MOVE AGAINST CANCER.

# IMPACT REPORT 2025



# WELCOME TO MOVE AGAINST CANCER.

At MOVE Against Cancer our mission is to support and empower everyone impacted by cancer to be more active because movement matters. Exercise - in fact, all movement - is one of the most important things anyone diagnosed with cancer can do to enhance wellbeing and improve health outcomes both during and after treatment.

Our vision is for every single person impacted by cancer to be able to live an active and fulfilling life. We are informed and led by people with cancer - including our founder, many of our volunteer ambassadors and some of our team - and we have healthcare professionals involved across the country. We're one of the largest providers of movement based cancer support groups in the UK. We are unique in using group work, one-to-one sessions, community engagement and peer support, underpinned by the necessary expert knowledge and information to do so.

We have three main areas of work:

- The MOVE Programme: a bespoke online movement programme for 13-30 year-olds with cancer.
- 5k Your Way: 125 community-led 5k Your Way groups across the UK and Ireland, located at designated parkruns.
- Movement Hub: An online information hub full of movement videos, inspiring blogs, informative workshops, community resources and a thought-provoking podcast.

There's a growing appetite to learn more and to experience the benefits of movement for those with cancer and we see this reflected in our own work at MOVE Against Cancer: we are currently setting up on average two new 5k Your Way groups each month and all our referral slots for the MOVE Programme are allocated within hours of them being released each month.

We hear from our community about the positive impact movement can have and there's increasing evidence to support this. For example a recent trial, published in the New England Journal of Medicine (June 2025), found that a 3-year structured exercise programme initiated soon after chemotherapy for colon cancer resulted in "significantly longer disease-free survival and findings consistent with longer overall survival".

We believe every individual impacted by cancer should receive the necessary resources and information to engage in and maintain an active lifestyle. However, we know not enough people are getting access to the support and information they need and we recognise that there is more to be done to support under-served groups to engage in physical activity. Over the past nine years we have achieved a lot but there is still so much we need to do.



# AN UPDATE FROM OUR CHIEF EXECUTIVE

At the heart of MOVE Against Cancer is a simple but powerful message: movement matters. As I look back on 2025, I am incredibly proud of everything we have achieved together and the impact we have made on so many lives across the UK. Since joining the charity as Chief Executive in July, I have been inspired every day by the passion, resilience, and generosity of this community.



**DAVID HENDERSON**

Chief Executive

The founder of MOVE charity, Gemma Hillier-Moses, wanted people with cancer to be able to access support that would help and inspire them to live active and fulfilling lives. As we approach our 10th anniversary in 2026, it gives me great encouragement to know that MOVE Against Cancer is moving closer every year to that vision.

Throughout this report, you'll hear directly from some of our MOVE programme and 5k Your Way participants – like Andrew and Stephanie, who found exercise brought them closer together as a family, and Linda, who saw 5k Your Way as a lifeline whilst living with metastatic cancer. They, and the thousands of people within the MOVE community, are the reason we exist - to inspire and support all to live active lifestyles and move more together.

All of this progress is funded by voluntary donations, and we are extremely grateful to everyone who has supported our work in these challenging economic times. We could not do this work without the kindness and generosity of our community. Thank you to our Trustees, Ambassadors, Volunteers, Donors, Partners, Fundraisers, and Participants. Together, we are working to ensure that everyone impacted by cancer has access to the resources, support, and encouragement they need to live active and fulfilling lives when impacted by cancer.

# THE YEAR AT A GLANCE

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

**Over 1,300 people are participating in 5k Your Way every month.**

**There are now 125 community-led 5k Your Way groups running across the UK and Ireland.**

**Over 115 young people were supported through the bespoke MOVE Programme in 2025.**

We are guided by the lived experience and expertise of people that support and work with us, to ensure we provide the support and resources for everyone to live active and fulfilling lives when living with and beyond cancer.

**Volunteers have contributed over 10,000 hours to supporting people to move more.**

**234 new ambassadors and MOVE mentors were inducted and joined the MOVE community in 2025.**

**Over 200 people from diverse communities impacted by cancer have engaged through tailored awareness raising events on the benefits of physical activity with cancer.**

We believe that everyone affected by cancer should have access to inclusive and evidence-based support, wherever they live. Step by step, we are moving closer to making that vision a reality across the UK.

