



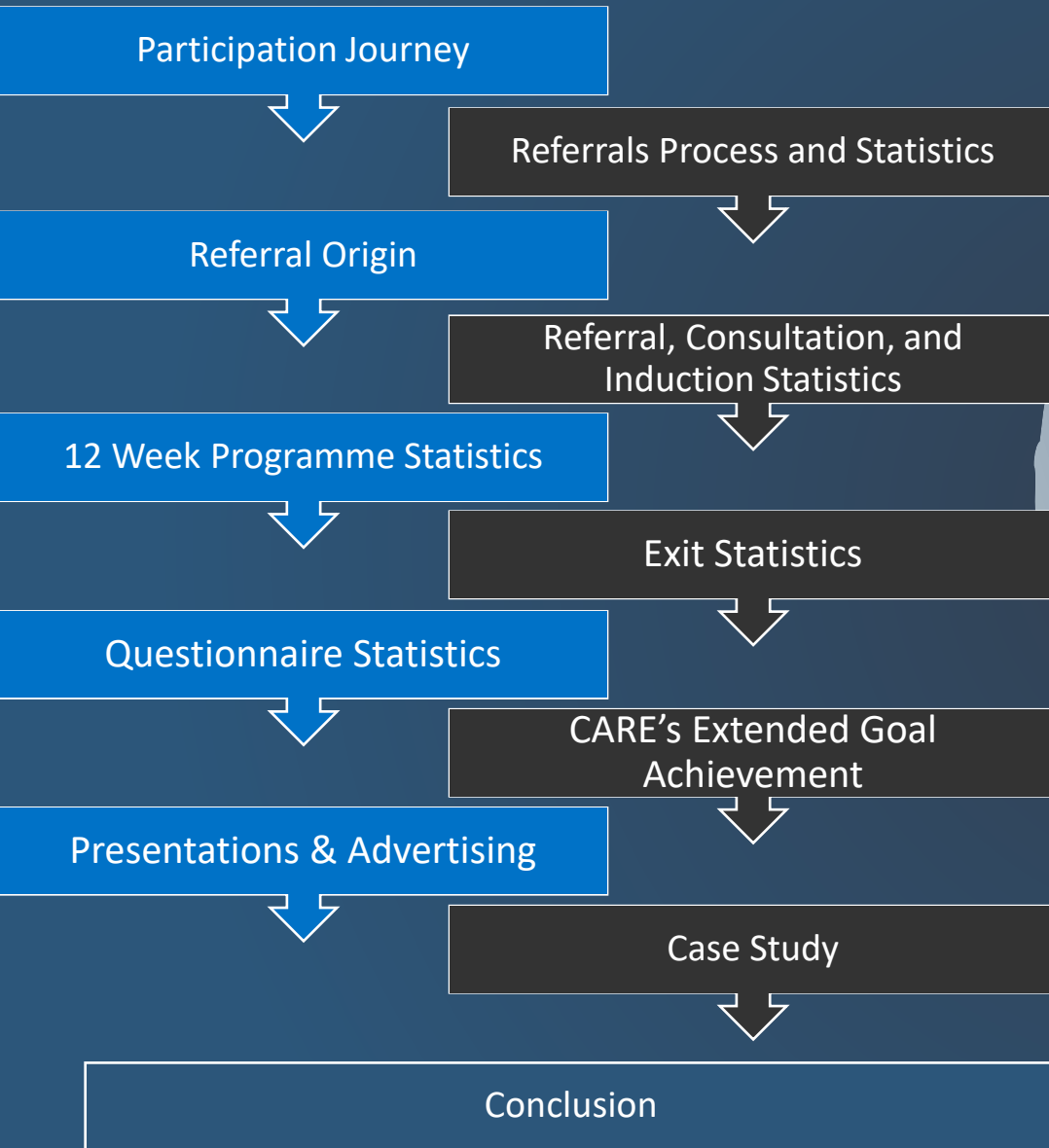
**ANNUAL REPORT
CARE PROGRAMME
JANUARY 2019-
SEPTEMBER - 2019**





CONTENTS

In total, there was 129 members who joined the CARE programme. However, 146 participants were referred to the programme.



Participation Journey



Referral

This is first sight of participants; this can be a self-referral or referred by a specialist. At this point we check to see if they are suitable for CARE.



Phone Call

First contact with participants to explain the programme and book a consultation.



Consultation/Induction

Explain the benefits of the programme and how we can help them. Take them through what would happen on sessions, which allows them to feel at ease for that first session. From this, appropriately design goals and objectives.



Programme

The 12 weeks on sessions, taking part in the exercises and attending weekly sessions. There would be regular contact and chats during this period, to see how they are getting on.



Review/Exit Plan

Completing end of session questionnaire and a discussion on how they feel and what they have achieved during this time. Complete an exit strategy and discuss a variety of options i.e. CARE memberships.

