

The implementation of physical activity for people living with cancer in the rural and coastal county of Lincolnshire.

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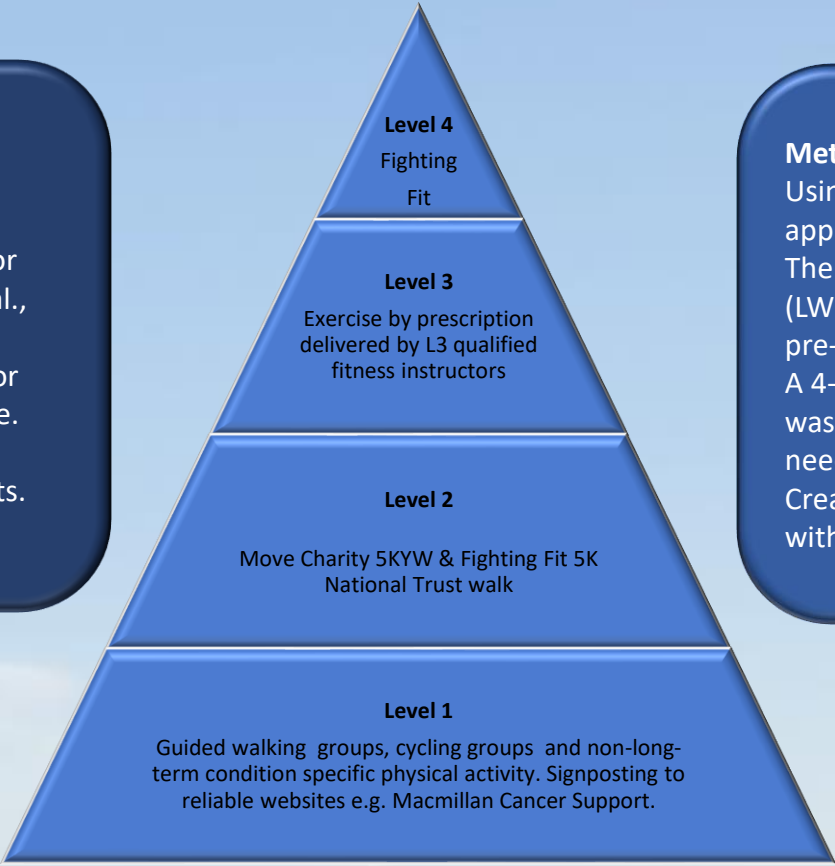
Background

Taking part in physical activity can have positive physical and mental benefits for people living with cancer (Cantwell et al., 2020). Prior to 2021 there was no formalised model of physical activity for people living with cancer in Lincolnshire. The cancer workforce had limited awareness of appropriate existing assets.



Methodology

Using place-based, asset-based approach:
The Lincolnshire Living with Cancer (LWC) Programme extensively mapped pre-existing physical activity offers. A 4-tiered model for physical activity was developed based on the individual needs of patients.
Created opportunities for partnerships with other organisations across sectors.



Solution

- Developed the Fighting Fit Programme in partnership with the Lincoln City Foundation enabling access to specialised L4 cancer rehab instructor led sessions
- Partnership working with the Move Charity and Park Run UK to establish 5KYW sessions in Lincolnshire
- Collaboration with the National Trust and Park Run UK to develop a Fighting Fit 5K
- Working with pre-existing physical activity programmes to raise awareness and promote referrals for people living with cancer.
- Test viability and sustainability of alternative Physical Activity offers, for example – yoga and cycling.



Results

- Sustainable and flexible stratified model of support in place.
- 13 Fighting Fit groups across 10 locations across Lincolnshire, 450 referrals.
- 2x 5KYW Move Against Cancer groups in Lincoln and Boston.
- Fighting Fit 5KYW at National Trust Belton House, Grantham.
- Development of Fighting Fit offer to include all model levels and enhanced offer at National Trust locations in Lincolnshire
- Community assets mapped and to be made available on interactive asset map on Lincolnshire Cancer Support website.



Future opportunities: Further mapping of community assets to add to asset map. Broker further collaborations with culture and leisure providers. Identify sustainable funding streams for enhanced physical activity offers in localities. Replicate place-based, asset-based stratified model for other long-term conditions.

