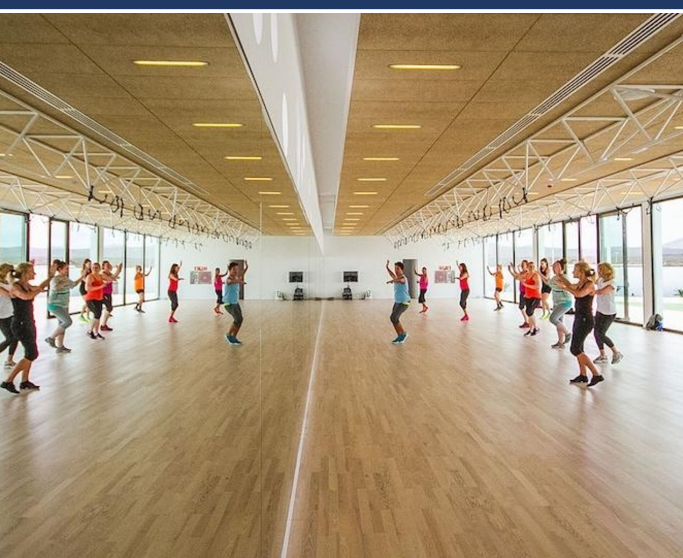




LIVING WITH AND BEYOND CANCER?

Come to Club La Santa for a week of fun, sport and exercise activities

29th Feb – 7th Mar 2024





Discover
your true
capabilities!

Introduction

The **Club La Santa week** is organised and run by some of the UK's leading experts in physical activity and cancer research. They have been inspired by the amazing work carried out in Club La Santa by a Danish team of specialists who have been delivering a successful activity programme for over 10 years for those living with and beyond cancer.

The idea of the week is to inspire individuals who have/have had cancer to challenge themselves with a focus on health rather than illness. We recognise that there may be barriers to physical activity during and after treatment for cancer but with our support we aim to assist you in breaking down these barriers and finding new ways to incorporate physical activity, exercise and movement back into your everyday life.

Our goal is for participants to return home with a renewed confidence in their own ability and a renewed awareness of the joy of moving.

We are committed to keeping the prices low to ensure we reach as many people as possible. For this reason, we operate on a not for profit basis and rely on professional volunteers.

What to expect?

The **Club La Santa** week will include fun, sport and exercise activities. As well as participating in some familiar activities, the week will also give you the opportunity to try something new, helping renew confidence in your ability and reinforce the joys and benefits of movement (see example timetable on page 6-7).

