

<b>Report on</b>	Macmillan Move More Research Update
<b>Date of Meeting</b>	14 <sup>th</sup> January 2021
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<b>Is this report restricted for confidential business?</b> If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	x

<b>1.0</b>	<b>Purpose of Report</b>
1.1	To provide an update on a research and evaluation report completed in partnership with Queens University Belfast and Macmillan, demonstrating how proactive the Macmillan Move More programme has been throughout the Covid pandemic. The initial findings of the research was circulated for noting at Development Committee in September 2020.
<b>2.0</b>	<b>Background</b>
2.1	Macmillan Move More NI (MMNI) is a physical activity referral programme in partnership with Macmillan Cancer Support and the eleven district councils / leisure providers across Northern Ireland, each containing a MMNI coordinator.
2.2	Mid Ulster District Council support the funded 3 year Macmillan project by employing and hosting a MMNI Coordinator and Mid Ulster District Council provide access to leisure facilities for the Coordinator to deliver physical activity sessions for people with cancer, and providing a range of incentives (e.g. discounted membership rates)
2.3	The MMNI Coordinator plays a key role in the development and delivery of the project by facilitating consultations with people with cancer, supporting them to access physical activity opportunities (both cancer specific, and non-cancer specific), and providing ongoing behaviour change support to each individual for a minimum of 12 months.
2.4	This report focuses on an updated service evaluation of the Macmillan Move More programme during the COVID-19 lockdown / restrictions, from a user perspective.
<b>3.0</b>	<b>Main Report</b>
3.1	The prescription of exercise remains an integral aspect of cancer treatment and survivorship to manage treatment-related side effects and improve physical / mental well-being and quality of life.

3.2	Throughout this pandemic, disruptions to cancer exercise services such as MMNI removed an important supervised and supportive environment for cancer survivors to participate in group exercise.
3.3	Due to this, it has been argued that cancer patients risk regressing to a sedentary lifestyle which may have a negative impact on their physical and psychosocial wellbeing.
3.4	Results from the evaluation confirmed the impact of reduced face-to-face MMNI services and subsequent reductions in exercise frequency.
3.5	Respondents reported both physical and psychosocial impact of restrictions including loneliness, loss of social support, loss of motivation, deterioration in fitness / health, and negative changes in body composition.
3.6	The research recommends that the learning and development evolving from the mixed methods of exercise delivery should be considered when seeking to maximise the reach and engagement of people living with cancer, from their diagnosis onward, to support an individualised person-centred approach to exercise and behavioural change.
3.7	Given the rapid response and subsequent versatility of the MMNI programme, it could be considered an example of best practice or model to follow for other cancer support services.
3.8	Technology used alongside face-to-face sessions has the potential to reach a larger population, including those who report competing interests and programme location as barriers to participation in community exercise programmes.
3.9	The research found that exercise programmes for cancer survivorship must adapt to engage participants in continued exercise. The Move More Programme has been proactive and successful in responding to the needs of subscribers during this difficult time.
3.10	The analysis within this report will be used within Mid Ulster District Council to review and adapt the Macmillan service where required.
<b>4.0</b>	<b>Other Considerations</b>
<b>4.1</b>	<b>Financial, Human Resources &amp; Risk Implications</b>
	Financial: Delivered within existing funded programme as agreed between Mid Ulster District Council and Macmillan.
	Human: Facilitated within existing staffing resources – ie. the funded Move More NI Coordinator.
	Risk Management: In line with Council Policies and Procedures.

4.2	<b>Screening &amp; Impact Assessments</b>
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: RNIA completed. Programme delivery will continue to be available via Maghera, Fivemiletown, Cookstown, Dungannon and Magherafelt. Participants have a choice of what facility to attend or can choose to attend virtually. If technology is inaccessible, one to one interaction is still available under strict covid guidance were a participant requests.
5.0	<b>Recommendation(s)</b>
5.1	To note the contents of this report and the evaluation report completed in partnership with Queens University Belfast and Macmillan.
6.0	<b>Documents Attached &amp; References</b>
	Appendix A – QUB and Macmillan Report