



The Court House
Town Square
Broadway
Bracknell
Berkshire
RG12 1AE
T 01344 304404
E reception@involve.community

Shinfield Parish Council
Parish Hall,
School Green,
Shinfield
RG2 9EH

Date 1st June 2021

Dear Parish Clerk

Cancer Support Network

The **Cancer Support Network** has been established for just over 2 years now, it has been successfully supporting Wokingham and Bracknell residents affected by Cancer since 2019. This includes those with the disease and their wider networks, so family, carers and friends.

Since inception we have received over 100 referrals and offered a range of support including meet-ups, group events, peer-to-peer support, online support and information and advice. Covid19 meant that we had to change how we delivered our in-person support but we rose to the challenge and currently deliver telephone support and online meetings. To start getting back to normal, we have successfully introduced a range of physical exercise programmes due to funding from Get Berkshire Active but this is now coming to an end. This includes, yoga, walking and Qigong.

The physical exercise programmes across the region have been extremely well received and successfully attended. Therefore we are reaching out to you to ask for your help. We would like to raise £3,000 from our Parishes to enable us to keep our communities with cancer connected and moving through exercise. We know that this enhances individuals health and wellbeing through activity and connectivity. It has improved mood, movement and confidence.

Malcolm said, "I thoroughly enjoyed the sessions at The Look Out in Bracknell and it has improved my walking endurance tremendously."



Kind regards

Vickie Randall

Vickie Randall

Cancer Support Network Manager

Contact: T: 01344 304404 |

E: Vickie.Randall@involve.community | <https://involve.community/cancer/>

We would be extremely grateful to receive support to enable us to continue supporting our communities that are affected by cancer and continue to offer a range of wellbeing programmes that bring together people when they may feel very vulnerable and isolated.



