

For more information, contact:

Dawn Haigh:

by e-mail at [cfitsiders.org](mailto:cfitsiders.org)

or leave a message for her at Osprey on  
01305 824378

C'Fit is also supported by:

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NHS Foundation Trust



# Cancer Rehabilitation Exercise Scheme

at the

Osprey Leisure Centre  
Castletown, Portland, DT5 1BD



## What does the scheme offer?

C'Fit is designed as a gentle exercise programme to help cancer patients become more active. Hour-long classes are held once a week on Wednesdays at 11am. They are supervised by Dawn Haigh, a qualified Level 4 Cancer Rehab Exercise Instructor.

You will be able to attend **12 sessions free of charge**.

## How can exercise help me?

Research shows that exercise can help both during and after treatment.

It can help you to:

- ✓ regain mobility after surgery
- ✓ improve your general fitness, help with weight loss and increase muscle mass
- ✓ improve your ability to perform everyday tasks with ease
- ✓ reduce pain in joints and improve bone density
- ✓ improve balance and core strength

- ✓ feel more confident, less stressed and improve your general happiness
- ✓ reduce frustration and bring control back into your life
- ✓ make new friends and meet people in a similar situation

## How do I join?

You must have had a cancer diagnosis, either recently or in the past, to qualify for the scheme.

1. Ask your GP or other health professional for an exercise referral to the C'Fit scheme, using the C'Fit referral form if possible.
2. Once you have your referral, contact Dawn Haigh by e-mail at [cfit@csiders.org](mailto:cfit@csiders.org) or leave a message for her at Osprey on 01305 824378 to arrange an initial assessment.
3. The initial assessment will enable you to discuss the scheme in more detail and cover any additional health matters that may affect your exercise.
4. Start the sessions!