



Physical Activity Services - London and West Essex

CCG	Organisation/Service Provider	Name of Service	Type of provider	STP	Postcode	Service provided	Website	Service provided by	Objective of Service	What stage of treatment do you accept/see cancer patients?	Waiting time for access to service	No. of patients seen in a 12 month period	Referral pathways	Clinic type(s)	Aspects of the recovery package service is involved with	
NHS Central London CCG	Aquaterra	Exercise on Referral & Adult Weight Management	Community	NCL	W1G 0AH	Cancer Specific Exercise Programme	www.aquaterra.org		<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professionals 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 Supporting families of carers Delivering interventions for patients with cognitive impairment Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment 	Less than 1 month	6000	Health Care Professional	<ul style="list-style-type: none"> 1-to-1 Drop in Group 		
NHS Harrow CCG	Asian Women Cancer Group	Asian Women Cancer Group	Community	NWL	HA2 7TA	Yoga classes - weekly	http://www.asianwomencancergroup.co.uk/activities/						<ul style="list-style-type: none"> Self-referral 	<ul style="list-style-type: none"> Group 		
NHS Barking and Dagenham CCG	Barking & Dagenham	Healthy Lifestyle Team - London Borough of Barking and Dagenham	Local Authority	NEL	RM10 9SA	Offers an exercise on referral 12 week program for individuals who have a medical condition (cancer is an eligible condition) that could be improved by increasing physical activity levels.	www.newme.london		<ul style="list-style-type: none"> Advising on self-management Signposting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Supporting families of carers Delivery of the Recovery Package 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 	Less than 1 month	1500	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 		
NHS Barnet CCG	Barnet Copthall Leisure Centre (Better/GLL)	Move4you (Tottenham Hotspurs Foundation)	Community	NCL	NW4 1PS	12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	http://www.better.org.uk/leisure-centre/london/barnet/barnet-copthall-leisure-centre	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events 	
NHS City and Hackney CCG	Barts Health NHS Trust	Oncology Therapies	Acute Trust	NEL	EC1A 7BE	Outpatient physiotherapy service includes exercise classes	https://bartshealth.nhs.uk/cancer/	Physiotherapists								
NHS City and Hackney CCG	Barts Health NHS Trust and Maggie's Centre	Where now? Support beyond treatment programme		NEL	EC1A 7BE	presentations by - Physiotherapists - Dieticians - Oncologists - Psychologists	https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/support-beyond-treatment/	Physiotherapists						<ul style="list-style-type: none"> Health Care Professional 	<ul style="list-style-type: none"> Group 	
NHS West Essex CCG	Cancer Be Fit – Fitness for breast cancer survivors	Taylor'd Fitness	Community	West Essex	CM17 0EY	survivor and qualified Cancer and Exercise Rehabilitation Specialist - Classes on Tuesdays 10.30am at The Norman Booth Centre, Elderfield,	elaine@taylor'dfitness.co.uk	Qualified Cancer and Exercise Rehabilitation Specialist					<ul style="list-style-type: none"> Self-referral 	<ul style="list-style-type: none"> Group 		
NHS Barnet CCG	Cherry Lodge Cancer Care	Move4you (Tottenham Hotspurs Foundation)	Community	NCL	EN5 4HY	Client referral source for Move4you programme managed by Tottenham Hotspurs Foundation	http://www.cherrylodgescancer.org.uk/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events 	
NHS Bexley CCG	Crook Log Leisure Centre Enable Leisure & Culture (Battersea)	Steps to Health Macmillan Move More Wandsworth	Community	SEL	DA7 4HH	12 week Group exercise supervised gym class for individuals with long-term conditions of which cancer is included.	https://www.leisurecentre.co.uk/crook-log-leisure-centre	NVQ Level 3&4 technical instructors Some instructors may have Level 4 cancer rehab	<ul style="list-style-type: none"> Advising on self management Health lifestyle groups. Delivering interventions for patients with functional impairments. Delivers intervention post treatment Signposting to other health care providers, sectors or settings 				<ul style="list-style-type: none"> Health Care Professional 			
