



Virtual clinics delivering interventions to support mental and physical health in people with cancer

SafeFitTrial@uhs.nhs.uk

reduce length of stay

improve cardiorespiratory fitness

enhance recovery following treatment

improve nutritional status

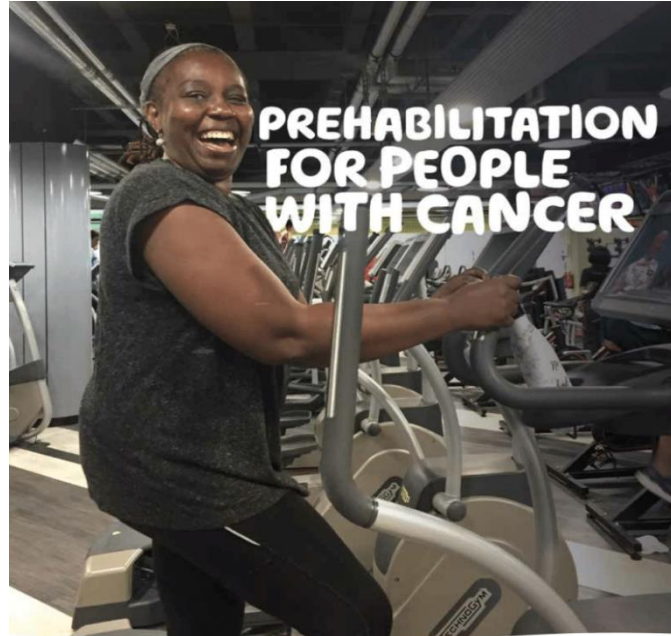
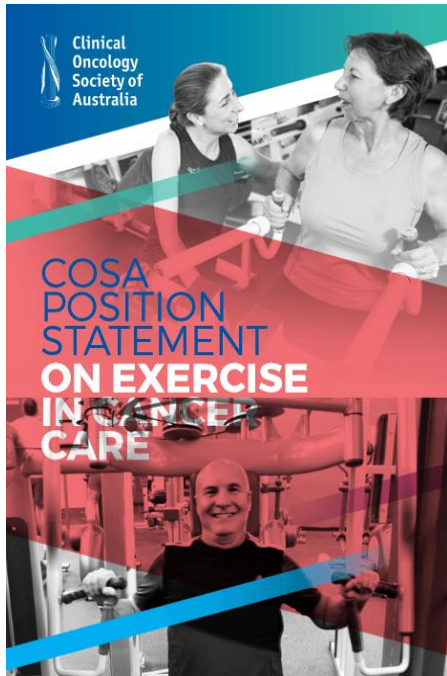
reduce post treatment complications

improve aspects of neuro-cognitive function

provide a teachable moment to enable smoking and alcohol cessation

enhance quality of life

[SafeFitTrial@uhs.nhs.uk](https://uhs.nhs.uk/SafeFitTrial)



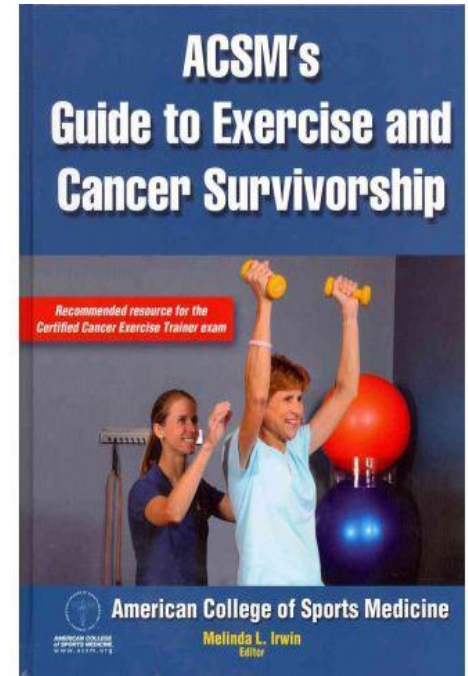
Principles and guidance for prehabilitation within the management and support of people with cancer

In partnership with

NIHR | Cancer and Nutrition Collaboration

RCOA
Royal College of Anaesthetists

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU



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How much exercise do you do?

150 minutes of moderate to vigorous aerobic physical activity plus at least two resistance training sessions per week?

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Honestly??



Explore the interactive Eatwell Guide

Each serving contains

Energy 1046kJ	Fat 5g	Carbohydrate 1.3g	Sugars 34g	Salt 0.9g
12.5%	7%	0.5%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

SafeFitTrial@uhs.nhs.uk

steps2wellbeing
Southampton & Dorset

SEARCH



Body and Mind

www.steps2wellbeing.co.uk

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‘Getting a cancer diagnosis collapses your whole world... avalanche of leaflets, offering a bewildering quantity of information’

Jenny

‘Bombarded with information, leaflets and advice but this is in a haphazard way and I’m sure it depends on what hospital you attend and who you see’

Clive

‘The chemotherapy had very adverse side effects from nausea to acute fatigue. I was very disorientated’

Della

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THE FORGOTTEN 'C'?

The impact of Covid-19 on cancer care

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SafeFit

- Supportive self-management
- Exercise, diet, psychological wellbeing and longer-term behaviour change
- Remotely delivered, virtual clinics
- Cancer exercise specialists with additional training



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- Matched with an instructor
- 23 sessions – one hour per session
- 6 months
- Personalised
- Safety first
- 12 month follow up questionnaires

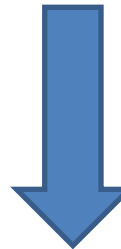
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How do I sign up?



www.Safefit.nhs.uk



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'I was worried my body would take a massive kicking, so it was to put it in the best position I could beforehand'

'I said, 'well Jim, we have done absolutely everything we could to help the outcome of this'. And that was very comforting, to feel that I couldn't have done anything more. It was really good for me, emotionally'

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The future?



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Moving Medicine

<https://movingmedicine.ac.uk>

Home

ONE YOU

ABOUT ONE YOU AND EVERY MIND MATTERS

We're here to help you make small changes that fit your life, so you feel better and healthier every day.

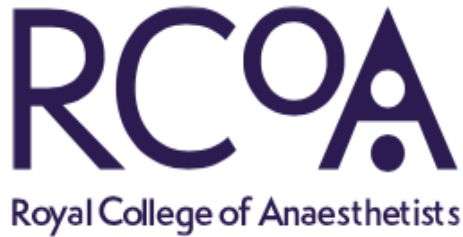
<https://www.nhs.uk/oneyou/>



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Wessex Cancer Alliance

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Thank you:



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