

Up and Active

The experience of cancer could be the opportunity to seek out new activities and make positive changes in your life.



SWIMMING GROUP

Swimming is acknowledged as a very good way of taking exercise after treatment for cancer. It can help improve your strength and stamina, as well as improving symptoms such as tiredness. We have been very fortunate to have been offered the facilities at the Sport and Leisure Centre at the Best Western Ufford Park Hotel at a bargain rate, as non-members.

The facilities include a lovely swimming pool, a Jacuzzi, steam room and sauna.

The group will meet there fortnightly, on a Wednesday morning, from 11 am until about 12.30 pm. We would love to welcome you and support you getting back to exercise. It's also an opportunity to meet people in a relaxed and supportive environment.

The cost will be £4 a visit per swimmer.

The hotel is on the Ufford road, about a mile east of the Melton traffic lights. On entering the car park, keep to the right, and the sports centre is at the far right-hand end of the hotel. There is ample car parking space.

Dates for 2012:

11 January
25 January
8 February
22 February
7 March
21 March
25 April
9 May
23 May



Please drop in to the Cancer Information Centre for further details.

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