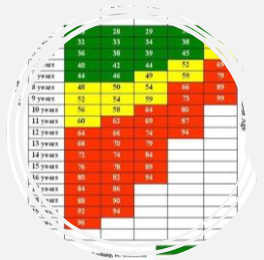
Referrals Process and Statistics



Postcode districts GP

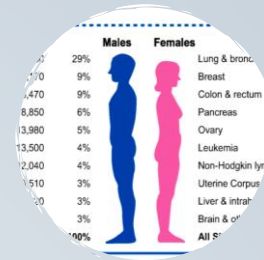


Gender



Age

Ethnicity Ethnicity



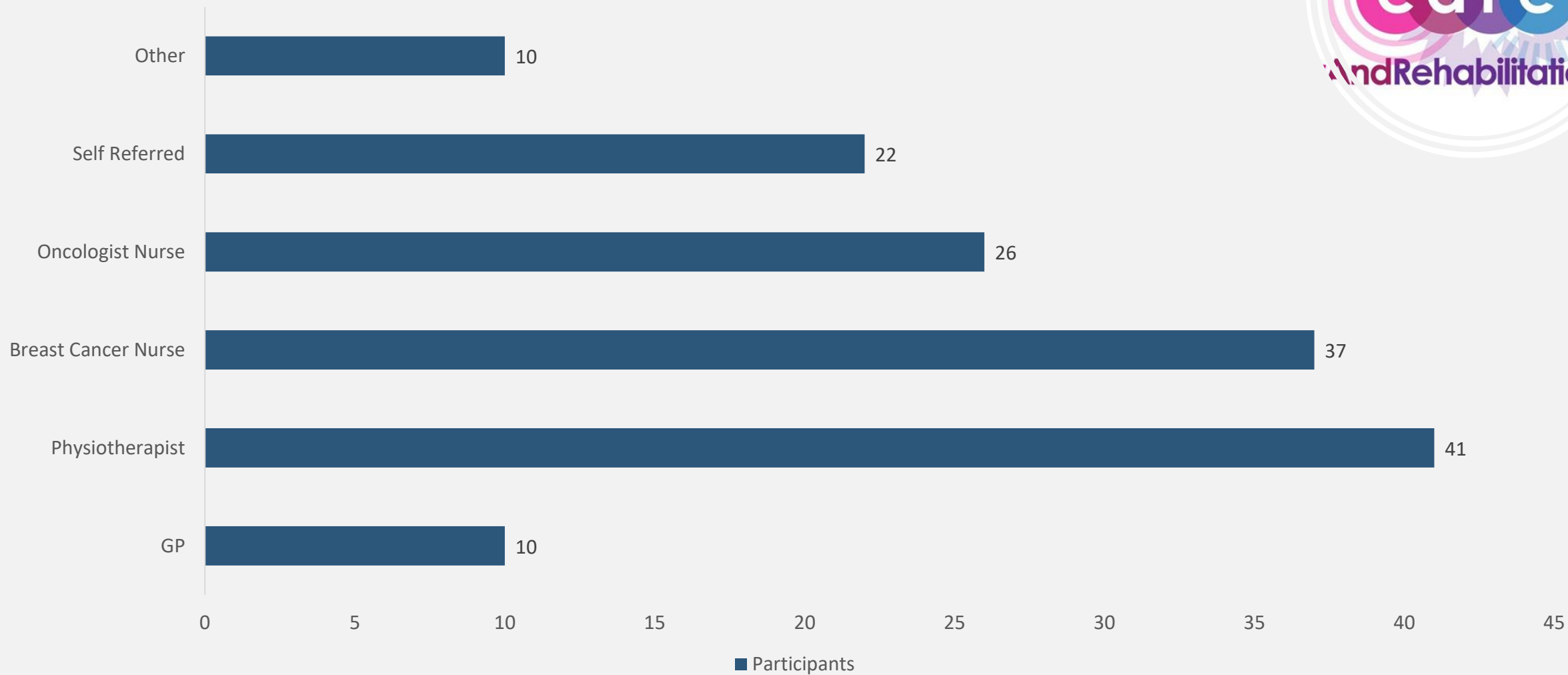
Type of Cancer



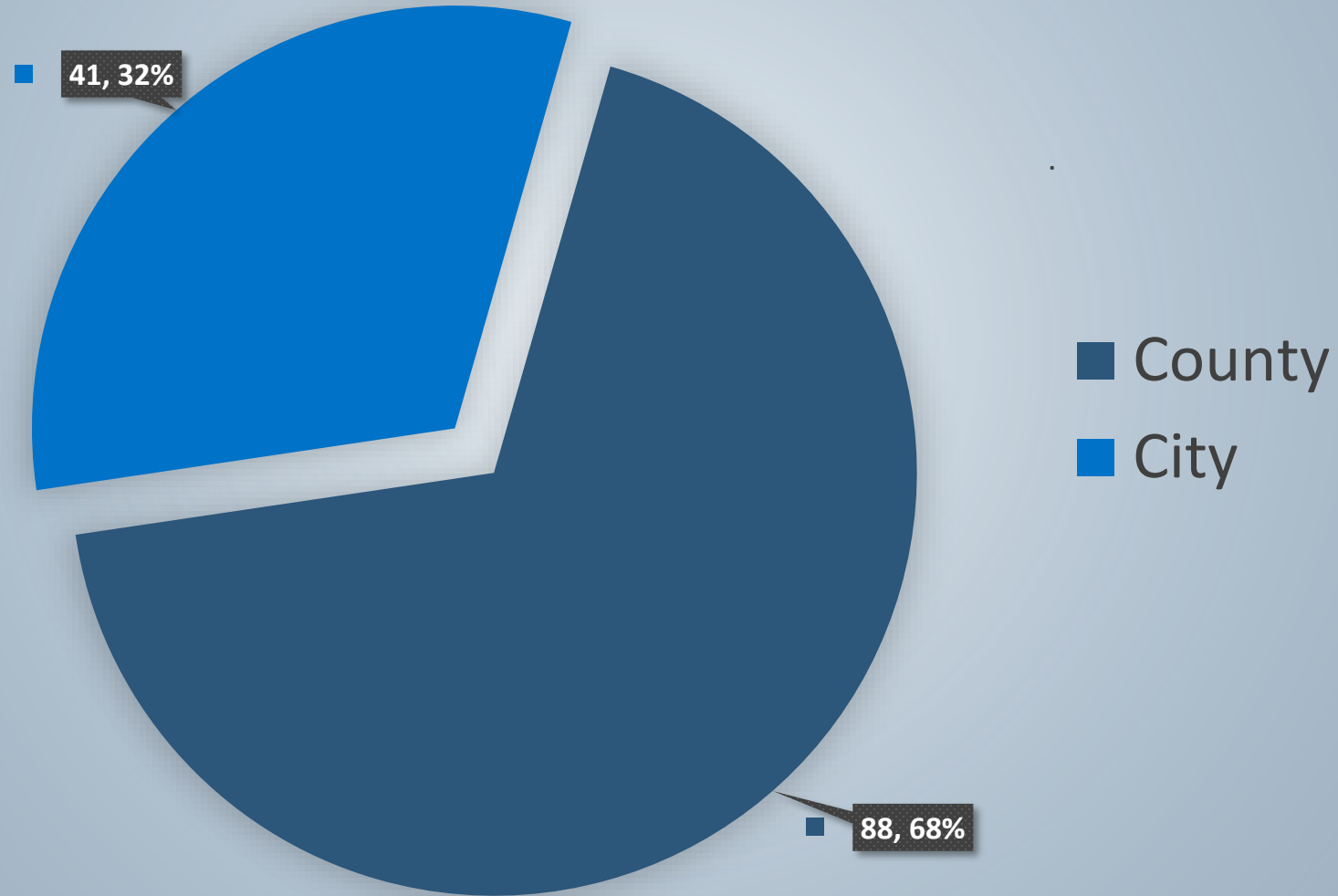
Conversion/drop out



Referral Origin

