

Additional Information for GP Comms website.

Move4You: NCL Cancer Physical Activity Rehabilitation Service – Open for GP/Healthcare Professional Referral or Patient Self-Referral

Benefits for Patients

The programme helps optimise a patient's health outcomes before, during and after cancer treatment. Research shows that there are many benefits of physical activity at all stages of the cancer pathway including: reduced fatigue and pain, increased flexibility; improved mood, general fitness and bone health; a reduced risk of osteoporosis, and maintaining a healthy weight.

Methods of Service Delivery

In addition to the 12 sessions, all participants will be offered the opportunity to attend the exit route physical activity sessions which include, yoga, chair-based and group classes. And are given a home workout so they can continue exercising beyond the 12 sessions.

The M4U Service pathway is available via local EMIS global document library systems.

How to refer

- **GP Referral**

Move4U Referral form is available on all local global document systems. You can either email via EMIS or use the e-referral link here directly <https://www.tfaforms.com/485212> which M4U receives. Please remember to include the NHS number of patient and ensure that you have discussed and obtained patient consent to send the referral as you will need to tick a box to show this.

- **Healthcare Professional Referral**

Please use the e-referral link <https://www.tfaforms.com/485212> which can be completed via a phone, laptop or computer and is currently also available on the Royal Free freenet system

- **Patient Self-referral**

The Patient leaflet and self-referral form is one combined form and will be available on local EMIS global document systems from Monday 7 December. They will use the same e-referral link <https://www.tfaforms.com/485212> as professionals and they will need to have your agreement and they will add your details (including email) to the form as a way of confirming this.

E-referral link (any referral): [https://www.tfaforms.com/4852126](https://www.tfaforms.com/485212)

The form is submitted directly to the Move4You service who will contact the patient to be invited to attend an initial assessment.

Contact

If you have any questions please contact Move4You (provided by Tottenham Hotspur Foundation) Katrina.heal1@nhs.net