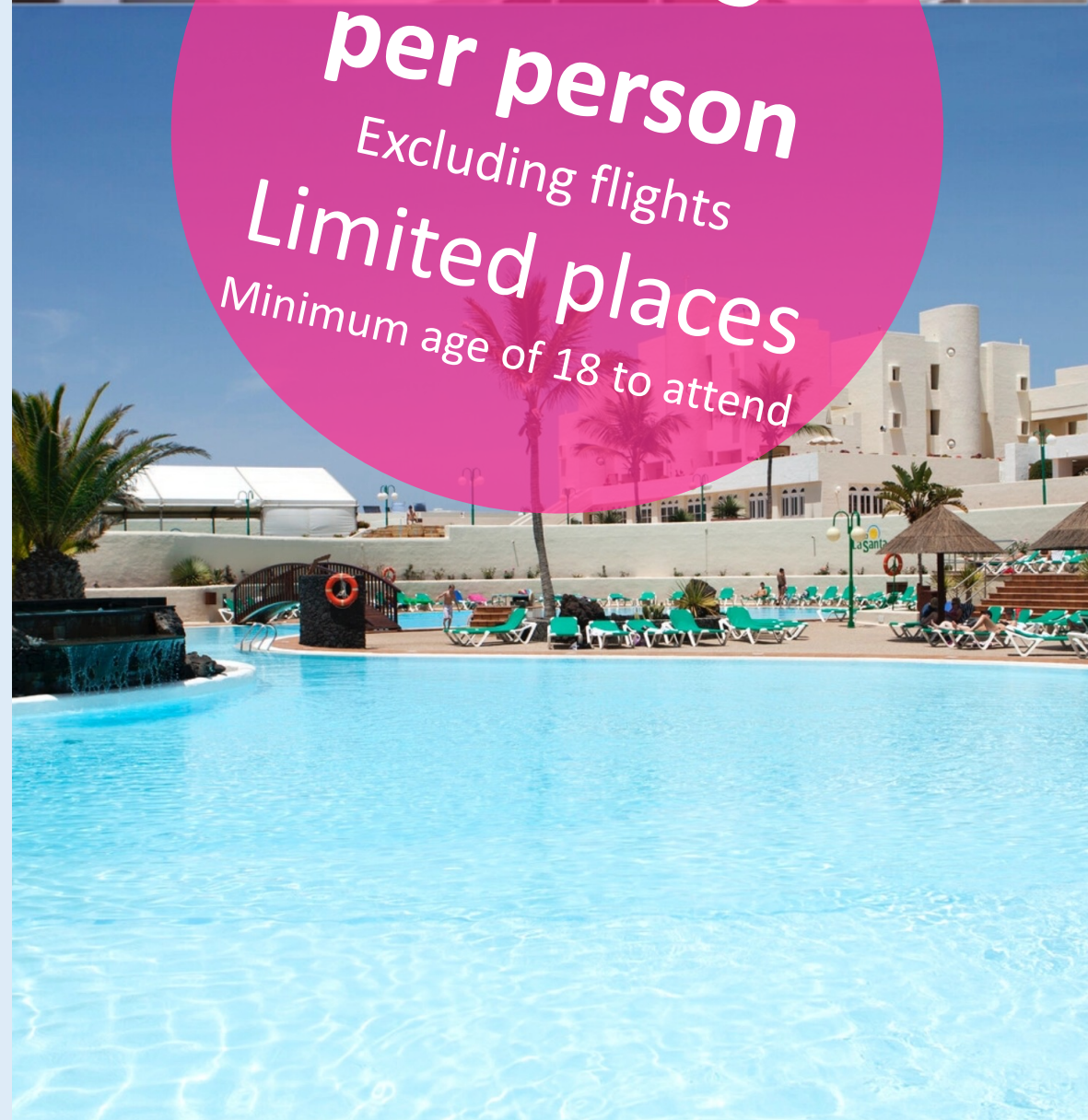
- > Be guided by the UK's leading cancer and exercise specialists
- > Challenge yourself both physically and mentally in a safe environment
- > Build confidence in inspiring surroundings!

What's included?

- > Accommodation based on 2 sharing (private rooms available)
- > Half Board
- > All activities and equipment
- > Expert instructions and talks

What's not included?

- > Flights
- > Lunch
- > Insurance



£1330
per person
Excluding flights
Limited places
Minimum age of 18 to attend

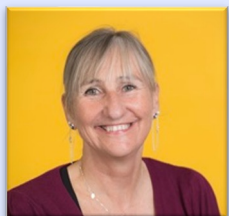
What is CanRehab Retreats?

CanRehab Retreats was founded by Prof. Anna Campbell, an expert in the field of cancer and exercise. Its aim is to enable everyone living with and beyond cancer to have access to exercise specialists, that will help educate, inspire and enable individuals to have a renewed confidence in their own ability. CanRehab Retreats will provide this through UK and international retreats, workshops and online resources.

Who are we?

Professor Anna Campbell MBE

Director of CanRehab



Prof. Anna Campbell will be leading the group in Club La Santa. Anna has built up over 20 years as an international expert in the field of exercise and cancer. As well as qualifications in immunology (BSc), biochemistry (PhD) and sport and exercise science (MSc), she has provided training programs/advice to over 500 cancer patients. She has published over 40 papers in the field of exercise and cancer survivorship. She is Director of CanRehab (www.canrehab.co.uk), which provides training and education for fitness and health professionals working with cancer survivors. She is also a consultant for Macmillan Cancer Care. She was awarded an MBE in 2016 for her research into exercise and cancer survivorship.

Kerry Archer

Cancer specialist physiotherapist at Active Against Cancer and tutor for CanRehab



Kerry works at Active Against Cancer, an exercise referral service for cancer patients in Harrogate, as part of Harrogate & District NHS Foundation Trust. The service is now in its fourth year providing prehabilitation and rehabilitation and was highly commended at the NHS Parliamentary Awards in 2021. Kerry has specialised in oncology since 2014, further developing skills in scar therapy and exercise in recent years, with a particular interest in core rehabilitation post-surgery. She is a strong proponent of specialist exercise and its role in cancer therapy, helping patients achieve better long-term health outcomes. She is an ambassador for 5k Your Way at Harrogate Parkrun.

