

because beating cancer is just the beginning of the story...

# FACT

## Fit After Cancer Treatment (FACT)

FACT helps recent cancer survivors regain confidence, strength and wellbeing through a programme of physical activity, mindfulness and nutritional advice

We empower cancer survivors with tools and training as well buddy and peer support

FACT's personalised programmes offer guidance and emotional support to a full recovery

We aim to support you to regain your place in society and rebuild your life with hope for the future

FACT

Fit After Cancer Treatment  
Call: 07498 693143  
Email: fact.welcome@gmail.com

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## CSPN Impact Awards – Mental Wellbeing

### Where it began...

Farida Anderson is a cancer survivor. She found out she had cancer on a routine screening she attended after turning 50 years of age. Her life was turned upside down, her family devastated. She fought the disease and still fights, but one battle was particularly challenging for her. Farida woke up one day and looked in the mirror. She didn't like what she saw. She was overweight, her hair was limp, her posture that of a much older woman. Farida always had body confidence but now, she was afraid to even look at herself. Farida wondered, "what does every other woman do who faces this problem?" There seemed little support for getting back into an active routine post cancer treatment.

### Insight and Engagement

Farida had a conversation with staff from GreaterSport about this and GreaterSport decided to fund and support a new initiative to get started. Together we wanted to create an opportunity for women to get active that was welcoming, safe, supportive and bespoke to them.

Using insight into women and girls and the obstacles they face, we knew it was important to take things at the ladies own pace. Ensuring a social aspect was paramount. This was to be the start of a needs led, people centred project.



### Innovative Practice

Everything was led BY cancer survivors FOR cancer survivors. We put adverts in local papers asking for people to come forward if their story resonated. The first meeting attracted 10 people. They all shared their stories and within a few hours, an organisation was born. We helped the group to set up a constitution and open a bank account. The group talked about how not only they had lost confidence in their physical appearance, but also had suffered depression and loneliness. They came up with the name FACT – Fit after Cancer Treatment. Their mission: To support cancer patients with physical, mental and spiritual fitness after their treatment is complete.

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## Measurable Outcomes

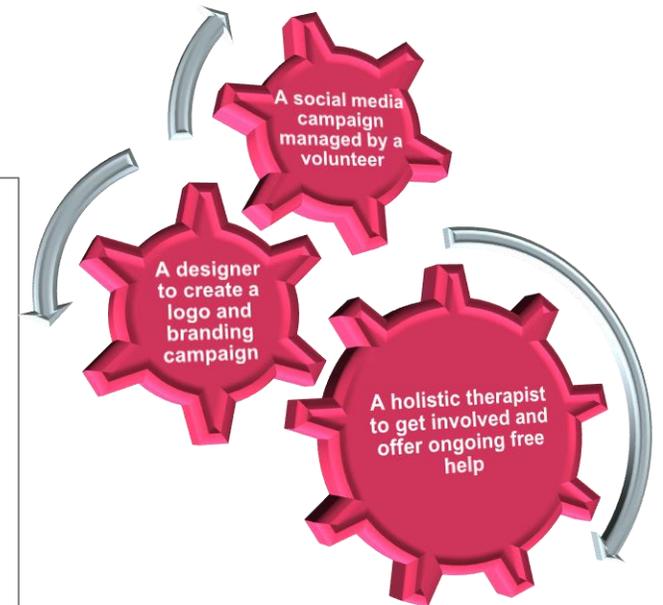
The first year's objective was to engage up to 20 people with the programme. FACT would offer them personalised budgets of up to £100 to help get them active again. More importantly for some, it would allow them to receive peer support from others in similar situations. After just six months, over 50 people had contacted FACT. Some had accessed the financial support, but most had just wanted to connect with others who understand what they maybe going through. These individuals hadn't previously had an outlet to express their fears of going to the gym and how their mental health had suffered through isolation. Members would meet up for walks together, go for lunch or just chat on the phone.

## Sustainability and Business Development

Seeing the demand in such a short time, FACT decided they would need to get some help to sustain the project. With input from GreaterSport they wrote an awards for all application. Part of this bid was to secure money to employ a part time development worker to help grow and fundraise for the project. In December 2016, this application was accepted and FACT successfully received £10,000.

## Effective Local Leadership

GreaterSport gathered feedback, built case studies and helped FACT hold an official launch in Manchester Library, where we negotiated the use of the venue for free. The launch was an opportunity to speak to the invited guests and the public about the importance of groups such as this and made a plea for additional support. A philanthropist donated £1,000 on the day and two local authorities expressed an interest in getting involved. GreaterSport negotiated a heavily subsidised gym programme in Rochdale and Bury and a further 22 people accessed these services, getting them back to physical health and joining a social support network. These programmes are still running and FACT will be scaling up across four more local authority areas in 2017.



**Salford University honoured Farida with an honorary doctorate award for her work.**

**greater sport**

Greater Manchester Sports Partnership