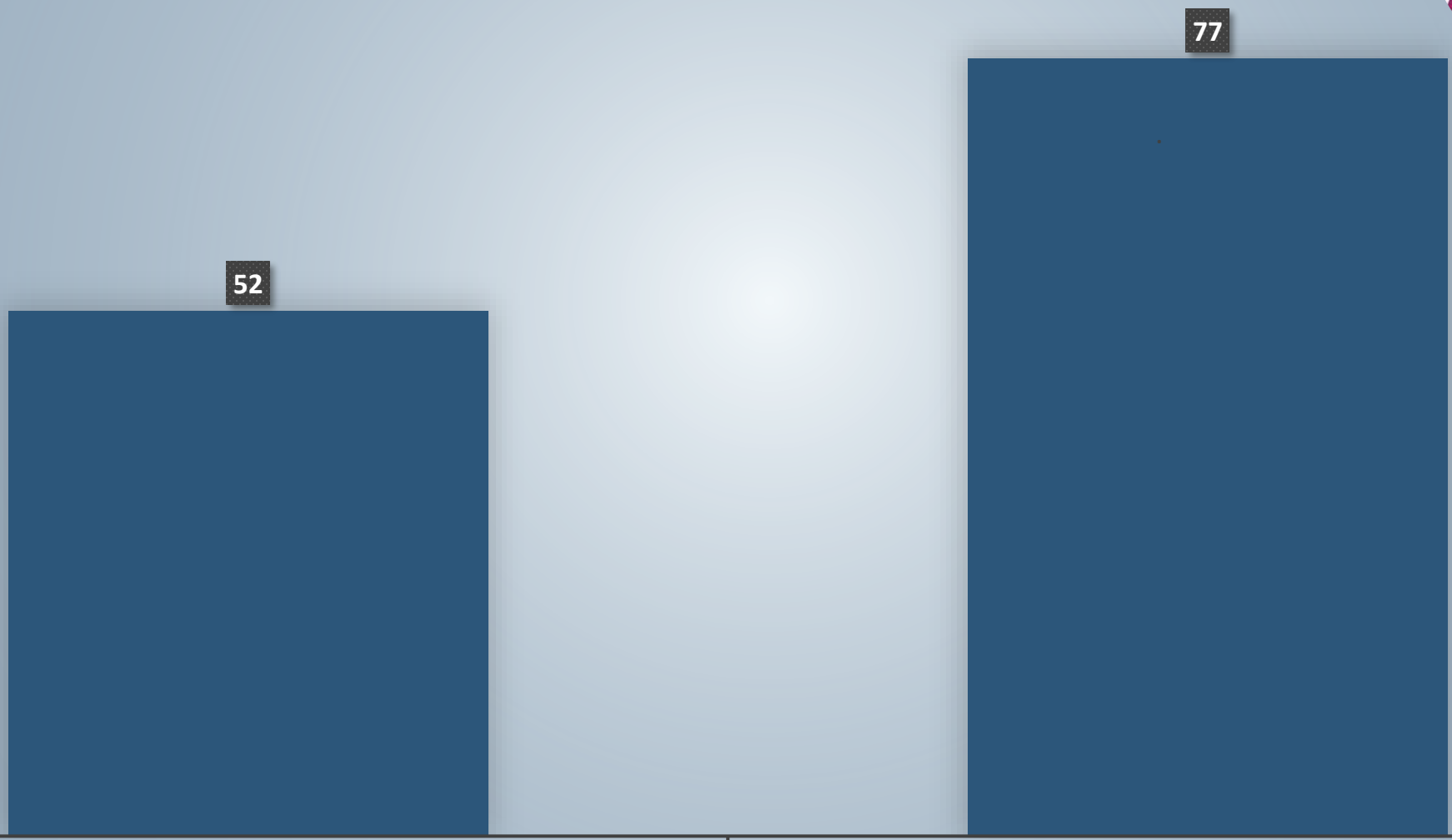


Postcode Districts Via GP

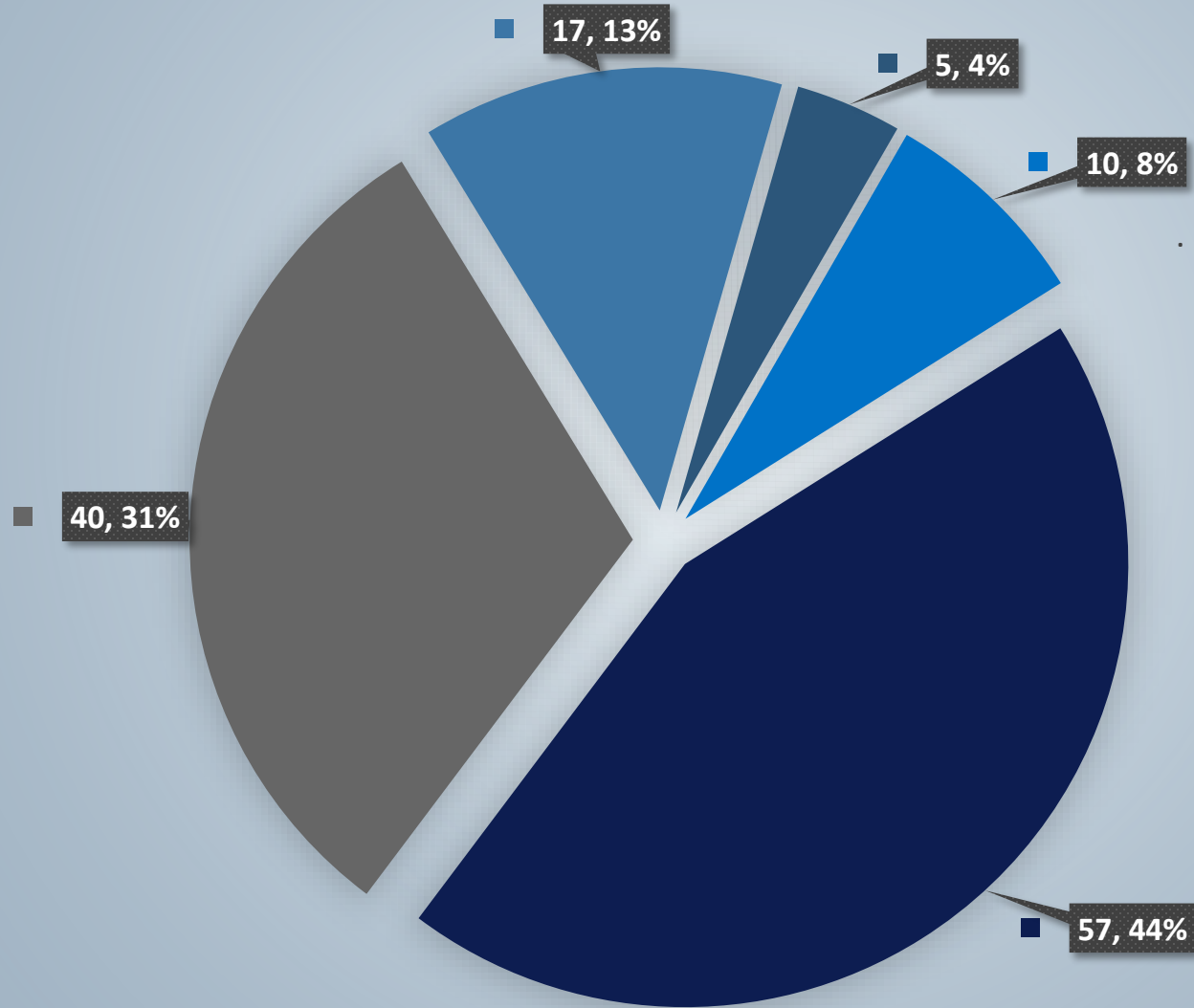
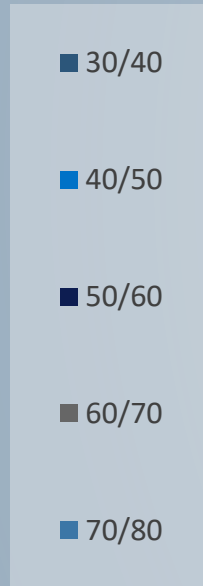


