

“FORCE – a local charity, funded by local people for local people.”

About FORCE

Since 1987 FORCE and its supporters have raised over £17 million.

Almost £900,000 was raised specifically to build a dedicated Cancer Support Centre, located in the grounds of the Royal Devon & Exeter Hospital, Wonford.

The Charity funds:

- FORCE Cancer Support Centre Services
- Pioneering local cancer research*
- State of the Art equipment

Anyone treated for cancer locally is almost certain to benefit from the work of FORCE.

Open

Monday, Tuesday, Wednesday, Thursday and Friday:

9.30 am to 4.30 pm

Late evenings on Wednesdays:

9.30am to 6.30 pm

Closed on bank holidays.

*Research that does not involve animals or animal testing

FORCE Support Services are FREE and include:

- A warm welcome
- Somewhere to wait before a hospital appointment
- An information Library
- Oncology Support Nurse
- Oncology Support Specialists – for emotional and psychological support
- A range of complementary therapies
- A range of support groups
- A wig fitting service
- Stocks of scarves and other head ware (for sale)
- Relaxation Classes (and CDs for sale)
- Look Good Feel Better Workshops

To run these services FORCE continues to rely on:

- Voluntary Donations
- Friends of FORCE fund-raising groups
- Fund-raisers/sponsors
- The Award Winning FORCE Charity Shop, Heavitree

keeping active and managing fatigue



Force Cancer Support Centre
Corner House
Barrack Road
Exeter EX2 5DW

Tel: (enquiries) 01392 406151

Tel: (charity office) 01392 402875

Tel: (charity shop) 01392 271652

Email: forcefr@forcecancercharity.co.uk

www.forcecancercharity.co.uk

cancer charity
force

Registered Charity No. 1140676

*working locally to support anyone
affected by cancer ~ face to face*

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keeping active and managing fatigue

Keeping active during and after treatment

Cancer and its treatment can cause physical changes such as reduced energy levels and fatigue as well as low mood and anxiety. In the past doctors would advise people to rest as much as possible during treatment, but this has changed!

Evidence now shows that simple physical activity can reduce many of the side-effects of treatment and also the risk of recurrence in some cancers.

Why be more active?

Being active during and after treatment can:

- Reduce tiredness/fatigue
- Reduce stress and anxiety
- Improve mood/alleviate depression
- Help look after your heart and bones
- Help keep your weight healthy
- Improve sleep patterns

Being Safe

Physical activity can help you make a positive change to your life. You may be a little nervous about building up your activity levels, particularly if you haven't been active for a while. You may feel too tired or just not know where to begin. However being active has fewer risks than being inactive!

How FORCE can help?

FORCE is now able to offer an individual assessment with an experienced Oncology Physiotherapist, where advice and practical help can be given, as well as signposting to exercise programmes, other health professionals or community services as appropriate.

Everyone is seen individually so even if you are not particularly mobile or have concerns about other medical conditions, you can still do exercises safely.

What type of exercise programmes are available?

The exercise programmes are either:

- An 8-week group-based exercise and education programme based at the FORCE Cancer Support Centre or
- An 8-week group-based exercise programme at Tiverton and Barnstaple
- An 8-week gym-based exercise programme run by a Physical Activity trainer (with a Cancer Rehab level 4 qualification) at Axminster, Cullompton, Crediton, Exeter-Clifton, Exeter- Riverside, Exminster, Exmouth, Honiton, Okehampton, Ottery St Mary, Seaton & Tiverton Leisure Centres.
- An 8-week gym-based exercise programme based in the Physiotherapy department at Heavitree Hospital.

How to make an appointment?

If you are interested in either individual advice or an exercise programme, please contact:

Louise, our FORCE Oncology Physiotherapist

 **01392 403094**

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