



Gordon Survivorship Walking Group



This leaflet explains more about our Walking Group organised by Gordon Survivorship.

If you have any further questions, please get in touch with Gordon Survivorship Centre (our contact details are at the end of this leaflet).

What is the walking group?

The aim of our walking group is for you to enjoy the fresh air, to meet other people and to be more active. This is not aimed to be hard work rather an enjoyable activity for all who are undergoing cancer treatment or have completed treatment.

Who can attend / receive the service?

To be able to enjoy our walks you must be able to walk at a low to moderate pace for up to 15 – 20 minutes with no break. If you are in a wheelchair you must have somebody with you to help you with any assistance you may need (for example, toilet breaks, pushing the wheelchair for you).

We have two levels of our walking groups: beginners and intermediate. Beginner's walks are wheelchair friendly with no hills or slopes. Intermediate walks include some hill walking, slopes and steps – and are not suitable for wheelchair users.

You need to be able to make your way to our start points and get back home independently using your own method of transport or public transport. We also ask you to have filled in our walking health questionnaire before the walk and update us on any changes as appropriate. It is important you are on time, so you don't get left behind on the day.

How do I book onto the walks?

To book your place you can contact us by either:

- visiting our Centre on the first floor of the Welcome Village (W1)
- emailing us at GordonSurvivorshipCentre@gstt.nhs.uk
- calling us on 020 7188 7188 (extension 57376).

You will be asked to complete our self-health check questionnaire and we will give you a copy of the ActiveYou and self-check rehabilitation papers to complete as well.

Where do I need to go?

We currently have three different routes for our walks and you can book onto any of the below:

Route 1: Greenwich Park (beginners and intermediate routes)

Route 2: Southwark Park (beginners route)

Route 3: River walk (intermediate route)

Our routes are circular – the meeting points will also be our end points.

Route 1a Greenwich beginners – level walk

Meeting point: Creed Place Gate (short walk from Maze Hill train station)

Length of walk: approximately 30 minutes

Distance of walk: 1.9 km

Route 1b Greenwich intermediate – some hill walking

Meeting Point: Creed Place Gate (short walk from Maze Hill train station)

Length of walk: approximately 45 minutes

Distance of walk: 2.2 km (includes hill walking)

How to get to Creed Place Gate from Maze Hill station (Greenwich Park meeting point)

- Walk north west on Tom Smith Cl towards Maze Hill
- Turn left onto Maze Hill
- Turn right onto Park Vista
- The entrance is on your left-hand side

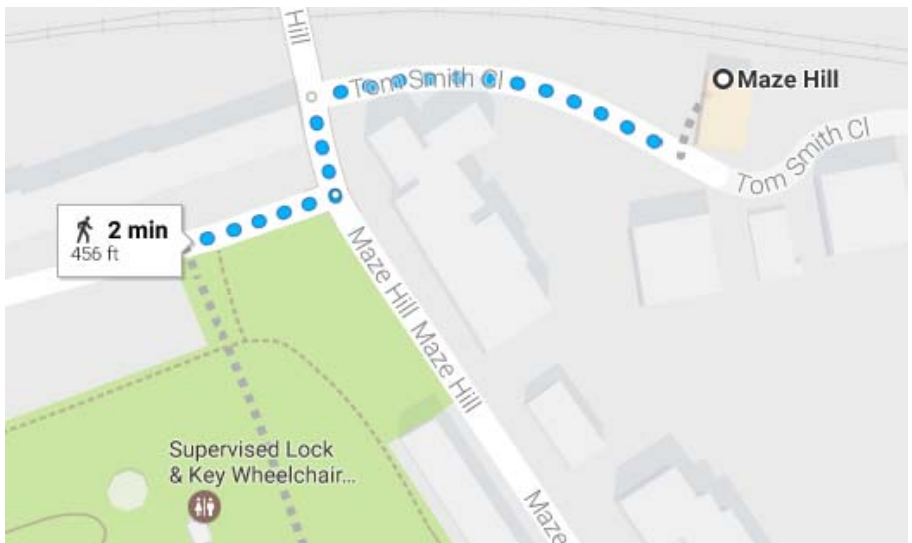


Image taken from Google maps

Route 2 Southwark Park beginners – level walk

Meeting Point: Jamaica Road park entrance, a short walk from Bermondsey tube station

Length of walk: approximately 35 minutes

Distance of walk: 2.4 km

How to get to Southwark Park meeting point from Bermondsey tube station

- Turn right out of Bermondsey tube station
- Follow Jamaica road for approximately five minutes until you get to the park entrance, on your right off Jamaica road. We will meet just by the entrance.

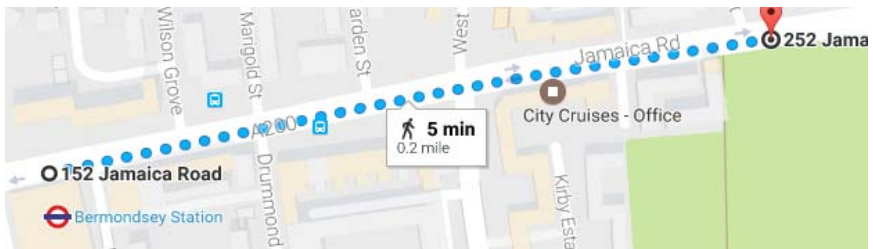


Image taken from Google maps

Route 3 River walk intermediate – includes some steps/stairs

Meeting Point: London Bridge – next to Evans
Cycle Store
Length of walk: 40 minutes
Distance of walk: 3.1 km – includes stairs (not
suitable for wheelchair users)

How to get to Evans Cycle shop - Thames walk meeting point (see map on page 8)

- From London Bridge station or underground station, head towards Tooley Street
- Cross over the A200 road
- Evans Cycle is on the corner of London Bridge (bridge)
- Our walk will start by walking over the Thames on London Bridge



Does it cost anything?