NHS Wandsworth CCG	Enable Leisure & Culture (Wandsworth)	Macmillan Move More Wandsworth	Community	SWL	SW11 4PA	Physical Activity Behaviour Change and Exercise (Cancer Specific Exercise Classes)	www.enablelc.org/movemore		<ul style="list-style-type: none"> Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative /end of life issues Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 	Less than 1 month	200	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Telephone Email 		
NHS Wandsworth CCG	Enable Leisure & Culture (Tooting)	Macmillan Move More Wandsworth	Community	SWL	SW17 9LH	Physical Activity Behaviour Change and Exercise (Cancer Specific Exercise Classes)	www.enablelc.org/movemore		<ul style="list-style-type: none"> Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative /end of life issues Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 	Less than 1 month	200	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Telephone Email 		
NHS Wandsworth CCG	Enable Leisure & Culture (Wandsworth)	Macmillan Move More Wandsworth	Community	SWL	SW18 4BS	Physical Activity Behaviour Change and Exercise (Cancer Specific Exercise Classes)	www.enablelc.org/movemore		<ul style="list-style-type: none"> Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative /end of life issues Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 	Less than 1 month	200	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Telephone Email 		
NHS Southwark CCG	Everyone Active - Southwark Everyone Active	Camberwell Leisure centre Dulwich Leisure centre	Community	SEL	SE5 8TS		https://www.everyoneactive.com/centre/camberwell-leisure-centre/	NVQ Level 3&4 technical instructors Some instructors may have Level 4 cancer rehab								
NHS Southwark CCG	Everyone Active - Southwark Everyone Active		Community	SEL	SE16 7SX		https://www.everyoneactive.com/southwark-free-swim-gym/	Some instructors may have Level 4 cancer rehab								

NHS Southwark CCG	Everyone Active - Southwark Everyone Active	Seven islands leisure centre	Community	SEL	SE16 2TU		https://www.everyoneactive.com/centre/seven-islands-leisure-centre/	Instructors Some instructors may have Level 4 cancer rehab												
NHS Southwark CCG	Everyone Active - Southwark Everyone Active	The Castle Centre	Community	SEL	SE1 6FG		https://www.everyoneactive.com/centre/the-castle-centre/	Instructors Some instructors may have Level 4 cancer rehab												
NHS Southwark CCG	Everyone Active (Peckham Pulse Leisure Centre)	GP Referral Exercise Scheme	Community	SEL	SE15 5QN	Level 4 trained instructors (trained via Tottenham Hotspurs Foundation). They provide 12 weeks personalised exercise programme for cancer patients. (this programme is not cancer specific)	https://www.everyoneactive.com/content-hub/health/gp-exercise-referral/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Supporting those with side effects or consequences of treatment Delivering interventions for patients with advanced disease, complex palliative /end of life issues Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month		<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events 					
NHS Southwark CCG	Guys and St Thomas' NHS Foundation Trust		Community	SEL	SE1 9RT	Exercise/physical activity 1:1 sessions or group exercise classes tailored to the individual. Groups include = Weight management programme/circuit programmes/education session/ mindful movement yoga programme	https://www.guysandstthomas.nhs.uk/home.aspx	Qualified HCP's in cancer and Level 4 technical instructors in NVQ or cancer rehab	<ul style="list-style-type: none"> Advising on self management Health lifestyle groups Making referrals to other Health professionals Signposting to other health care providers, sectors or settings. Delivering interventions for patients with advanced, complex palliative/end of life issues. Delivering interventions for patients with functional impairments. Support families/carers Delivering interventions for those with cognitive impairment Delivering interventions during or after treatment Delivery of the recovery package 											
