

Physical Activity Services - London and West Essex

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Companies Comp		Leisure Centre)	Griffiche Excrete Scheme		JEE	5215 50,1		om/content-hub/health/gp-	trainer			EC33 than 2 month				
Company							provide 12 weeks personalised exercise	exercise-referral/			Treatment,				Telephone	
March Control Contro							programme for cancer patients (this			Delivering interventions during or after treatment						
Property				Community			programme is not cancer specific)				Depends on patient need					
March Marc	NHS Southwark CCG															
Marie Mari		Foundation Trust								Addring on colf management						
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Part							Exercise/physical activity 1:1 sessions or									
Company							group exercise classes tailored to the		Qualified HCP's in cance	Delivering interventions for patients with advanced, complex						
Part																
Control Cont							Groups include = Weight management		instructors in NVQ or	•Delivering interventions for patients with functional impairments.						
March Marc									cancer rehab							
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Section Sect							12 week Group exercise supervised gym	https://www.better.org.uk/05	have Level 4 cancer	Delivering interventions for patients with functional impairments.	1			1	1	
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NHS Southwark CCG	Oomph Personal Training	Oomph Personal Training	Limited Company	SEL	SE1 1BY	Provides exercise programs for cancer patients. Works with third sector organisations such as Maggies	http://www.oomph.london/h ome.html		Advising on self-management Making refersts to ther health professionals Signposting to other health care providers, sectors or settings Supporting those with side effects or consequences of treatment Delevering interventions for patients with advanced disease, complex palliative fend of life issues Delevering interventions for patients with functional impairment Supporting families of carers Delevering interventions for patients with cognitive impairment Delevering interventions for patients with cognitive impairment Delivering interventions for patients with cognitive impairment	Diagnosis and care Treatment, Post treatment Palliative Care	Less than 1 month	2500-3000 attendances per year. Approx. 200 new clients per year. Clients may attend more than weekly.	Self-referral	1-to-1 Group Couples and/or families	
	Paul's Cancer Support Centre	Get Active		SWL	SW11 3QA	Provides exercise classes for cancer	www.paulscancersupportcent	NVQ level 4 qualified							
NHS Wandsworth			Community			patients (cancer specific with trained level • Seated exercise by physiotherapists	re.org.uk https://www.royaltrinityhospi	trainer					Health Care Professional		
						Whole body workout by physios	ce.london/Pages/FAQs/Categ						Self-referral		
NHS Lambeth	Royal Trinity Hospice Southbury Leisure (Fusion Lifestyle	Royal Trinity Hospice Move4you (Tottenham Hotspurs	Hospice	NCL NCL	SW4 ORN EN1 1YP	12 week structured exercise programme	ory/activities http://www.fusion-	Physiotherapists NVQ level 4 qualified	Advising on self-management	Diagnosis and	Less than 1 month	Aim for 140 referral	Health Care Professional	• Group • 1-to-1	Health and well-being
	Enfield	Foundation)				(cancer specific) provided by Tottenham Hotspurs Foundation Movedyou programme	lifestyle.com/centres/southbu ry-leisure-centre	trainer	Making referrals to other health professional Supposting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex pallatture (and of life issues Delivering interventions for patients with functional impairment Delivering interventions during or after treatment	care Treatment, Post treatment Depends on patient need		per area	Self-referral	Group Telephone	events
NHS Enfield CCG	St George's University Hospitals	Living Well (Move4you)	Community	SWL	SW17 OQT	12 week structured exercise programme	www.tottenhamhotspur.com/	NVQ level 4 qualified	Advising on self-management	Diagnosis and	Less than 1 month	Aim for 140 referral	Health Care Professional	• 1-to-1	Health and well-being
NHS Wandsworth CCG	(Enable Leisure & Culture)		Acute Trust			(cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	foundation/	trainer	Making referrals to other health professional Signosting to other healthcar providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex pallative fend of life issue Delivering interventions for patients with functional impairment Delivering interventions for patients with functional impairment	care Treatment, Post treatment Depends on patient need		per area	Self-referral	Group Telephone	events
NHS Southwark CCG	Surrey Docks Fitness and water sports centre The Hillingdon Hopitals NHS Foundation Trust	Active Boost Cancer Rehab Class	Community Acute Trust	SEL NWL	SE16 75X UB8 3UA	Advising on self management Health lifestyle groups. Delivering interventions for patients with functional impairments. Delivers in tervention post treatment Signposting to other health care providers, sectors or settings. 12 week Group sexcise supervised class for individuals with long term conditions of which cancer is included. Let's Get Moving Campaign - Cancer Rehat Class. Joint provision from Fusion leisure centre, level a trainer and Trust - Funded by Trust and patient donation per class.	https://www.everyoneactive.com/about-us/what-we- offer/health-and-wellbeing/ https://www.th.nhs.uk/servi ces/cancer_services/index.ph	rehab	Advising on self management Health lifestyle groups. Delivering interventions for patients with functional impairments. Delivers intervention for patients with functional impairments. Delivers intervention post treatment Signposting to other health care providers, sectors or settings. Advising on self-management Healthy lifestyle groups Making referats to other health professi Signposting to other health professi Signposting to other health care providers, sectors or settings Supporting those with side effects or consequences of treatment	Preparing for care Diagnosis and care Treatment, Post treatment Pallative Care	Less than 1 month	400 approx.	Health Care Professional Health Care Professional Self-referral	• 1-to-1 • Group	Holistic Needs Assessment (HNA) and care planning Health and well-being events