Gender

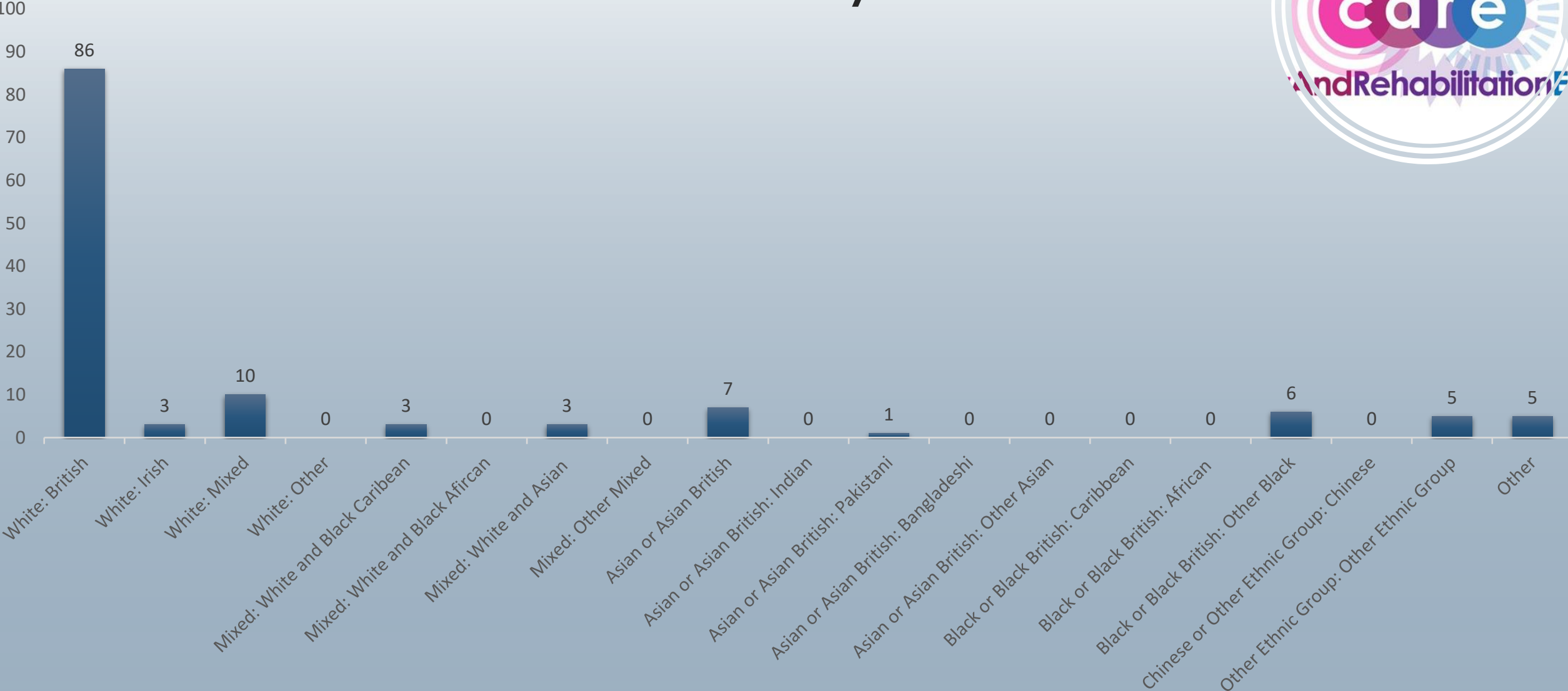
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Age



