

FIGHTING FIT PREHAB



WHAT IS THE “FIGHTING FIT PREHAB” PROGRAMME?

It's for people who have received a cancer diagnosis, building resilience of body and mind. Low-impact group sessions of 45 minutes help to maintain or increase physical activity levels at a pace suitable for each individual. Participants can then stay for another 45 minutes for a drink and a chat, connecting with other people with shared experiences. It helps preparations for and coping with forthcoming treatment and surgery, the benefits including:-

- maintained independence;
- prevention of decline in physical ability;
- reduced side effects;
- reduced risk of cancer recurrence.

WHEN AND WHERE ARE “FIGHTING FIT PREHAB” SESSIONS HELD?

- On Mondays, from 12.30pm to 2.00pm, at the West Lindsey Leisure Centre, The Avenue, Gainsborough DN21 1EP.
- On Thursdays, from 2.30pm to 4.00pm, in the Co-op Community Hub, behind the Stacey West Stand at the LNER Stadium, Sincil Bank, Lincoln LN5 8LD.

HOW MUCH DO “FIGHTING FIT PREHAB” SESSIONS COST?

Nothing: they are completely free of charge.

HOW CAN I BOOK “FIGHTING FIT PREHAB” SESSIONS OR FIND OUT MORE ABOUT THEM?

You will be contacted for a one-to-one chat to go through the next steps if you complete the online form at <https://www.lincolncityfoundation.com/fightingfitprehab>. Alternatively, please call 01522 563792 or email enquiries@lincolncityfoundation.co.uk.

HOW CAN DONATIONS BE MADE TO HELP THE “FIGHTING FIT PREHAB” PROGRAMME?

There are numerous ways to support the Lincoln City Foundation financially, including before all home games via a collection bucket that can be found in the Red Imps Community Trust's Pod in the University of Lincoln Fan Village.