Gemma Harris

Chartered physiotherapist with specialist training in cancer prehabilitation and rehabilitation



Gemma currently works as a course Tutor for CanRehab UK and as Founder of the Wellbeing and Rehab Collective. Thanks to charity funding Gemma also works in her local community to make cancer rehab services accessible to people affected by any type of cancer needing support. Gemma has gained oncology experience working at Cancer Centre London, GenesisCare Windsor and Guy's Hospital. She has undergone specialist training and certification with The Royal Marsden, PINC&STEEL and CanRehab. She is a member of the specialist interest groups Association of Chartered Physiotherapist in Oncology and Palliative Care and Physio's in Exercise Oncology. Gemma has completed training with the Australian Institute of Pilates and Physiotherapy. Gemma enjoys teaching Matwork, small equipment and reformer Pilates.

Steph Still

Cancer exercise specialist



Steph has been working with cancer patients for the past four years. She gained her MSc Clinical Exercise Science and now works at Guy's and St Thomas' hospital in London with cancer inpatients as a technical assistant alongside physiotherapists. She has been working in the dance and fitness industry since graduating from dance college and has worked as a Green Teamer at Club La Santa. She teaches a variety of LesMills and freestyle group exercise classes.

Focus on
health
instead of
disease!





Provisional Timetable (you can opt in or out of activities taking place over the week)

Thursday – Day 1

16.00-17.00 Tour of complex

18.30-19.30 Dinner

20.00-21.00 Welcome and introduction

Friday – Day 2

08.00-09.00 Morning walk/run

08.00-09.00 Tour of complex

09.00-10.00 Breakfast

10.00-11.00 Welcome games

11.00-12.00 Swimming lessons/coaching

12.15-12.30 Group catch up

12.30-13.15 Lunch

15.30-16.30 Pilates

17.00-18.00 Mountain Bike

19.00-20.00 Dinner

20.00-20.30 Workshop – Benefits of exercise

Saturday – Day 3

08.00-09.00 Stretch and meditation

09.00-10.00 Breakfast

11.00-12.00 Intro to strength training/functional training

11.15-11.30 Group catch up

12.00-13.00 Lunch

14.00-14.30 Aqua jogging

15.00-16.30 Social padel tournament

17.00-18.00 Stretch and relax

18.30-19.30 Dinner

19.45-20.45 Mini golf tournament

Sunday – Day 4

08.00-08.45 Introduction to run training

09.00-10.00 Breakfast

10.00-11.00 Road bike tour / Ballroom Fitness

12.30-13.30 Lunch

13.30-13.45 Group catch up

14.00-15.00 Swimming lessons/coaching

16.00-17.00 Functional fitness

17.00-18.00 Aerial stretch and relaxation

18.00-18.30 Workshop – Pelvic Health

19.00-20.00 Dinner



Monday – Day 5

08.00-09.00 Morning walk/run

09.00-10.00 Breakfast

10.00-11.30 Fun Multisport Challenge

12.00-13.00 Lunch

13.00-13.15 Group catch up

14.00-15.00 Stand up paddle

15.30-17.00 Mountain bike

17.15-18.15 Pilates Reformer

19.00-20.00 Dinner

21.00-22.00 Green Team Show

Tuesday – Day 6

07.30-08.30 Sunrise swimming lessons/coaching

08.30-09.30 Breakfast

10.00-11.00 Run workshop

11.00-12.00 Bodybalance

12.15-13.15 Lunch

13.15-13.30 Group catch up

13.30-14.30 Fitball

15.00-17.00 Social beach games

18.00-19.00 Workshop

19.00-20.00 Dinner

20.00-21.00 Social gathering – quiz

Wednesday – Day 7

08.30-09.00 Morning meditation

09.00-10.00 Breakfast

10.30-11.30 Swimming lessons/coaching

11.30-12.15 LIIT

12.30-13.30 Lunch

13.30-14.15 Group catch up/Triathlon Q&A

15.30-17.30 Mini Triathlon

18.30-19.30 Evaluation

19.30-20.30 BBQ

Thursday – Day 8

Home time





Questions & Answers

What is Club La Santa?