NHS Hillingdon CCG	The Nightingale Cancer Support	Move4you (Tottenham Hotspurs		NCL	EN1 3/T	Facilitates the Move4you programme for	http://www.nightingalesuppo	NVQ level 4 qualified	Delivering interventions for patients with advanced disease, complex pallative, fend foll file issues Delivering interventions for patients with functional impairment Delivering interventions during or after treatment Delivery of the Recovery Package	Diagnosis and	Less than 1 month	Aim for 140 referral	Health Care Professional	• 1-to-1	Health and well-being
NHS Enfield CCG	ine Nightingale Cancer Support Centre	Moveayou (Tottennam Hotspurs Foundation	Community	NCL	EN1 331	racilitates the Moveayou programme for clients via refersia at different Moveayou locations (Southbury Leisure Centre). Also provides a 4-week exit route for patients at their centre which is facilitated by Tottenham Hotspurs Foundation	nttp://www.nigntingaiesuppo rt.org.uk/	NVQ level 4 qualified trainer	Ausurag on seir-management Making refersits to other health professional Signposting to other healthcare providers, sector or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative fend of life issues Delivering interventions for patients with functional impairment Delivering interventions for patients with functional impairment	Diagnosis and care Treatment, Post treatment Depends on patient need	Less than 1 month	per area	Health Care Professional Self-referral	• 1-t0-1 • Group • Telephone	Health and Well-being events
NHS Barnet CCG	The Royal Free London(Barnet General Hospital)	Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	EN5 3DJ	12 week structured exercise programme (cancer specific) provided by Totttenham Hotspurs Foundation Movedyou programme	https://www.royalfree.nhs.uk	NVQ level 4 qualified trainer	Advising on self-management Making referrals to other health professional Signposting to other healthcare providers, sectors or settings Signposting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative fend of life issues Delivering interventions for patients with functional impairment Delivering interventions for after treatment	Diagnosis and care Treatment, Post treatment Depends on patient need	Less than 1 month	Aim for 140 referral per area	Health Care Professional Self-referral	• 1-to-1 • Group • Telephone	Health and well-being events
NHS Enfield CCG	The Royal Free London (Enfield General Hospital)	Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	EN2 8JL	12 week structured exercise programme (cancer specific) provided by Totttenham Hotspurs Foundation Move4you programme	https://www.royalfree.nhs.uk	NVQ level 4 qualified trainer	Advising on self-management Making referrals to other health professional Signosting to other healthcare providers, sectors or settings Signosting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative fend of life issues Delivering interventions for patients with functional impairment Delivering interventions for patients with functional impairment Delivering interventions for after treatment	Diagnosis and care Treatment, Post treatment Depends on patient need	Less than 1 month	Aim for 140 referral per area	Health Care Professional Self-referral	• 1-to-1 • Group • Telephone	Health and well-being events
NHS Haringey CCG	Tottenham Green Leisure Centres (Fusion Lifestyle)	Move4you (Tottenham Hotspurs Foundation)	Community	NCL	N15 4JA	12 week structured exercise programme (cancer specific) provided by Totttenham Hotspurs Foundation Move4you programme	www.fusion- lifestyle.com/centres/tottenh am-green-pools-fitness/	NVQ level 4 qualified trainer	Advising on self-management Making referrals to other health professional Signposting to other healthcare providers, sectors or settings Signposting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative /end of life issues Delivering interventions for patients with functional impairment Delivering interventions during or after treatment	Diagnosis and care Treatment, Post treatment Depends on patient need	Less than 1 month	Aim for 140 referral per area	Health Care Professional Self-referral	• 1-to-1 • Group • Telephone	Health and well-being events

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	Tottenham Hotspur Foundation	Move4you		NCL	N17 8ER	Physical activity instructors deliver 12	www.tottenhamhotspur.com/	NVQ level 4 qualified	Advising on self-management	Diagnosis and	Less than 1 month	Aim for 140 referral	 Health Care Professional 	• 1-to-1	 Health and well-being
						sessions of physical activity support,	foundation/	trainer	Making referrals to other health professional	• care		per area	Self-referral	Group	events
						tailored to suit the individual. They see all			Signposting to other healthcare providers, sectors or settings	• Treatment,				Telephone	
