

Accessing Support: Physical Wellbeing

Looking after your physical wellbeing and engaging in physical activity can be helpful when you are living with or after cancer. It helps some people feel more in control in a time when things may feel uncertain. Physical activity also has the potential to improve physical, psychological and social wellbeing. Even just a small amount of activity can make a difference, and as you gain confidence you may be able to increase this. Looking after your diet is another step you can take to support your physical wellbeing, and there are plenty of resources available to help you do this.



Below is a list of organisations who may be able to offer you some support, as well as some resources that you may find helpful to read/listen to. The range and quality of services/support available from such organisations may vary. This list has been gathered as signposting only, and The Royal Marsden cannot guarantee the accuracy of the information provided by an organisation listed or the quality of their services.

If you have any questions or would like further advice/guidance about where to seek specialist help in your local area, you can speak with a member of your Royal Marsden treatment team or the Adult Psychological Support Service.

Brain Tumour Charity - "Diet and Brain Tumours" Advice page

An article explaining the benefits of maintaining a balanced diet during and after treatment on quality of life and managing side effects. It also provides a good handful of tips for what types of foods may help with certain side effects and what foods to avoid during treatment/recovery (e.g. foods with a high risk of food poisoning due to low immunity caused by chemotherapy). Finally, it makes use of the NHS EatWell Guide to describe what a balanced diet might look like.

Website link: <https://www.thebraintumourcharity.org/living-with-a-brain-tumour/health-fitness/diet/>

Cancer Wellbeing London

Use this site to find Health and Wellbeing Events in your area, watch videos about health and wellbeing topics and find out more about the provision being offered across London.

Website link: <https://cancerwellbeinglondon.nhs.uk/>



Macmillan "Physical Activity and Cancer" Booklet

Provides information on the benefits of regular physical exercises before and after treatment, finding the right type/intensity/frequency for you, and tips for exercising safely.

Website link: [Physical activity and cancer – Macmillan Orders](#)

The Royal Marsden – Nutrition and Dietetic Service

The dietitians at The Royal Marsden can see both inpatients and outpatients, and provide nutritional recommendations which consider the type of cancer you have and your treatment. If you are an inpatient you can ask your doctor or nurse for a referral. If you are an outpatient you can also be asked to be referred, or contact the dietitians directly using the numbers below.

Chelsea Nutrition and Dietetic Service: **020 7808 2814**

Sutton Nutrition and Dietetic Service: **020 8661 3066**

The Royal Marsden – Eating well when you have cancer

Good nutrition is an important part of looking after your physical wellbeing. This booklet created by The Royal Marsden gives advice on adapting your diet and is based on a combination of nutritional evidence and suggestions from patients. It includes some recipes for you to try out.

Website Link: https://rm-d8-live.s3.eu-west-1.amazonaws.com/d8live.royalmarsden.nhs.uk/s3fs-public/Eating_well_when_you_have_cancer.pdf

The Royal Marsden – Physiotherapy

Maintaining or increasing physical activity during or after cancer treatment can sometimes help speed up recovery from treatment and its side effects and can help to prevent the recurrence of some cancers. The physiotherapy team can assist you in maintaining or regaining your ability to move following cancer treatment. If you are an inpatient, speak to the nurse caring for you for a referral. If you are an outpatient, speak to a member of your medical team or your clinical nurse specialist.

Chelsea Physiotherapy Department: **020 7808 2821**

Sutton Physiotherapy Department: **020 8661 3098**



The Royal Marsden – Exercise Support and Resources

The Royal Marsden website has a list of resources and services that can support you in exercising appropriately after a cancer diagnosis. The list contains various options for external services who offer exercise, as well as some videos prepared by The Royal Marsden which offer suggestions and routines that you can try at home. These include [Exercise at home](#), [Yoga](#), and [Strength training](#).

Website link: <https://www.royalmarsden.nhs.uk/exercise-support-and-resources#RM-at-home>

Trekstock's 8 Week Exercise Programme

Restricted to individuals in their 20s/30s/40s - An eight-week programme conducted in groups under the supervision of a Cancer Rehabilitation specialist. Trekstock also offer a 1-on-1 version for those with more complex needs and limitations. The 8-week programme is free and open to all who want to know how to exercise safely after cancer and regain the motivation to be active, regardless of their stage in diagnosis. Sessions focus on cardio circuits involving bodyweight and strength training.

Website link: [Exercise Programme](#)

Other APSS Information and Resources

The Adult Psychological Support Service has a range of signposting information sheets on topics such as: coping at different stages of the cancer pathway, supporting your physical and emotional wellbeing, relationships, and information specific to certain types of cancer.

You can view the signposting information sheets on The Royal Marsden's [Patient Information Library](#) and the [Adult Psychological Support Service Website](#) (under 'Further information and resources'). You can also request a copy of these by emailing Psychological.SupportAdmin@rmh.nhs.uk or telephoning **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton).

Additional support services

Cancer Care Map

An online database of cancer support services. You can search by postcode or by particular themes e.g. cancer type.

Website link: <https://www.cancercaremap.org/>

Maggie's Cancer Centres

Cancer care centres with multiple locations, including The Royal Marsden Hospital, Sutton and Charing Cross Hospital, West London. Workshops, groups, information and one-to-one counselling available.

Website link: <https://www.maggies.org/>

Phone number: **0300 123 1801**



NHS Talking Therapies

NHS website to help you find your local psychological talking therapies service based on your GP address. Your local NHS talking therapies service can be helpful if you would like psychological support for cancer when you are no longer regularly coming in for appointments at The Royal Marsden, as well as for concerns unrelated to cancer or that predated your cancer and have become worse due to it.

Website link: [Find NHS talking therapies for anxiety and depression - NHS](#)

If you need any specialist and personalised advice about your cancer treatment, symptoms or side effects, please contact The Royal Marsden Hotline. This hotline is available 24 hours a day, seven days a week on **020 8915 6899**.

The Royal Marsden's Adult Psychological Support Service offers short-term, cancer-specific psychological and psychiatric support. You can either self-refer or ask somebody in your Royal Marsden healthcare team to refer you. For more information, visit [Adult Psychological Support Service | The Royal Marsden](#). Alternatively, contact us directly on **020 7808 2777** (Chelsea), **020 8661 3006** (Sutton), or email Psychological.SupportAdmin@rmh.nhs.uk.



If you have ideas for other signposting or information sheets, or if you would like to be involved in working with APSS to improve the service we offer, please scan the QR code to see more about our patient and public involvement, or email Psychological.SupportAdmin@rmh.nhs.uk or telephone **020 7808 2777** (Chelsea) / **020 8661 3006** (Sutton) with your ideas.

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Published March 2026
Planned review March 2027

