



For immediate release

CARE gives prostate cancer patients ‘new lease of life’

This month is Prostate Cancer Awareness Month and Macmillan Cancer Support are raising awareness of the services available for people living with prostate cancer whilst also encouraging men to know the signs and symptoms of this particular type of cancer.

One programme that has greatly benefitted people living with prostate cancer in Nottinghamshire is the Notts County FC Football in the Community’s Cancer and Rehabilitation Exercise (CARE) Programme run in partnership with Macmillan Cancer Support. The programme is one of 25 projects that make up The Macmillan Cancer Partnership in Nottinghamshire, a £3.5 million cancer improvement programme working to transform cancer services across the county.

The CARE Programme is an exercise and social programme aimed at people living with cancer who are going through or have finished treatment to help them stay active, cope with the side-effects of treatment and reduce the chances of re-occurrence. The project also enables them to meet other people who have been affected by cancer.

Emma Trent, Health Manager for Notts County FC Football in the Community (FITC), developed the programme over the past 2 years. Emma said, “Although CARE first started out as being for men and women living with prostate and breast cancer, we quickly saw the impact of the programme so expanded it to accommodate men and women with any cancer diagnosis.

“Our team have supported over 200 men and women so far.

“We’ve worked closely with Macmillan to shape the programme to the participants’ needs, increasing their strength and stamina over time, whilst keeping the sessions fun and varied. When participants join CARE, we support them through their treatment, and understand the need for them to take breaks for operations or chemotherapy, etc. We create a relaxed, non-clinical environment for people to take part in physical activity at a pace that suits them. Our participants have found that the exercise they are getting before their treatment reduces their recovery time post-treatment and allows them to get back into a routine much quicker.

“We’re really proud of the CARE Programme and we are keen to make sure we are supporting as many people as possible through their recovery process.”

Graham Crisp, from Wollaton in Nottinghamshire, was diagnosed with prostate cancer in 2012. Graham attended the men’s CARE session, one of the evening courses provided by the CARE Programme, for over a year. Graham said, “Once I was diagnosed with prostate cancer, I was immediately put on a course of hormone treatment to get the cancer under control and to reduce the tumour in preparation for a course of radiotherapy a few months later. This was very good for the prostate cancer but I was experiencing some of the well-known side effects of hormone therapy.

“In May to June 2015, I realised that my biggest problem was the fatigue that I was suffering from as a result of the hormone treatment and that the best solution to fatigue was physical exercise. Fortunately, FITC had started to run the CARE Programme for prostate cancer patients and I was given a leaflet about the course. As I would have been somewhat reticent to join a gym as an individual, I felt that a training session specifically for prostate cancer patients was just what I needed and I joined the CARE Programme in June 2015.

“Over the last year I have lost one and a half stone, got into trousers that I haven’t worn for three years and I feel much fitter and healthier. I would recommend the CARE programme to other prostate cancer patients.”

Graham’s son, Richard, added, “One of the advantages of the CARE Programme is that my Dad was able to talk to individuals who share the same issues. Whilst he can talk to my Mum, my siblings and I, one of the main advantages was being able to talk to people who knew exactly what he was experiencing as they were experiencing it too.

If you'd have asked me if I would have expected to see my Dad in a gym, in his seventies, I would have laughed! But now he has a new lease of life.”

Elaine Wilson, Macmillan Strategic Partnership Manager for the East Midlands, said, “We are always delighted to hear from people like Graham who have benefited from the CARE Programme. The aim of the Macmillan Cancer Partnership in Nottinghamshire is to address the growing number of people living with a cancer diagnosis. The CARE Programme helps us to achieve this aim by using physical exercise as a way of supporting people living with cancer to live a healthy and active lifestyle once their treatment has ended.”

For more information about the project, please contact Health Manager, Emma Trent, by phoning 0115 9055 896 or by emailing et@nottscountyfitc.org.uk.

Alternatively there is a self-referral form on the FITC website at nottscountyfitc.org.uk/care here people can also find out more about the programme.

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For further information, please contact:

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Notes to Editors:

CARE Sessions

Address: Portland Centre, Muskham Street, Nottingham, NG2 2HB (2HE for sat navs)

For women: Monday 10am until 11:30am

For women: Saturday 10am until 11:30am

For men: Tuesday 5:30pm until 7:00pm

About Macmillan Cancer Support

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through.

From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there. We are millions of supporters, professionals, volunteers, campaigners and people affected by cancer. Together we make sure there's always someone here for you, to give you the support, energy and inspiration you need to help you feel like yourself again. We are all Macmillan.

No one should face cancer alone. Call us free on 0808 808 00 00 (Monday to Friday, 9am–8pm) or visit macmillan.org.uk