



## Transforming Cancer Se

CCG	Organisation/Service Provider
NHS Central London CCG	Aquaterra
NHS Harrow CCG	Asian Women Cancer Group
NHS Barking and Dagenham CCG	Barking & Dagenham
NHS Barnet CCG	Barnet Copthall Leisure Centre (Better/GLL)
NHS City and Hackney CCG	Barts Health NHS Trust
NHS City and Hackney CCG	Barts Health NHS Trust and Maggie's Centre

NHS West Essex CCG	Cancer Be Fit – Fitness for breast cancer survivors
NHS Barnet CCG	Cherry Lodge Cancer Care
NHS Bexley CCG	Crook log Leisure Centre
NHS Wandsworth CCG	Enable Leisure & Culture (Battersea)
NHS Wandsworth CCG	Enable Leisure & Culture (Tooting)
NHS Wandsworth CCG	Enable Leisure & Culture (Wandsworth)
NHS Southwark CCG	Everyone Active - Southwark Everyone Active
NHS Southwark CCG	Everyone Active - Southwark Everyone Active
NHS Southwark CCG	Everyone Active - Southwark Everyone Active

NHS Southwark CCG	Everyone Active - Southwark Everyone Active
NHS Southwark CCG	Everyone Active (Peckham Pulse Leisure Centre )
NHS Southwark CCG	Guys and St Thomas' NHS Foundation Trust
NHS Lewisham	Healthwise Exercise on referral
NHS Enfield CCG	Helen Rollason Cancer Charity
NHS Kingston CCG	Kingston Hospital NHS Foundation Trust

NHS Greenwich CCG	Lewisham and Greenwich Acute Trust
NHS Tower Hamlets CCG	Macmillan Social Prescribing – Bromley by Bow
NHS Camden CCG	Maggie's at the Cancerkin Centre
NHS City and Hackney CCG	Maggie's Centre - Barts Health NHS Trust
NHS Camden CCG	Marie Curie Hospice Hampstead
NHS West Essex CCG	Move More Herts
NHS Hounslow CCG	Mulberry Centre
NHS Enfield CCG	North Middlesex University Hospital NHS Trust

	Oomph Personal Training
NHS Southwark CCG	
NHS Wandsworth	Paul's Cancer Support Centre
NHS Lambeth	Royal Trinity Hospice
NHS Enfield CCG	Southbury Leisure (Fusion Lifestyle) Enfield
NHS Wandsworth CCG	St George's University Hospitals (Enable Leisure & Culture)
NHS Southwark CCG	Surrey Docks Fitness and water sports centre

NHS Hillingdon CCG	The Hillingdon Hospitals NHS Foundation Trust
NHS Enfield CCG	The Nightingale Cancer Support Centre
NHS Barnet CCG	The Royal Free London (Barnet General Hospital)
NHS Enfield CCG	The Royal Free London (Enfield General Hospital)
NHS Haringey CCG	Tottenham Green Leisure Centres (Fusion Lifestyle)

NHS Haringey CCG	Tottenham Hotspur Foundation
NHS Central London CCG	Trekstock (Cancer Charity)
NHS Camden CCG	University College London Hospital NHS Trust (1)
NHS Camden CCG	University College London Hospital NHS Trust (2)
NHS Redbridge CCG	Vision Redbridge Culture and Leisure
NHS Islington CCG	Whittington Health NHS Trust
NHS Islington CCG	Whittington Health NHS Trust (Whittington Hospital)

NHS Havering CCG	YMCA Thames Gateway
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Services Team for London

## Physical

Name of Service	Type of provider	STP	Postcode
Exercise on Referral & Adult Weight Management	Community	NCL	W1G 0AH
Asian Women Cancer Group	Community	NWL	HA2 7TA
Healthy Lifestyle Team - London Borough of Barking and Dagenham	Local Authority	NEL	RM10 9SA
Move4you (Tottenham Hotspurs Foundation)	Community	NCL	NW4 1PS
Oncology Therapies	Acute Trust	NEL	EC1A 7BE
Where now? Support beyond treatment programme	Acute Trust	NEL	EC1A 7BE

Taylor Fitness	Community	West Essex	CM17 0EY
Move4you (Tottenham Hotspurs Foundation)	Community	NCL	EN5 4HY
Steps to Health	Community	SEL	DA7 4HH
Macmillan Move More Wandsworth	Community	SWL	SW11 4PA
Macmillan Move More Wandsworth	Community	SWL	SW17 9LH
Macmillan Move More Wandsworth	Community	SWL	SW18 4BS
Camberwell Leisure centre	Community	SEL	SE5 8TS
Dulwich Leisure centre	Community	SEL	SE16 7SX
Seven islands leisure centre	Community	SEL	SE16 2TU