						participants for an initial assessment and			Supporting those with side effects or consequences of treatment	Post treatment					
						then a follow up assessment at 12			Delivering interventions for patients with advanced disease, complex	Depends on patient need					
						sessions, 6 and 12 months. Remit			palliative /end of life issues						
						includes: 1-2-1, group exercise classes, 1-2	1		Delivering interventions for patients with functional impairment						
						1 support, taster/workshop sessions -			Delivering interventions during or after treatment						
NHS Haringey CCG			Community	-		mindfulness, art therapy, choir taster									
	Trekstock (Cancer Charity)	Trekstock Renew Exercise		Pan-	W1F 7DD	Exercise programme for young adults with	nttps://www.trekstock.com/	NVQ level 4 qualified	Supporting those with side effects or consequences of treatment	Diagnosis and care	Less than 1 month	70-96	Health Care Professional	• 1-to-1	Holistic Needs
		Programme		London		cancer - 20-30's.		trainer	Delivering interventions for patients with functional impairment	• Treatment,			Self-referral		Assessment (HNA) and
									Delivering interventions during or after treatment	Post treatment					care planning
										Palliative Care					
NHS Central London CCG			Community												
NHS Camden CCG	University College London Hospital	Acute adult oncology	Acute Trust	NCL	NW1 2BU		www.uclh.nhs.uk/			Treatment			 Health Care Professional 		
	NHS Trust (1)									Post treatment			 Self-referral 		
										We take on clients when they feel				• 1 to 1	
										ready to take up physical activity,				Group	
										although it does seem to work				Couples	
						Provides physical activity programmes				better post treatment	1-3 months	70-100		and/or family	
	University College London Hospital	Move4vou (Tottenham Hotsnurs	Acute Trust	NCL	NW1 2BU	12 week structured exercise programme	www.uclh.nhs.uk/	NVQ level 4 qualified	Advising on self-management	Diagnosis and	Less than 1 month	Aim for 140 referral	Health Care Professional	• 1-to-1	Health and well-being
	NHS Trust (2)	Foundation)		1.02		(cancer specific) provided by Totttenham		trainer	Making referrals to other health professional	• care		per area	Self-referral	Group	events
		,				Hotspurs Foundation Move4you			Signposting to other healthcare providers, sectors or settings	Treatment,				Telephone	
						programme			Supporting those with side effects or consequences of treatment	Post treatment					
						F0			Delivering interventions for patients with advanced disease, complex	Depends on patient need					
									palliative /end of life issues	.,,					
									Delivering interventions for patients with functional impairment						
									Delivering interventions during or after treatment						
NHS Camden CCG															
	Vision Redbridge Culture and	Vision Redbridge Cancer Rehab		NEL	IG6 2EA	Provides a 12-week exercise programme	http://www.vision-rcl.org.uk/	NVO level 4 qualified	Advising on self-management	Diagnosis and care	Less than 1 month	60	Health Care Professional	• 1-to-1	
	Leisure	Programme				for cancer patients		trainer	Healthy lifestyle groups	Treatment.				Group	
									Supporting those with side effects or consequences of treatment	Post treatment					
NHS Redbridge CCG			Community												
					N19 5NF	Dance classes provided by Emily Jenkins	https://www.whittington.nhs.						Health Care Professional		
NHS Islington CCG	Whittington Health NHS Trust	Move Dance Feel	Community	NCL		and free of charge for cancer patients	uk/default.asp?c=28554							Group	
	Whittington Health NHS Trust	Move4you (Tottenham Hotspurs	Acute Trust	NCL	N19 5NF	12 week structured exercise programme	https://www.whittington.nhs.	NVQ level 4 qualified	Advising on self-management	Diagnosis and	Less than 1 month	Aim for 140 referral	Health Care Professional	• 1-to-1	Health and well-being
1	(Whittington Hospital)	Foundation)		1	1	(cancer specific) provided by Totttenham	uk/	trainer	Making referrals to other health professional	• care		per area	Self-referral	Group	events
1	1			1	1	Hotspurs Foundation Move4you			Signposting to other healthcare providers, sectors or settings	Treatment,				Telephone	
1	1	ĺ		1	1	programme	1		Supporting those with side effects or consequences of treatment	Post treatment	l				
				1	1	1			Delivering interventions for patients with advanced disease, complex	Depends on patient need					
	1	ĺ		1	1	1	1		palliative /end of life issues	1	l				
	1	ĺ		1	1	1	1		Delivering interventions for patients with functional impairment		l				
				1	1	1			Delivering interventions during or after treatment						
NHS Islington CCG				1		1	1		Ī		l	1	1	I	
	YMCA Thames Gateway	Moving Forward		NEL	RM7 OPH	Provides a 12-week exercise programme		NVQ level 4 qualified	Advising on self-management	Diagnosis and care	1-3 months	70-100	Health Care Professional	• 1-to-1	
	1	ĺ		1	1	for cancer patients	1	trainer	Healthy lifestyle groups	Treatment	l		Self-referral	Group	
	1	ĺ		1	1	1	1		Signposting to other healthcare providers, sectors or settings	Post treatment	l			 Couples 	
	1	ĺ		1	1	1	1		Delivering interventions for patients with functional impairment	We take on clients when they	l			and/or families	
1	1	ĺ		1	1	1	1		Delivering interventions during or after treatment	feel ready to take up physical	l				
	1	ĺ		1	1	1	1		Delivery of the Recovery Package	activity, although it does seem to	l				
NHS Havering CCG		1	Community	1	1	1	https://www.ymcatg.org/			work better post treatment.					
						-	, , ,				!				