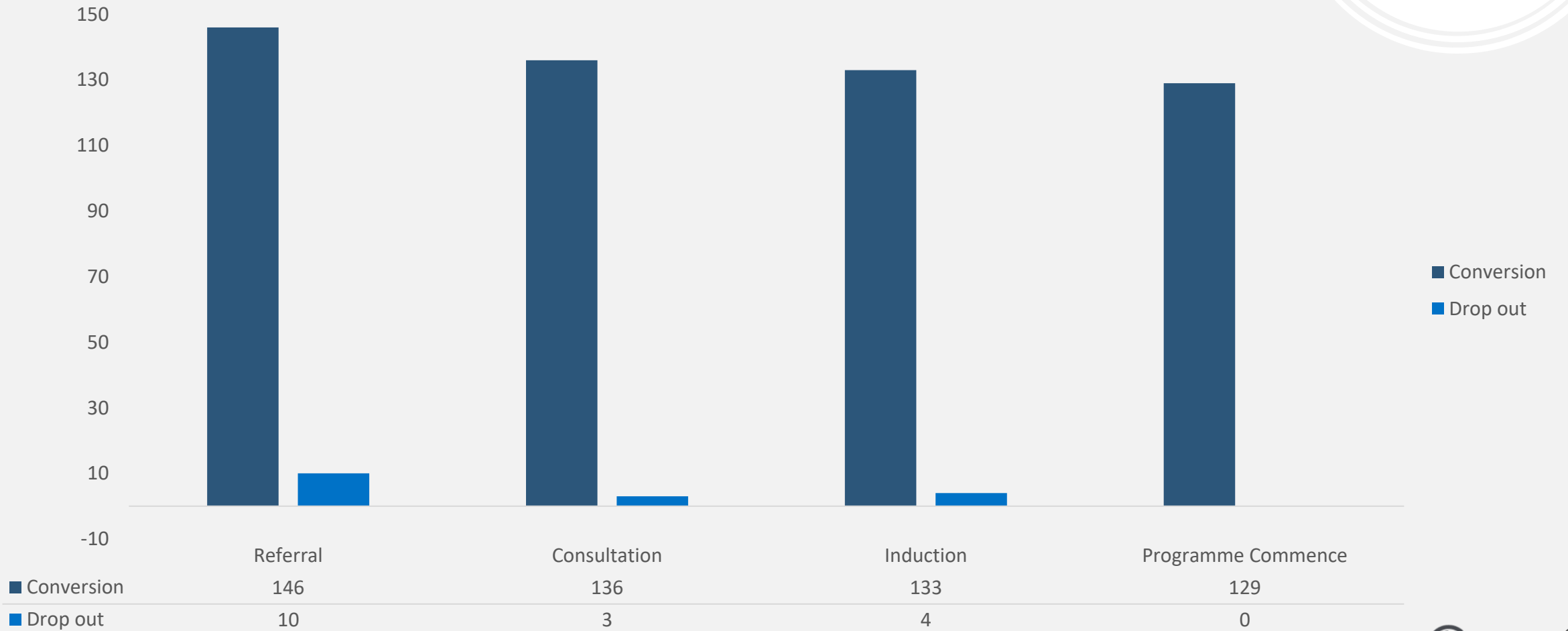
Ethnicity



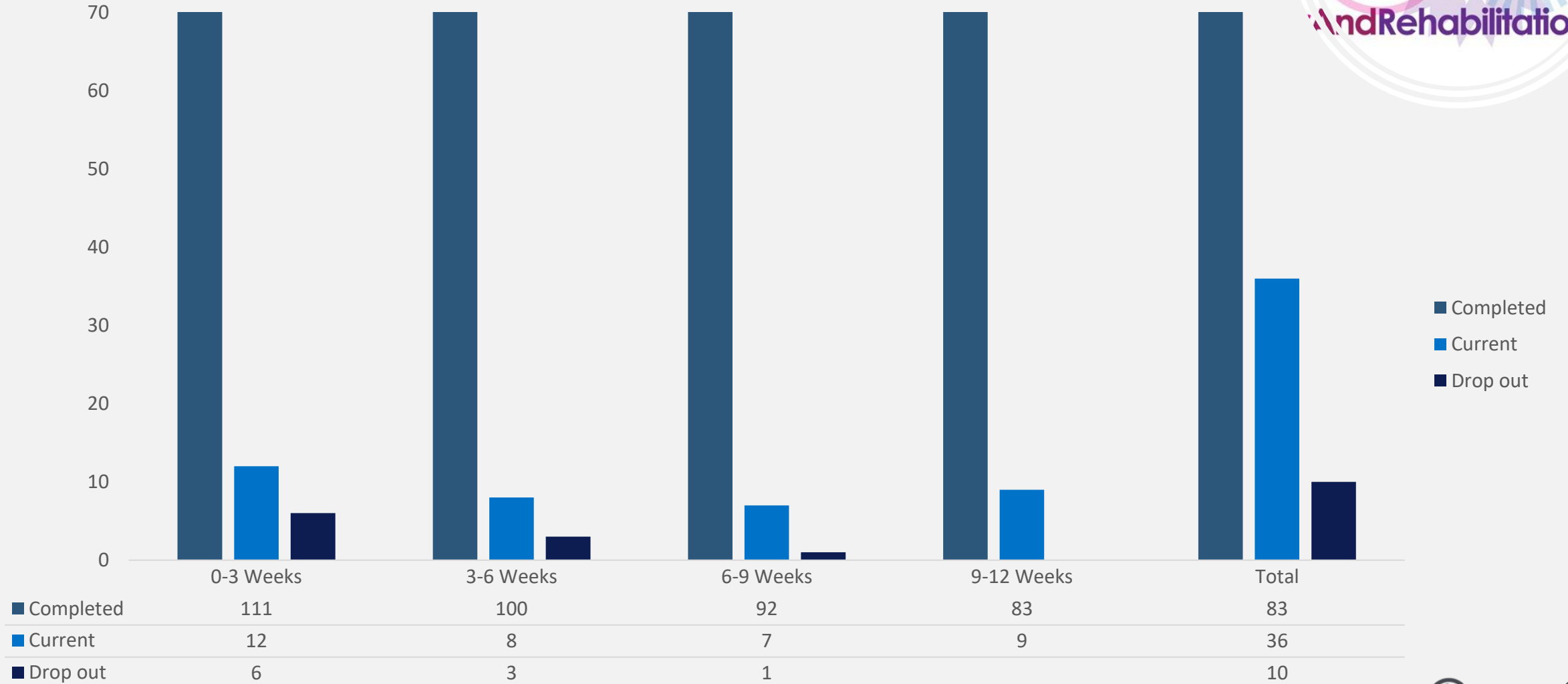
Type of Cancer



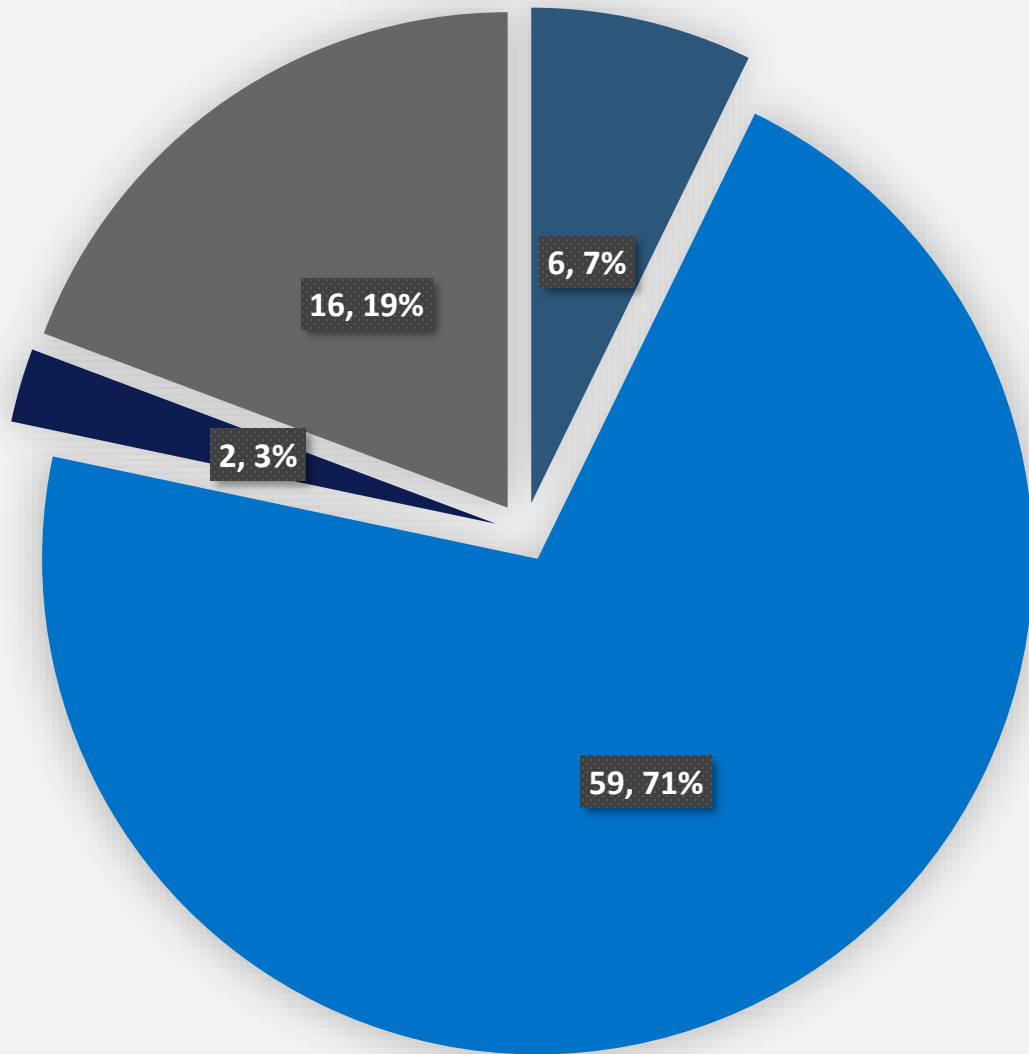
Referral, Consultation, and Induction Statistics



12 Week Programme Statistics



Exit Statistics



■ CARE + Membership

Continuing the CARE package of gym, swim and CARE Classes on a monthly membership of £30 p/m. this package only started in September.

■ Pay As You Go

This paying for session as and when they use them at a cost of £5 per session. We do give them a free session once they have attended 10 sessions. This has been running throughout the year.

■ Concession

Membership that continues their access to the gym and swim at the Portland Centre for £17 p/m. this excludes CARE sessions.

■ Discontinued

These are participants who have exited the programme and not continued on to any membership.