The Castle Centre	Community	SEL	SE1 6FG
GP Referral Exercise Scheme		SEL	SE15 5QN
	Community		
Exercise programme	Community	SEL	SE1 9RT
Better Gyms: Bellingham Forest hill The bridge Wavelength Glass Mill			
	Community	SEL	SE23 3HZ
Helen Rollason Cancer Charity	Community	NCL	N18 1QX
Cancer Services	Acute Trust	SWL	KT2 7QB

		SEL	SE18 4QH
Inpatient Physiotherapy	Acute Trust		
Move Dance Feel	Community	NEL	E3 3BT
Maggie's at the Cancerkin Centre	Community	NCL	NW3 2QG
Maggie's Centre	Community	NEL	EC1A 7BE
Marie Curie Hospice Hampstead	Hospice	NCL	NW3 5NS
Partnership between Macmillan Cancer Support, YMCA, along with Stevenage Leisure, Finesse Leisure and Broxbourne Leisure trusts	Community	West Essex	WD17 2RT
Mulberry Centre	Community	NWL	TW7 6AF
Move4you (Tottenham Hotspurs Foundation)		NCL	N18 1QX
	Acute Trust		

Oomph Personal Training	Limited Company	SEL	SE1 1BY
Get Active	Community	SWL	SW11 3QA
Royal Trinity Hospice	Hospice	SEL	SW4 0RN
Move4you (Tottenham Hotspurs Foundation)	Community	NCL	EN1 1YP
Living Well (Move4you)	Acute Trust	SWL	SW17 0QT
Active Boost	Community	SEL	SE16 7SX

Cancer Rehab Class	Acute Trust	NWL	UB8 3UA
Move4you (Tottenham Hotspurs Foundation)	Community	NCL	EN1 3JT
Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	EN5 3DJ
Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	EN2 8JL
Move4you (Tottenham Hotspurs Foundation)	Community	NCL	N15 4JA

Move4you		NCL	N17 8ER
	Community		
Trekstock Renew Exercise Programme		Pan-London	W1F 7DD
	Community		
Acute adult oncology	Acute Trust	NCL	NW1 2BU
Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	NW1 2BU
Vision Redbridge Cancer Rehab Programme		NEL	IG6 2EA
	Community		
Move Dance Feel	Community	NCL	N19 5NF
Move4you (Tottenham Hotspurs Foundation)	Acute Trust	NCL	N19 5NF

Moving Forward		NEL	RM7 OPH
	Community		



# Physical Activity Services - London and

Service provided	Website
Cancer Specific Exercise Programme	<a href="http://www.aquaterra.org">www.aquaterra.org</a>
Yoga classes - weekly	<a href="http://www.asianwomencancergroup.co.uk/activities/">http://www.asianwomencancergroup.co.uk/activities/</a>
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.	<a href="http://www.newme.london">www.newme.london</a>
12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	<a href="http://www.better.org.uk/leisure-centre/london/barnet/barnet-cophall-leisure-centre">http://www.better.org.uk/leisure-centre/london/barnet/barnet-cophall-leisure-centre</a>
Outpatient physiotherapy service includes exercise classes	<a href="https://bartshealth.nhs.uk/cancer/">https://bartshealth.nhs.uk/cancer/</a>
45 min Exercise followed by expert presentations by - Physiotherapists - Dieticians - Oncologists - Psychologists	<a href="https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/support-beyond-treatment/">https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/support-beyond-treatment/</a>

<p>A free fitness class run by Elaine, a survivor and qualified Cancer and Exercise Rehabilitation Specialist</p> <p>- Classes on Tuesdays 10.30am at The Norman Booth Centre, Elderfield, Mulberry Green, Old Harlow, Harlow, CM17 0EY</p>	<p>elaine@tayloredfitness.co.uk</p>
<p>Client referral source for Move4you programme managed by Tottenham Hotspurs Foundation</p>	<p><a href="http://www.cherrylodgecancercare.org.uk/">http://www.cherrylodgecancercare.org.uk/</a></p>
<p>12 week Group exercise supervised gym class for individuals with long-term conditions of which cancer is included.</p>	<p><a href="https://www.leisurecentre.com/crook-log-leisure-centre">https://www.leisurecentre.com/crook-log-leisure-centre</a></p>
<p>Physical Activity Behaviour Change and Exercise (Cancer Specific Exercise Classes)</p>	<p><a href="http://www.enablelc.org/movemore">www.enablelc.org/movemore</a></p>
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	<p><a href="https://www.everyoneactive.com/centre/camberwell-leisure-centre/">https://www.everyoneactive.com/centre/camberwell-leisure-centre/</a></p>
	<p><a href="https://www.everyoneactive.com/southwark-free-swim-gym/">https://www.everyoneactive.com/southwark-free-swim-gym/</a></p>
	<p><a href="https://www.everyoneactive.com/centre/seven-islands-leisure-centre/">https://www.everyoneactive.com/centre/seven-islands-leisure-centre/</a></p>

