

2026

FREELANCE LEVEL 4 CANCER REHABILITATION INSTRUCTOR

APPLICATION PACK

moveagainstcancer.org



MOVE
AGAINST
CANCER.

OVERVIEW

Freelance Level 4 Cancer Rehabilitation Instructor

- **MOVE Young People's Programme - Online Delivery**
- Freelance
- Remote (UK based)
- Flexible sessional hours
- Competitive hourly rate

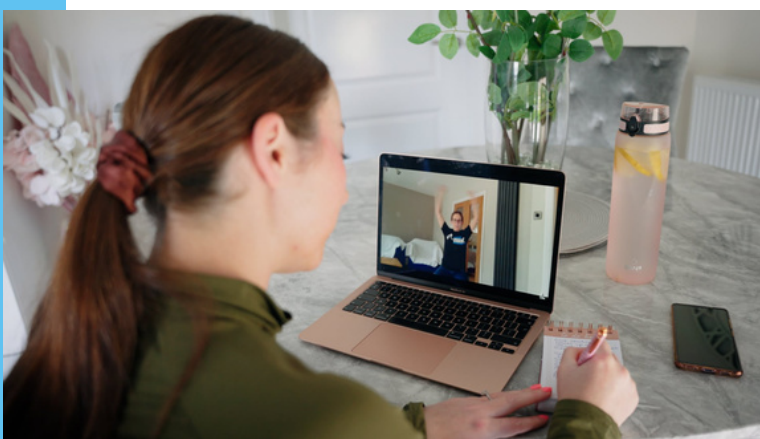
The Role

We are looking for passionate, experienced Level 4 qualified Cancer Rehabilitation Instructors to join our freelance delivery team for our online Young People's Programme as the demand grows.

You will work directly with young people aged 13-30, delivering safe, personalised, and empowering one-to-one cancer rehabilitation sessions online.

You will be part of a supportive specialist team, helping young people rebuild confidence, independence and sustainable movement habits during and after cancer treatment.

This role is central to maintaining the quality, safety and personalisation that defines the MOVE Young People's Programme.



OVERVIEW

About MOVE Against Cancer

At MOVE Against Cancer, our mission is simple: to support and empower everyone impacted by cancer to be more active, because movement matters.

Exercise and movement are among the most powerful tools available to support wellbeing and improve health outcomes during and after cancer treatment. The evidence continues to grow. A landmark trial published in the New England Journal of Medicine in June 2025 found that a three-year structured exercise programme, started soon after chemotherapy for colon cancer, led to significantly longer disease-free survival and findings consistent with longer overall survival. Movement can improve quality of life, restore confidence, reduce isolation and, increasingly, influence health outcomes.

We see the appetite for movement based support every day. All referral slots for our online MOVE Programme are allocated within hours of release each month, and we are currently launching an average of three new 5k Your Way groups every month across the UK.



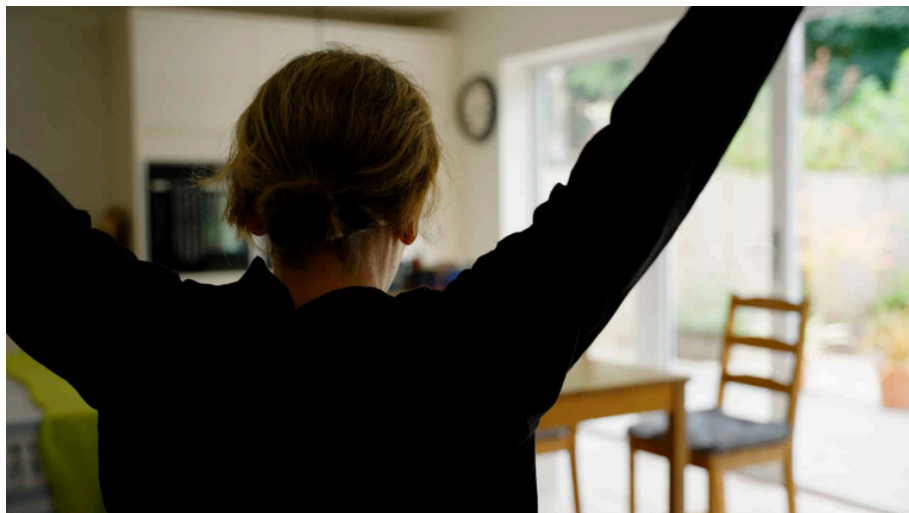
The MOVE Young People's Programme

A bespoke online movement programme for 13–30-year-olds living with and beyond cancer, delivered by Level 4 Cancer Rehabilitation Specialists and shaped in partnership with young people.

- Over 650 young people have completed the programme
- Around 15 new participants start each month
- Referrals come from across England, Scotland and Wales
- Participants self-refer or are referred by healthcare professionals
- Each young person receives around 8 personalised one-to-one sessions

You can read blogs here from the young people who have benefitted from the programme: [Andrew's story](#), [Alisbha's story](#), [Jasmine's story](#).

Our vision is that every person impacted by cancer can live an active and fulfilling life, and we know there is still more to do, particularly to ensure underserved communities can access the support they need.



