

What is Get Active Feel Good?

GAFG is NOT an exercise prescription! It is an evidenced-based behaviour change programme for patients with a cancer diagnosis in Shropshire, Telford & Wrekin and Powys. The aim of the programme is to promote physical activity and reduce sedentary behaviours through tailored 1:1 support from a specialist advisor, focusing on behavioural support, advice and signposting. Support is provided for 12 months.

Who is it for?

Cancer patients at all stages of their cancer journey, including those during treatment.

How does this benefit Primary Care?

Physical activity has numerous patient benefits, including avoiding inactivity-related conditions (obesity, diabetes, heart conditions, anxiety, etc), and reducing the risk of developing other cancers. There is also strong evidence to show that it improves psychosocial wellbeing. GAFG provides safe, tailored activity advice for individuals. This has a beneficial impact on primary care, reducing the number of GP : patient contacts, improving the health of your patient.

How are Lingen Davies involved?

Given the success of the previous 6 years of GAFG, Lingen Davies Cancer Fund have committed to support the programme through a further 3 years of funding. Lingen Davies have asked the service providers, Lifestyle Fitness, to develop the programme by establishing delivery closer to the patient and providing increased opportunity for patients to access support during and beyond cancer.

How do my patients access the service?

A referral must be completed by a health professional and sent through to the GAFG team. A patient can also self-refer, but a referral form must still be completed by a health professional before the first appointment. Patients are then contacted by the GAFG advisor and booked for an initial appointment. There are two existing delivery sites at SATH, (Hamar Centre at RSH and Macmillan Information Centre at PRH), and we are looking into setting up 3 new community venues around Shropshire.

How can I refer?

Please complete the GAFG Referral Form and send it back to GAFG. (Please contact Get Active Feel Good or visit www.lifestyleshrewsbury.co.uk for access to the referral form).

For further information on the GAFG programme please contact:

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