The walks are all **free** of charge.

What do I need to bring with me?

- ☐ A bottle of water
- ☐ Wear comfortable clothing and shoes
- ☐ Wear or bring sunscreen if needed
- ☐ A signed copy of your self-health check (see page 10)
- ☐ A signed copy of your ActiveYou physical activity pathway project, if you would like to take part in the project (see page 11)
- ☐ Your self-reported rehabilitation check list (see page 12)

Walking Group general self-health check questionnaire

1. Has a doctor ever said you have a heart condition?
2. When you do physical activity do you feel pain in your chest?
3. Have you had any pain in your chest in the past month?
4. Do you suffer from dizziness or lose your balance?
5. Do you suffer from fits or seizures? And if so, how is this managed normally?
.....
6. Are you on any medication for blood pressure or a heart condition?
Medication if Yes:
.....
7. Do you have diabetes? How do you usually manage this?
I manage this with.....
8. Are you on any other medication for a medical condition or illness aside from your cancer treatment?
If yes: medications I take
.....
.....
.....

ActiveYou is a project led by our physiotherapy department in partnership with Macmillan Cancer Support.

If you wish to join in with this project, you will be contacted by our physiotherapy team by phone at different points over the next year. The physiotherapists aim is to support you staying active and can help motivate and guide you in finding the right activity for you in your local community. By signing the ActiveYou paperwork you agree to take part.

If you are not interested in signing up for this project tick the 'No contact' box on the form (see example below)

ActiveYou – Physical Activity Pathway

is a project backed by Guys Cancer and Macmillan Cancer Support

Together we'd like to help you be more active through activities that you enjoy. This will involve supporting you with a programme tailored to your needs. Over the next year our team will stay in touch to make sure that you're happy with the activities you try, keep you motivated and deal with any problems that come up.

Please indicate below if you are happy for us to contact you by:

Post: ☐ Phone: ☐ No contact: ☐

Contact: Physiotherapy Cancer Physical Activity and Exercise Team

Telephone: 020 7188 9654

Email: ActiveYou@gstt.nhs.uk

Self-reported rehabilitation checklist:

Below is a list of questions asked in the self-reported rehabilitation checklist, this is an opportunity for you to check if you would benefit from a specialist therapy referral. For further advice about referrals or questions, please ask us. If any of the concerns below affect you in your daily life, or you feel you need support with them, please let us know.

Please tick the box if you have any problems with the following:

- ☐ Appetite / Weight Change
- ☐ Swallowing / Speaking
- ☐ Drinking / Eating
- ☐ Day to day activities (for example, washing, dressing, going to the toilet, household tasks)
- ☐ Work or returning to work or sports
- ☐ Accessing local community
- ☐ Keeping fit and doing leisure activities
- ☐ Mobility (for example, getting out of bed, standing from a chair, walking stairs)
- ☐ Weakness / loss of muscle strength
- ☐ Balance / Falls
- ☐ Pain
- ☐ Joint tightness or loss of movement
- ☐ Breathing
- ☐ Coughing or clearing phlegm
- ☐ Tiredness / Fatigue
- ☐ Emotions / Mood / Depression / Anxiety
- ☐ Sleep
- ☐ Memory / Concentration
- ☐ Incontinence

Useful sources of information

- NHS Choices website – further reading on physical activity
- Email ActiveYou@gstt.nhs.uk – for any questions about physiotherapy at Guy's and St Thomas' and physical activity.
- Google Maps website or TFL maps website for directions
- Email us at GordonSurvivorshipCentre@gstt.nhs.uk – for any general questions about health and wellbeing and finding out more on the different support services in our Cancer Centre.
- Visit the Gordon Survivorship Centre on Welcome 1 (W1) in the Cancer Centre for general advice and information on health and wellbeing before, during and after your cancer treatment.

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Contact us

If you have any questions or concerns about our walking groups, please contact the Gordon Survivorship team on 020 7188 7188 (extension 57376) or bleep us on 3141 or 3140 (Monday to Friday, 9am to 5pm). Out of hours, please leave us a message on the above phone number and we will get back to you.

Alternatively, you can email GordonSurvivorshipCentre@gstt.nhs.uk or visit us in the Cancer Centre at Guy's on the 1st floor of the Welcome Village (W1).

Guy's and St Thomas' hospitals offer a range of cancer-related information leaflets for patients and carers, available at www.guysandstthomas.nhs.uk/cancer-leaflets. For information leaflets on other conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved : become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved.

t: 0800 731 0319 **e:** members@gstt.nhs.uk

w: www.guysandstthomas.nhs.uk/membership

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A list of sources is available on request



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