	<a href="https://www.everyoneactive.com/centre/the-castle-centre/">https://www.everyoneactive.com/centre/the-castle-centre/</a>
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)	<a href="https://www.everyoneactive.com/content-hub/health/gp-exercise-referral/">https://www.everyoneactive.com/content-hub/health/gp-exercise-referral/</a>
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	<a href="https://www.guysandstthomas.nhs.uk/Home.aspx">https://www.guysandstthomas.nhs.uk/Home.aspx</a>
12 week Group exercise supervised gym class for individuals with long-term conditions of which cancer is included.	<a href="https://www.better.org.uk/052893f7-5abc-4ba5-8c58-c1750fd60e94">https://www.better.org.uk/052893f7-5abc-4ba5-8c58-c1750fd60e94</a>
Pilates Classes – every Tuesday	<a href="https://www.helenrollason.org.uk/supportcentres/edmonton/">https://www.helenrollason.org.uk/supportcentres/edmonton/</a>
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	<a href="https://www.kingstonhospital.nhs.uk/departments-services/clinical-services/cancer-services.aspx">https://www.kingstonhospital.nhs.uk/departments-services/clinical-services/cancer-services.aspx</a>

Amputee Exercise classes	<a href="https://www.lewishamandgreenwich.nhs.uk/cancer-services-in-lewisham">https://www.lewishamandgreenwich.nhs.uk/cancer-services-in-lewisham</a>  <a href="https://www.lewishamandgreenwich.nhs.uk/cancer-services-at-queen-elizabeth-hospital">https://www.lewishamandgreenwich.nhs.uk/cancer-services-at-queen-elizabeth-hospital</a>
Dance classes provided by Emily Jenkins and free of charge for cancer patients	<a href="https://www.emily-jenkins.com/movedancefeel/">https://www.emily-jenkins.com/movedancefeel/</a>
Can Exercise - Cancer rehabilitation exercise classes Yoga classes T'ai Chi classes Pilates classes	<a href="https://www.maggiescentres.org/our-centres/maggies-at-the-cancerkin/whats-on/">https://www.maggiescentres.org/our-centres/maggies-at-the-cancerkin/whats-on/</a>
T'ai Chi classes Yoga classes	<a href="https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/exercise/">https://www.maggiescentres.org/how-maggies-can-help/help-available/practical-support/exercise/</a>
Gentle exercise programme	<a href="https://www.mariecurie.org.uk/help/hospice-care/hampstead">https://www.mariecurie.org.uk/help/hospice-care/hampstead</a>
Exercise programme for anyone affected 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 care professional - Not just for residents of Hertfordshire	<a href="https://www.broxbourne.gov.uk/leisure-leisure-centres/macmillan-move-more-herts">https://www.broxbourne.gov.uk/leisure-leisure-centres/macmillan-move-more-herts</a>
Pilates classes T'ai Chi classes Yoga classes	<a href="https://www.themulberrycentre.co.uk/how-we-can-help/support-and-services/complementary-therapies/">https://www.themulberrycentre.co.uk/how-we-can-help/support-and-services/complementary-therapies/</a>
Chair Based Exercise available for radiotherapy patients	<a href="http://www.northmid.nhs.uk/">www.northmid.nhs.uk/</a>

