

LIVING WITH CANCER? WE'LL HELP YOU GET ACTIVE



MACMILLAN
CANCER SUPPORT



Getting active

If you are living with cancer in East Lothian, Macmillan, enjoyleisure and East Lothian Council offer a free programme to help you get and stay active. Our activities are suitable for everyone, regardless of where you are in your cancer journey.

We'll ask you a few questions, listen to what you have to say and then discuss ways of making physical activity a part of your life. And it doesn't matter if you've never been a particularly active person. We run classes for all abilities and even activities such as gardening or walking could be part of your programme.

Taking part in physical activity during and after cancer treatment can play a huge part in enabling you to take back control. It can help you prevent and manage some of the effects of treatment, such as fatigue, depression and risks to your heart health. And lots of people tell us that it helps them to feel more like their old self.



What's more, Move More East Lothian classes are open to everyone, whether you're going through treatment or have long finished. You can even bring along a friend or relative to some activities.

And they're a great place to meet others with similar experiences and to share your support, as well as to help one another stay positive and keep active.

To start getting more active today, call our Move More team for a chat on **0131 653 5264** or email **movemore@enjoyleisure.com**

Being told 'you have cancer' can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you're still you. We get that. And, after over 100 years of helping people through cancer, we get what's most important: that you're treated as a person, not just a patient.

It's why we'll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. **For support, information of if you just want to chat, call Macmillan free on 0808 808 00 00 (Monday to Friday, 9am to 8pm) or visit macmillan.org.uk**



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

