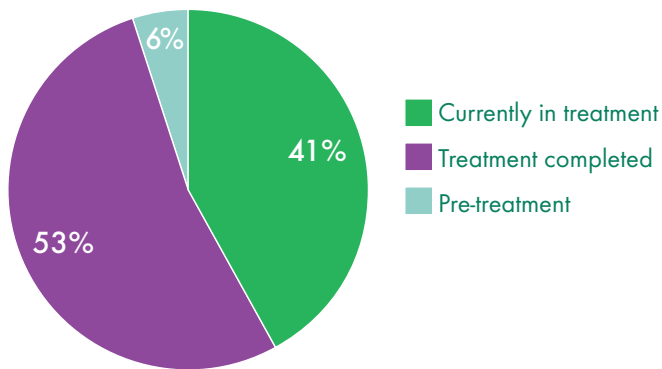
THE BRIGHTER WOODS
Wandsworth

in partnership with
enable
leisure & culture

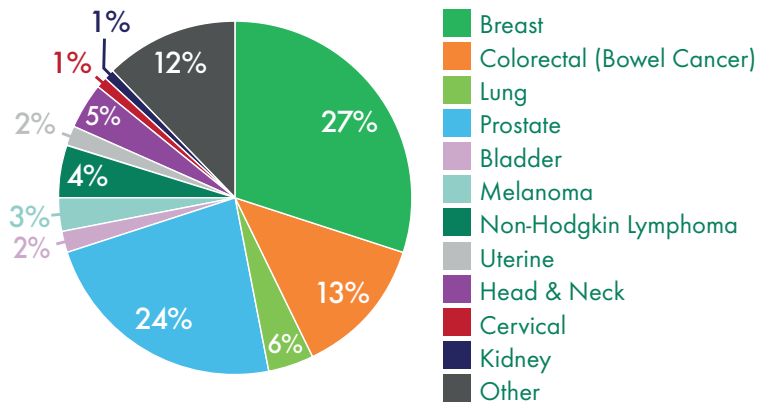
SUMMARY: OCTOBER 2016 – OCTOBER 2020

Number of people living with cancer who attended behaviour change intervention – **315**

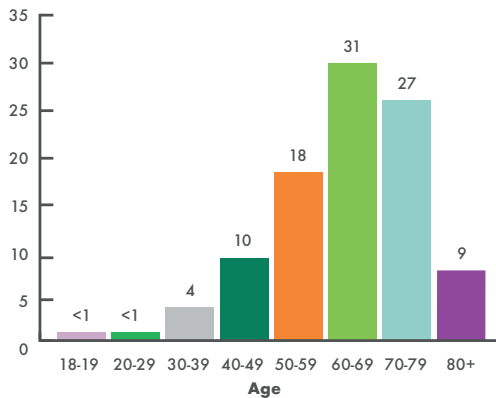
Treatment Stage Breakdown



Cancer Type Breakdown



Referrals By Age



Outcome Results

Physical Activity	% of people who increased physical activity:
Baseline to 3 months (n=134)	76.9
Baseline to 6 months (n=82)	69.5
Baseline to 12 months (n=61)	75.4

FACIT- Fatigue	% of people who reduced fatigue:
Baseline to 3 months (n=134)	62.7
Baseline to 6 months (n=82)	64.6
Baseline to 12 months (n=61)	77.1

Quality of Life score	% of people who increased QoL:
Baseline to 3 months (n=134)	71.6
Baseline to 6 months (n=82)	76.8
Baseline to 12 months (n=61)	82.0

MOVE MORE FEEDBACK

“ I couldn't do it without move more, it's saving my life.”

“ The service has really improved my quality of life. If the opportunity comes up to do something like Move More, grasp it with both hands. If it wasn't for this service, I think I would be in a much worse health state.”

COVID-19 Response

Throughout 2020 we have adapted our service to continue supporting people safely. In addition to our usual behaviour change consultations, we have conducted 204 wellbeing calls with participants since April 2020. This has helped people living with and beyond cancer improve or maintain their mental wellbeing during the pandemic.

Mental Well-being - Warwick Edinburgh Scale	% of people who increased wellbeing	% of people who maintained wellbeing
Baseline to 3 months (during the pandemic) n = 26	56.52	7.69

For referral information
visit www.enablelc.org/movemore