

**COVID-19 Update September 2020**

Move More Northern Ireland is a regional physical activity support programme for people with cancer (all types & all stages). There are 11 Move More projects throughout NI delivered in partnership with each of the local councils or council-leisure provider and managed by the Move More Coordinator. Locations primarily include local leisure centres and outdoor parks.

Anyone living with cancer in Northern Ireland can be referred to their local Move More NI programme. Participants are welcomed at any stage of their cancer journey – before, during and after treatment including palliative and end of life. Referral can be made by any Healthcare Professional or by self-referral.

Once a person with cancer has been referred to the service, the Coordinator will facilitate a 1-2-1 consultation, will support the individual to access an activity (or activities) that is right for them, and will provide a minimum of 12 months follow up support (longer if needed)

Move More Northern Ireland has continued to provide support to people affected by cancer during the COVID-19 pandemic and subsequent lockdown.

We are continuing to accept new referrals and provide on-going support remotely.

Throughout lockdown Move More NI supported people affected by cancer remotely through the use of digital technology. We created a Move More NI YouTube page with home based activities uploaded on a regular basis by all of the Move More NI Coordinators; weekly zoom classes; developed various Move More NI Challenges including the virtual Move More NI Around the World Challenge; held Move More NI Quiz nights and kept the support of each other through WhatsApp groups.

Move More NI Coordinators have kept in touch and supported people affected by cancer via regular telephone calls, text messages and emails. Move More NI Coordinators also referred people to other support services.

Whilst the Move More NI programme is not yet back in the leisure centres, it is still continuing remotely and until such times when it is able to resume within the centres there are various activities that participants can engage in including walking groups.

For more information on Move More NI and how to make a referral please contact your local Move More NI Coordinator:

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| **Move More Project** | **Coordinator** | **Contact Details** |
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