Club La Santa is the number one sports and active holiday resort in the world. Situated on the breath-taking North-West Coast of Lanzarote, the resort features over 80 different sports and activities.

(www.clublasanta.co.uk)

Who can attend?

You must be at least 18 years of age to attend the week. It is essential you are able to walk independently without the help of others.

How many spaces are there?

There are limited places depending on people sharing accommodation. The spaces are allocated on a first come, first served basis.

Can I participate if I am physically out of shape and not exercising?

You do not need to be in good shape to attend the week. All activities are organized so that everyone is included. Exercises will be adapted to cater for everyone's needs. You can participate even if you have never exercised before. It is not unusual to feel that you are lacking energy and physical ability during and after

treatment, and it is in light of this knowledge that we run this special week.

I already train several times per week at a high intensity – will I be challenged enough?

The expert team consists of coaches from various levels of sport; including competitive levels. There will be ample opportunity for effective and challenging training and inspiration too. Please do get in touch if you would like to speak to a member of the team to gain further information, we are happy to answer any questions you may have.

Can I attend if I have recently had surgery?

We require you to be a minimum of 6 weeks post-surgery. You will need to have been given clearance from your surgical/clinical team to resume physical activity and exercise.

Does it matter that it's several years since I completed treatment for cancer?

Not at all, research is continuing to prove the benefits of physical activity, and exercise on cancer, so there is always opportunities for you to learn and implement new skills and ways of thinking.

Can I attend if I am still undergoing primary treatment?

We have worked with participants in active treatment and feel it is very much a personal choice. We would suggest discussing it with your clinical team before deciding. Please do get in touch if you would like to speak to a member of the team to gain further information, we can direct your questions to the relevant member of our team who will respond accordingly.

What is included in the price?

The cost includes accommodation based on two sharing; if you would like to have your own apartment there will be an additional cost for this. Please do let us know upon booking if you would like to share with a specific individual, or you would like to book your own apartment. Breakfast and dinner are included (half board). All professional training and specialist instructor guidance, and all of Club La Santa's weekly programme and equipment are included in the price. All of our instructors are highly trained professionals who volunteer their time for the week. All equipment, workshops and presentations are also included.

What is not included in the price?

Flights from the UK to Lanzarote, lunch and insurance are not included. Club La Santa has a supermarket on site and with the apartments being self-catering, you have the option of preparing your own lunch or eating in one of the restaurants on site.

What are the apartments like?

All rooms are classified as comfort one bedroom, one bathroom. Renovated during the last five years, the comfort one bedroom apartment consist of two single beds in the bedroom and a sofa bed in the living area. The functionally fitted wardrobe ensures enough space for your luggage and sports equipment. An open plan living/dining area opens out onto a private terrace with a table, chairs and a washing line. The bathroom comes with a shower, and the kitchen is equipped with a two-ring hob, fridge, kettle, cafetiere, toaster and microwave, as well as all of the usual utensils you would expect in a holiday apartment. All apartments have a telephone and hair dryer. Safety deposit boxes are available free of charge. Towels are changed daily and a cleaning service is provided 5 days a week.

I would really like to attend but I am on a low income/have no income, do you have funding?

We are conscious that cancer can have a huge financial impact on people, so we have some funding available through fundraising and the kindness of individual donors. If you would like to be considered for funding please do contact us directly. We can also advise you on ways you could fundraise for yourself to enable you to attend. Please do let us know as soon as possible if you would like to be considered for funding; the decision will be made on a case by case basis.

Can I donate to enable others to attend or fund a place directly?

Absolutely! Please email or call us if you would like to donate. If you have chosen to fund for a specific individual to attend, please contact us directly, so we know who the funds are for.

Do I need a special travel insurance, won't it be really expensive?

Cancer Research UK have provided a list of travel insurance companies who cater for those living with and beyond cancer. Please contact providers directly to obtain quotes.

Please do get in touch if you have any additional questions.





For more information, or to secure your place please contact us at;



canrehabtrustretreat@wellbeingandrehabcollective.co.uk



01483 962218

find us on