<p>Provides exercise programs for cancer patients. Works with third sector organisations such as Maggie's</p>	<p><a href="http://www.oomph.london/home.html">http://www.oomph.london/home.html</a></p>
<p>Provides exercise classes for cancer patients (cancer specific with trained level 4 instructor)</p>	<p><a href="http://www.paulscancersupportcentre.org.uk">www.paulscancersupportcentre.org.uk</a></p>
<ul style="list-style-type: none"> <li>• Seated exercise by physiotherapists</li> <li>• Whole body workout by physios</li> </ul>	<p><a href="https://www.royaltrinityhospice.london/Pages/FAQs/Category/activities">https://www.royaltrinityhospice.london/Pages/FAQs/Category/activities</a></p>
<p>12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme</p>	<p><a href="http://www.fusion-lifestyle.com/centres/southbury-leisure-centre">http://www.fusion-lifestyle.com/centres/southbury-leisure-centre</a></p>
<p>12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme</p>	<p><a href="http://www.tottenhamhotspur.com/foundation/">www.tottenhamhotspur.com/foundation/</a></p>
<p>Exercise on referral – Active Boost</p> <ul style="list-style-type: none"> <li>• Advising on self management</li> <li>• Health lifestyle groups.</li> <li>• Delivering interventions for patients with functional impairments.</li> <li>• Delivers intervention post treatment</li> <li>• Signposting to other health care providers, sectors or settings.</li> </ul> <p>12 week Group exercise supervised class for individuals with long term conditions of which cancer is included.</p>	<p><a href="https://www.everyoneactive.com/about-us/what-we-offer/health-and-wellbeing/">https://www.everyoneactive.com/about-us/what-we-offer/health-and-wellbeing/</a></p>

Let's Get Moving Campaign - Cancer Rehab Class. Joint provision from Fusion leisure centre, level 4 trainer and Trust - Funded by Trust and patient donation per class	<a href="https://www.thh.nhs.uk/services/cancer_services/index.php">https://www.thh.nhs.uk/services/cancer_services/index.php</a>
Facilitates the Move4you programme for clients via referrals at different Move4you locations (Southbury Leisure Centre) . Also provides a 4- week exit route for patients at their centre which is facilitated by Tottenham Hotspurs Foundation	<a href="http://www.nightingalesupport.org.uk/">http://www.nightingalesupport.org.uk/</a>
12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	<a href="https://www.royalfree.nhs.uk">https://www.royalfree.nhs.uk</a>
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12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme	<a href="http://www.fusion-lifestyle.com/centres/tottenham-green-pools-fitness/">www.fusion-lifestyle.com/centres/tottenham-green-pools-fitness/</a>

<p>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 sessions, physical activity exit routes (chair based, circuit, walk, pilates).</p>	<p><a href="http://www.tottenhamhotspur.com/foundation/">www.tottenhamhotspur.com/foundation/</a></p>
<p>Exercise programme for young adults with cancer - 20-30's.</p>	<p><a href="https://www.trekstock.com/">https://www.trekstock.com/</a></p>
<p>Provides physical activity programmes</p>	<p><a href="http://www.uclh.nhs.uk/">www.uclh.nhs.uk/</a></p>
<p>12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme</p>	<p><a href="http://www.uclh.nhs.uk/">www.uclh.nhs.uk/</a></p>
<p>Provides a 12-week exercise programme for cancer patients</p>	<p><a href="http://www.vision-rcl.org.uk/">http://www.vision-rcl.org.uk/</a></p>
<p>Dance classes provided by Emily Jenkins and free of charge for cancer patients</p>	<p><a href="https://www.whittington.nhs.uk/default.asp?c=28554">https://www.whittington.nhs.uk/default.asp?c=28554</a></p>
<p>12 week structured exercise programme (cancer specific) provided by Tottenham Hotspurs Foundation Move4you programme</p>	<p><a href="https://www.whittington.nhs.uk/">https://www.whittington.nhs.uk/</a></p>

Provides a 12-week exercise programme for cancer patients

<https://www.ymcatg.org/>



# West Essex

Service provided by

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NVQ level 4 qualified trainer

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Physiotherapists

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Physiotherapists

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Qualified Cancer and Exercise Rehabilitation  
Specialist

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NVQ level 4 qualified trainer

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NVQ Level 3&4 technical instructors  
Some instructors may have Level 4 cancer  
rehab

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NVQ Level 3&4 technical instructors  
Some instructors may have Level 4 cancer  
rehab

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NVQ level 4 qualified trainer

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Qualified HCP's in cancer and Level 4  
technical instructors in NVQ or cancer rehab

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NVQ Level 3&4 technical instructors  
Some instructors may have Level 4 cancer  
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Physiotherapists

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Physiotherapists

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NVQ level 4 qualified trainer

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Physiotherapists

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NVQ Level 3&4 technical instructors  
Some instructors may have Level 4 cancer  
rehab

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## Objective of Service

- 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

- 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

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- 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.

