

Active Together Harrogate Referral Letter

Dear Health Professional,

I am writing to let you know that the individual sharing this letter with you is interested in being referred to **Active Together Harrogate**, a service funded by Yorkshire Cancer Research and designed by Sheffield Hallam University.

Active Together supports people who have been diagnosed with cancer to prepare for treatment, feel better during treatment and recover afterwards, **through personalised guidance in physical activity, nutrition and emotional wellbeing.**

Why people take part

Research has shown that regular exercise before, during and after cancer treatment can:

- improve recovery
- build strength and fitness
- reduce side-effects
- improve wellbeing
- reduce the risk of cancer returning

An independent evaluation in Sheffield found that people who took part experienced meaningful improvements in their physical and emotional wellbeing. **Nearly 3000 people in Yorkshire have already benefitted from taking part.**

How the programme works

Active Together begins with a 90-minute consultation with a cancer rehabilitation specialist at the Yorkshire Cancer Research centre in Harrogate. Together, they create a personalised plan that may include:

- one-to-one appointments
- group activity sessions
- nutrition guidance
- emotional wellbeing support
- online resources

People are supported as they prepare for treatment, throughout treatment and **for up to 12 weeks afterwards.**

Referral criteria

People can be referred if they:

- are aged 18 or over
- live in Yorkshire
- can travel to Yorkshire Cancer Research, Hornbeam Park, Harrogate, for their initial and final appointments
- have been diagnosed with cancer or completed active treatment in the past 12 months
- are on a curative pathway
- have consented to the referral
- can follow basic instructions

How to refer

Referrals can be made online at:

yorkshirecancerresearch.org.uk/refer

If you would like more information about the programme or to arrange a visit, please contact the team:

Email: **activetogether@ycr.org.uk**

Phone: **01423 510 765**

Thank you for taking the time to read this and for supporting people across Yorkshire to live better with and beyond cancer.

Best wishes,



Nicky Hill

Head of Active Together

Yorkshire Cancer Research