

MOVE 4 YOU

PHYSICAL ACTIVITY PROGRAMME



Tottenham Hotspur Foundation, in partnership with North Central London Clinical Commissioning Group and North Central London Cancer Alliance, is offering a 12-session guided physical activity programme for adults who have had a cancer diagnosis in the last five years.

Move4You led by specialist activity instructors, provides ongoing support for 12 months and is tailored to each individual, supporting people of all abilities to engage with a variety of activities to help them move more during and after treatment.

Who can take part?

Anyone aged 18+ who has had a cancer diagnosis in the last five years and who lives in or has access to healthcare in Barnet, Camden, Enfield, Haringey or Islington.

How is Move4You delivered?

Move4You will be carried out virtually - either one to one or as a group – with the option of face-face or telephone if required.

How to get started?

Your GP/CNS/AHP can complete the referral on your behalf, or simply complete the online referral form (link below) - ensuring that you have the support/agreement from your local healthcare professional (GP, CNS, Physio or Nurse) – as you will need to add their details to the form and submit to us via the link below.

Online Referral Form: <https://www.tfaforms.com/4852126>

Participant Feedback: Yoga Class

"That was great! Thanks so very much for the yoga class – it was a whole new experience to do it that way and exciting to feel part of the 21st century. I feel so boosted for having seen everyone and participating in the class. It's surprising how quickly we are affected as humans by a lack of social interaction."

The Tottenham Hotspur Foundation is working in partnership with the North Central London Cancer Alliance and the North Central London Clinical Commissioning Group to provide the Move4You programme.