- Supporting those with side effects or consequences of treatment
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- Delivering interventions for patients with advanced, complex palliative/end of life issues.
- Delivering interventions for patients with functional impairments.
- Support families/carers
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- Delivering interventions during or after treatment
- Delivery of the recovery package

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- Delivering interventions during or after treatment
- Delivery of the Recovery Package



What stage of treatment do you accept/see cancer patients?	Waiting time for access to service
<ul style="list-style-type: none"> <li>• Diagnosis and</li> <li>• care</li> <li>• Treatment,</li> <li>• Post treatment</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Palliative Care</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and</li> <li>• care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	Less than 1 month

<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Palliative Care</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Palliative Care</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Palliative Care</li></ul>	Less than 1 month

<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month

<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Palliative Care</li></ul>	
<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month

<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Palliative Care</li> </ul>	<p>Less than 1 month</p>
<ul style="list-style-type: none"> <li>• Diagnosis and</li> <li>• care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	<p>Less than 1 month</p>
<ul style="list-style-type: none"> <li>• Diagnosis and</li> <li>• care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	<p>Less than 1 month</p>

<ul style="list-style-type: none"><li>• Preparing for care</li><li>• Diagnosis and care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Palliative Care</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and</li><li>• care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and</li><li>• care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and</li><li>• care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month
<ul style="list-style-type: none"><li>• Diagnosis and</li><li>• care</li><li>• Treatment,</li><li>• Post treatment</li><li>• Depends on patient need</li></ul>	Less than 1 month

<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Palliative Care</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment</li> <li>• Post treatment</li> </ul> <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
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> </ul>	Less than 1 month
<ul style="list-style-type: none"> <li>• Diagnosis and care</li> <li>• Treatment,</li> <li>• Post treatment</li> <li>• Depends on patient need</li> </ul>	Less than 1 month

<ul style="list-style-type: none"><li>• Diagnosis and care</li><li>• Treatment</li><li>• Post treatment</li><li>• We take on clients when they feel ready to take up physical activity, although it does seem to work better post treatment.</li></ul>	1-3 months
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No. of patients seen in a 12 month period	Referral pathways	Clinic type(s)
6000	Health Care Professional	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Drop in</li> <li>• Group</li> </ul>
	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
1500	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> </ul>
Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>

	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> </ul>	
200	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Telephone</li> <li>• Email</li> </ul>
200	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Telephone</li> <li>• Email</li> </ul>
200	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Telephone</li> <li>• Email</li> </ul>

	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li><li>• Telephone</li></ul>
	<ul style="list-style-type: none"><li>• Health Care Professional</li></ul>	
	<ul style="list-style-type: none"><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• Group</li></ul>

	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Social Care Professional</li> <li>• Self-referral</li> </ul>	
	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>

<p>2500-3000 attendances per year.</p> <p>Approx. 200 new clients per year. Clients may attend more than weekly.</p>	<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Couples and/or families</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
<p>Aim for 140 referral per area</p>	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
<p>Aim for 140 referral per area</p>	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> </ul>	

400 approx.	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li></ul>
Aim for 140 referral per area	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li><li>• Telephone</li></ul>
Aim for 140 referral per area	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li><li>• Telephone</li></ul>
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Aim for 140 referral per area	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li><li>• Telephone</li></ul>

Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
70-96	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> </ul>
70-100	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1 to 1</li> <li>• Group</li> <li>• Couples and/or family</li> </ul>
Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>
60	<ul style="list-style-type: none"> <li>• Health Care Professional</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> </ul>
	<ul style="list-style-type: none"> <li>• Health Care Professional</li> </ul>	<ul style="list-style-type: none"> <li>• Group</li> </ul>
Aim for 140 referral per area	<ul style="list-style-type: none"> <li>• Health Care Professional</li> <li>• Self-referral</li> </ul>	<ul style="list-style-type: none"> <li>• 1-to-1</li> <li>• Group</li> <li>• Telephone</li> </ul>

70-100	<ul style="list-style-type: none"><li>• Health Care Professional</li><li>• Self-referral</li></ul>	<ul style="list-style-type: none"><li>• 1-to-1</li><li>• Group</li><li>• Couples and/or families</li></ul>
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**Aspects of the recovery package service is involved with**

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<ul style="list-style-type: none"><li>• Health and well-being events</li></ul>
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• Health and well-being events



<ul style="list-style-type: none"><li>• Health and well-being events</li></ul>
<ul style="list-style-type: none"><li>• Health and well-being events</li></ul>

- Holistic Needs Assessment (HNA) and care planning

- Health and well-being events

- Health and well-being events

- Health and well-being events

- Health and well-being events

- Health and well-being events

• Health and well-being events

• Holistic Needs Assessment (HNA) and care planning

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