NHS Lewisham	Healthwise Exercise on referral	Better Gyms: Bellingham Forest hill The bridge Wavelength Glass Mill	Community	SEL	SE23 3HZ	12 week Group exercise supervised gym class for individuals with long-term conditions of which cancer is included.	https://www.better.org.uk/0528987-Sabc-4b45-8c58-c750fd6d9d	NVQ Level 3&4 technical instructors Some instructors may have Level 4 cancer rehab	<ul style="list-style-type: none"> Advising on self management Health lifestyle groups. Delivering interventions for patients with functional impairments. Delivers intervention post treatment Signposting to other health care providers, sectors or settings. 								Health Care Professional			
NHS Enfield CCG	Helen Rollason Cancer Charity	Helen Rollason Cancer Charity	Community	NCL	N18 1QX	Pilates Classes – every Tuesday												Self-referral	Group	
NHS Kingston CCG	Kingston Hospital NHS Foundation Trust	Cancer Services	Acute Trust	SWL	KT2 7QB	Breast Cancer patients can access: general arm exercise post axillary surgery for breast cancer, 6 weeks post breast cancer treatment exercise programme and a post cancer treatment get active programme	https://www.kingstonhospital.nhs.uk/departments-services/clinical-services/cancer-services.aspx		<ul style="list-style-type: none"> Advising on self-management Healthy lifestyle groups Making referrals to other health professionals Signposting to other healthcare providers, sectors or settings Supporting those with side effects or consequences of treatment Delivering interventions for patients with functional impairment Supporting families of carers Delivering interventions during or after treatment Delivery of the Recovery Package 											
NHS Greenwich CCG	Lewisham and Greenwich Acute Trust	Inpatient Physiotherapy	Acute Trust	SEL	SE18 4QH	Amputee Exercise classes	https://www.lewishamandgreenwich.nhs.uk/cancer-services-in-lewisham https://www.lewishamandgreenwich.nhs.uk/cancer-services-at-queen-elizabeth-hospital		<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professionals 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 Supporting families of carers Delivering interventions for patients with cognitive impairment Delivering interventions during or after treatment 											
NHS Tower Hamlets CCG	Macmillan Social Prescribing – Bromley by Bow	Move Dance Feel	Community	NEL	E3 3BT	Dance classes provided by Emily Jenkins and free of charge for cancer patients	https://www.emily-jenkins.com/movedancefeel/											Health Care Professional	Self-referral	Group
NHS Camden CCG	Maggie's at the Cancerkin Centre	Maggie's at the Cancerkin Centre	Community	NCL	NW3 2QG	Yoga classes T'ai Chi classes Pilates classes	https://www.maggiescentres.org/our-centres/maggies-at-the-cancerkin/whats-on/												Self-referral	Group
NHS City and Hackney CCG	Maggie's Centre - Barts Health NHS Trust	Maggie's Centre	Community	NEL	EC1A 7BE	T'ai Chi classes Yoga classes	https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/exercise/												Self-referral	Group
NHS Camden CCG	Marie Curie Hospice Hampstead	Marie Curie Hospice Hampstead	Hospice	NCL	NW3 5NS	Gentle exercise programme by cancer to help them become and stay more active. - 12 weeks free funded activity sessions - Instructor guidance and support for up to 12 months - 'Plus one' membership available - Self-referral or referral via a health/social	https://www.mariecurie.org.uk/help/hospice-care/hampstead	Physiotherapists		<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 								Health Care Professional	Self-referral	1-to-1
NHS West Essex CCG	Move More Herts	Partnership between Macmillan Cancer Support, YMCA, along with Stevenage Leisure, Finesse Leisure and Broxbourne Leisure trusts	Community	West Essex	WD17 2RT		https://www.broxbourne.gov.uk/leisure-leisure-centres/macmillan-move-more-herts													
NHS Hounslow CCG	Mulberry Centre	Mulberry Centre	Community	NWL	TW7 6AF	Pilates classes T'ai Chi classes Yoga classes	http://re.co.uk/how-we-can-help/support-and-services/complementary-therapies/												Self-referral	Group
NHS Enfield CCG	North Middlesex University Hospital NHS Trust	Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	N18 1QX	Chair Based Exercise available for radiotherapy patients	www.northmid.nhs.uk/	Physiotherapists	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events 					