Questionnaire Statistics

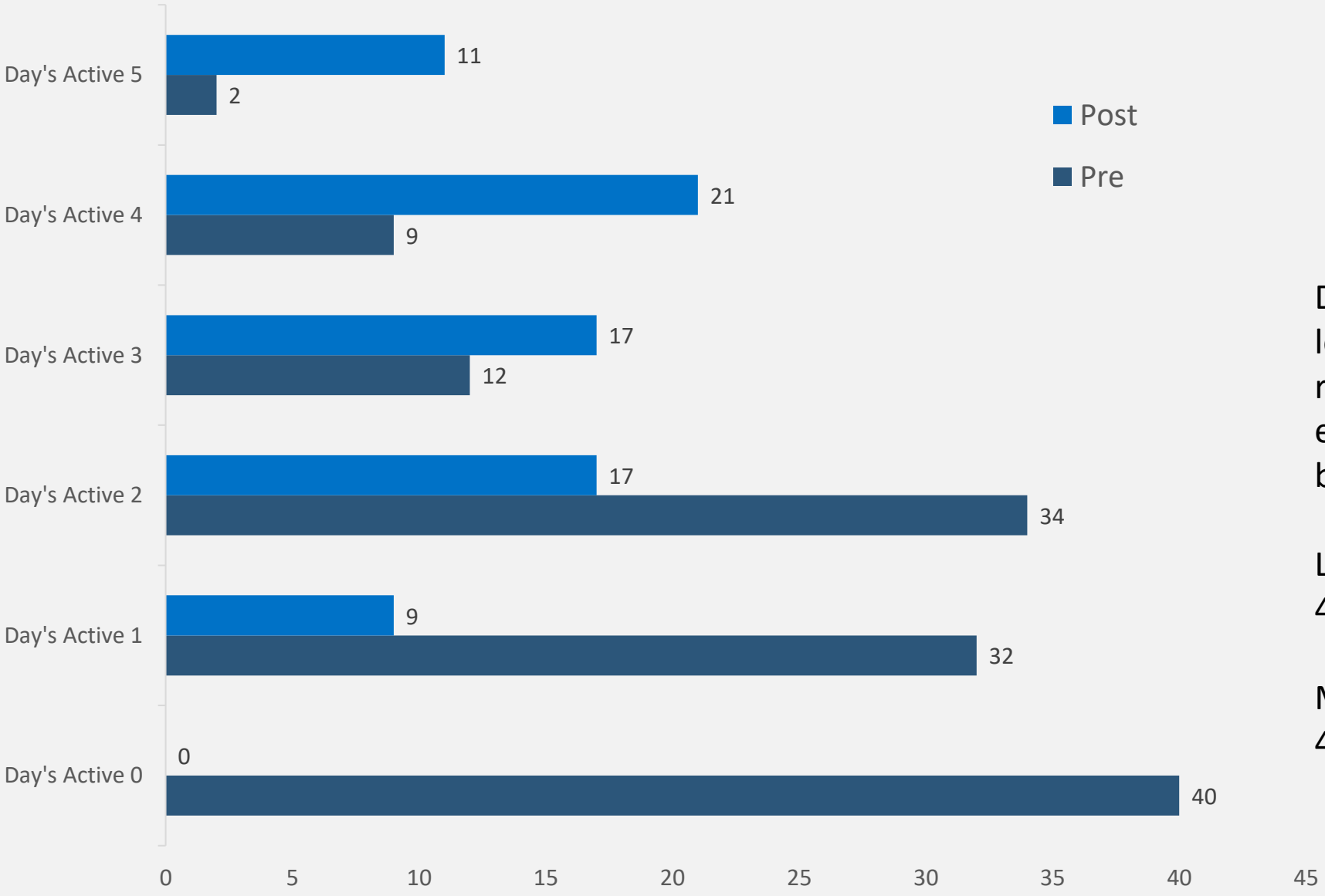


Key Terms

Days Active = 30 mins or more of low/moderate intensity exercise (not required to be 30 mins of continuous exercise, can be broken down to smaller bouts).

Low Intensity Exercise = working at 20%-40% of your maximum intensity.

Moderate Intensity Exercise = working at 40%-70% of your maximum intensity



CARE's Extended Activities



- CARE Programme Coordinator has now completed and successfully passed their Level 4 Cancer Rehabilitation qualification with the Wright Foundation. This has helped with specialist support and improved the quality of service.
- CARE Programme Coordinator and officer running the sessions and supporting all CARE members
- One-to-one support for all CARE participants
- Additional fitness programme writing for CARE members upon request
- Optional fitness testing for participants who would like to see a more objective progression
- Nutrition seminar for Nottingham based participants by expert Doctor of nutrition.
- CARE Programme Supervisor Training – We have decided to enrol ex participants to voluntarily assist and support during the ever-growing sessions. This allows us to generate a more personal support system for new and existing participants whilst also increasing the professionalism and safety of sessions.
- 5km Your Way – Final Saturday of Every Month

Presentations & Advertising



- Breast Cancer Care presentation – Moving Forward course – City Hospital Nottingham – two presentations delivered so far.
- Held open talks and casual presentations at a variety of support groups including breast, prostate, Leukaemia, myeloma, and upper G.I cancer groups.
- Joining other organisations or projects to supports all participants around cancer. For example, the Moving Forward Course with breast cancer care. 5k your way park runs.
- Conducting stalls at a variety of cancer conferences such as MacMillan and Self Help U.K.
- Involved with cancer support events such as MacMillan cancer support coffee morning.
- Spring into action course at Kings Mill hospital.



Case Study

- Participant A is a female of 54 years with breast cancer. Her treatments include chemotherapy, radiotherapy and surgery. She joined the CARE programme through the Moving Forward course at City hospital. Fatigue and limited range of movement in the left side of the upper body were the side effects she was finding difficult to deal with post treatment. Wanted to come along to care to gain fitness to be able to return to full time work.

- *“The CARE sessions have helped me rehabilitate at the end of my cancer treatment. I felt like I had lost control of my body but after taking part in the programme I feel much more in control and strong. The group has helped me emotionally, everybody understands, and it means a lot to me. I now feel fit enough to return to my work with a smile on my face”*

THANK YOU



Chris Riley – Health Manager

Chris.Riley@nottscounfitc.org.uk

07949869020

Josh Stevenson- CARE Programme Coordinator

Josh.Stevenson@nottscounfitc.org.uk

07534135670

Alex Flak – CARE Programme Officer

Alex.Flak@nottscounfitc.org.uk