KEY RESPONSIBILITIES

One-to-One Cancer Rehabilitation Delivery (Online)

- Triage young people in your caseload - working with their healthcare professionals and/or parents (where required) to ensure all safety information is gathered prior to sessions
- Deliver personalised one-to-one cancer rehabilitation sessions to young people aged 13–30.
- Design and adapt programmes tailored to individual diagnosis, treatment stage, side effects and goals.
- Support participants to build confidence, autonomy and long term engagement in physical activity.
- Modify sessions appropriately for fatigue, treatment impact and fluctuating health.
- Maintain accurate session notes on Cliniko and contribute to outcome tracking.
- Create a safe, engaging and confidence-building environment for young people who may be experiencing significant physical and emotional challenges.

Participant Support & Safeguarding

- Build professional, trusting relationships with young people and medical teams (where relevant).
- Deliver sessions in a safe, inclusive and engaging online environment.
- Work within safeguarding, data protection and clinical governance frameworks.
- Communicate effectively with the Programme Manager regarding progress or concerns.

Collaborative Working

- Attend occasional online team meetings (including supervision and team support meetings) and/or training.
- Share feedback and insights to strengthen delivery quality.
- Uphold MOVE's values and commitment to equity, diversity and inclusion.

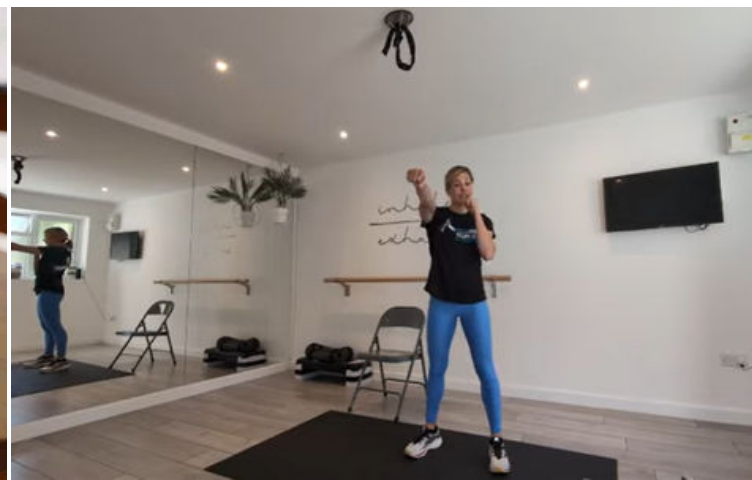
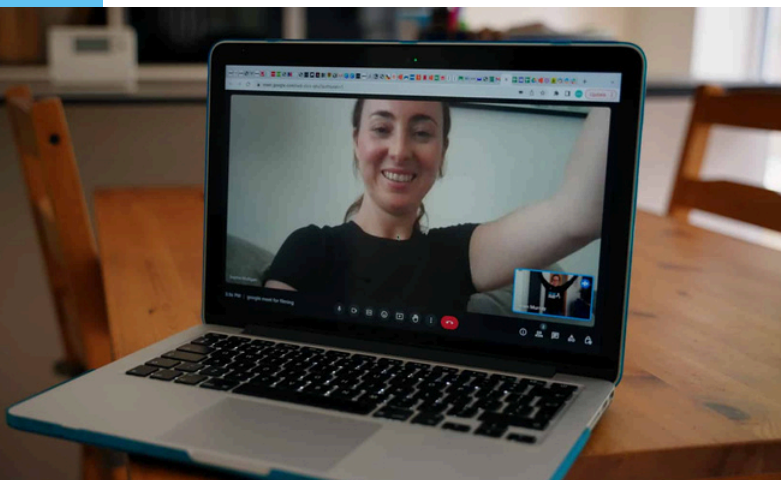
PERSON SPECIFICATION

Essential

- Level 4 Cancer Rehabilitation qualification (or working towards completion)
- Experience delivering exercise/rehabilitation to people living with or beyond cancer
- Experience supporting young people OR confidence adapting delivery for this age group
- Strong clinical reasoning and understanding of treatment side effects
- Excellent communication skills and ability to build rapport online
- Ability to work independently as a freelance practitioner
- Commitment to inclusive, person-centred practice

Desirable

- Experience delivering online rehabilitation or coaching
- Knowledge of barriers to physical activity in underserved communities
- Safeguarding training
- Lived experience of cancer (personally or through supporting someone)



FURTHER INFORMATION

Our Commitment to Inclusion

We welcome applications from people of all backgrounds and are especially keen to hear from individuals from ethnically diverse communities, disabled people, and those with lived experience of cancer, who are currently underrepresented in our sector.

Important Information about this role

- This is a freelance, sessional role. While we hope to offer regular work, we cannot guarantee ongoing or minimum hours.
- You will be engaged on a per session basis and will invoice for each session delivered. This session will usually cover delivery and case notes afterwards.
- Applicants must be registered as a freelancer / self-employed
- All freelancers must have (or be willing to complete) safeguarding training for young people before starting delivery.

If you would like to express your interest in this role please complete the form attached:

[**REGISTER YOUR INTEREST
HERE**](#)