NHS Haringey CCG	Tottenham Hotspur Foundation	Move4you	Community	NCL	N17 8ER	Physical activity instructors deliver 12 sessions of physical activity support, tailored to suit the individual. They see all participants for an initial assessment and then a follow up assessment at 12 sessions. 6 and 12 months. Remit includes: 1-2-1, group exercise classes, 1-2-1 support, taster/workshop sessions - mindfulness, art therapy, choir taster	www.tottenhamhotspur.com/foundation/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events
NHS Central London CCG	Trekstock (Cancer Charity)	Trekstock Renew Exercise Programme	Community	Pan-London	W1F 7DD	Exercise programme for young adults with cancer - 20-30's.	https://www.trekstock.com/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Supporting those with side effects or consequences of treatment Delivering interventions for patients with functional impairment Delivering interventions during or after treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Palliative Care 	Less than 1 month	70-96	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 	<ul style="list-style-type: none"> Holistic Needs Assessment (HNA) and care planning
NHS Camden CCG	University College London Hospital NHS Trust (1)	Acute adult oncology	Acute Trust	NCL	NW1 2BU	Provides physical activity programmes	www.uch.nhs.uk/			<ul style="list-style-type: none"> Treatment Post treatment <p>We take on clients when they feel ready to take up physical activity, although it does seem to work better post treatment</p>	1-3 months	70-100	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1 to 1 Group Couples and/or family 	
NHS Camden CCG	University College London Hospital NHS Trust (2)	Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	NW1 2BU	12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	www.uch.nhs.uk/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events
NHS Redbridge CCG	Vision Redbridge Culture and Leisure	Vision Redbridge Cancer Rehab Programme	Community	NEL	IG6 2EA	Provides a 12-week exercise programme for cancer patients	http://www.vision-rcl.org.uk/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Healthy lifestyle groups Supporting those with side effects or consequences of treatment 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment 	Less than 1 month	60	<ul style="list-style-type: none"> Health Care Professional 	<ul style="list-style-type: none"> 1-to-1 Group 	
NHS Islington CCG	Whittington Health NHS Trust	Move Dance Feel	Community	NCL	N19 5NF	Dance classes provided by Emily Jenkins and free of charge for cancer patients	https://www.whittington.nhs.uk/default.asp?c=28554						<ul style="list-style-type: none"> Health Care Professional 	<ul style="list-style-type: none"> Group 	
NHS Islington CCG	Whittington Health NHS Trust (Whittington Hospital)	Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	N19 5NF	12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	https://www.whittington.nhs.uk/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Making referrals to other health professional 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 	<ul style="list-style-type: none"> Diagnosis and care Treatment, Post treatment Depends on patient need 	Less than 1 month	Aim for 140 referral per area	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Telephone 	<ul style="list-style-type: none"> Health and well-being events
NHS Havering CCG	YMCA Thames Gateway	Moving Forward	Community	NEL	RM7 0PH	Provides a 12-week exercise programme for cancer patients	https://www.ymcatg.org/	NVQ level 4 qualified trainer	<ul style="list-style-type: none"> Advising on self-management Healthy lifestyle groups Signposting to other healthcare providers, sectors or settings Delivering interventions for patients with functional impairment Delivering interventions during or after treatment Delivery of the Recovery Package 	<ul style="list-style-type: none"> Diagnosis and care Treatment Post treatment We take on clients when they feel ready to take up physical activity, although it does seem to work better post treatment. 	1-3 months	70-100	<ul style="list-style-type: none"> Health Care Professional Self-referral 	<ul style="list-style-type: none"> 1-to-1 Group Couples and/or families 	