# MEET THE TEAM



**DAVID HENDERSON**
**Chief Executive**



**NAZMEEN WARDLE-BI**
**Operations Director**



**GILLIAN RUSSELL**
**Marketing and Comms Lead**




**SOPHIE MULLIGAN**
**Fundraising Manager**



**JOSIE DARWIN**
**Programme Coordinator**



**ANNA LOUISE POWELL**
**Cancer Rehab Specialist**



**SOPHIE GASSON**
**Cancer Rehab Instructor**



**BETH BOXALL**
**Cancer Rehab Instructor**



**STEPH STILL**
**Cancer Rehab Instructor**



**HELEN BECKMANN**
**Cancer Rehab Instructor**



**NATALIE HALLAS**
**Cancer Rehab Instructor**

# THE MOVE PROGRAMME

The MOVE Programme is a bespoke online movement programme for 13-30 year-olds with cancer, run by our level 4 cancer rehab specialists and informed by the needs of the young people themselves. The participants have a range of cancer diagnoses; some of the most common ones in the past year were brain tumours, Hodgkin's Lymphoma, leukaemia, Ewing Sarcoma, ovarian cancer and testicular cancer.

The virtual one-to-one support model and the knowledge-sharing amongst healthcare professionals and people impacted by cancer creates a unique programme leading to long-term change. We receive referrals from throughout England, Scotland and Wales and our geographical reach is expanding every year.

**“When I was in a hospital bed, I felt utterly hopeless as I never thought I'd have the same energy levels as I used to. MOVE Against Cancer charity has made me realise fatigue isn't forever and has been incredibly helpful, both physically and mentally.”**

We have expanded the breadth of resources available for our young people in order to give them as impactful an experience as possible, including help with things like confidence when returning to the gym and fuelling their physical activity.

Over the past 12 months we have made and strengthened numerous connections with healthcare organisations and charities by attending events and collaborating on resources, including:

Sarcoma UK The bone & soft tissue cancer charity

Alder Hey Children's Hospital

WithU

NHS Oxford University Hospitals NHS Foundation Trust

Wmuk

everyone ACTIVE

brainstrust the brain cancer people

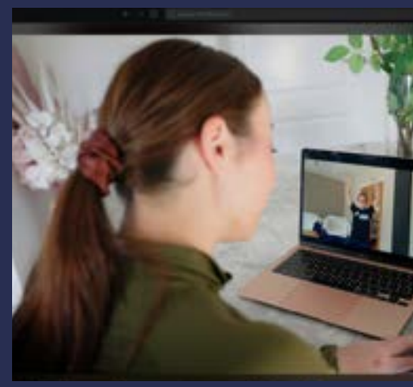
**“My instructor has been outstanding, not just guiding me through exercise but also being a friend, supporting me through my challenges and achievements.”**

In 2025 a MOVE AS ONE WhatsApp group was launched for young people aged 18 or over who are looking to go through, are currently on or are alumni of our MOVE Programme. The young people are able to share their experiences with others they can relate to, something that they told us they have been unable to find up to now.

Some alumni are volunteering to engage others to help grow our community further and we have big plans for 2026, including group sessions both online and in person.







Since May 2025 we have opened referrals to 15 young people each month and are looking forward to growing that further in 2026.

Over 115 young people were supported through the MOVE Programme in 2025.

# ANDREW AND STEPHANIE'S STORY

"Our son Andrew was diagnosed with a tumour in the summer of 2023 aged 12. It was a complete bolt out of the blue. He had his operation in Glasgow and during the first few weeks afterwards his sight and speech were affected and he couldn't hold his head up. That was tough. He was then referred for proton beam therapy treatment in Manchester so we moved ourselves and our lives down there for a few weeks. Then it was back home to Glasgow for four rounds of chemotherapy.

Through Andrew's oncology nurse we were referred to MOVE Against Cancer's online programme for young people with cancer. Their cancer rehab specialist devised an exercise plan for Andrew which gave him a structure. As a parent you're used to doing so much for your kids but I tried to take a step back after our initial consultation… The exercise plan was very much tailored around Andrew's goals so he could work on movement that would





strengthen his core, help with his balance etc. It was all things that could easily be done at home. We had just got a new puppy and so simple ball games with him – and eventually walking him – were ideas that could gradually be built into Andrew's exercise plan. Finally that exercise bike bought during lockdown was now being used as it was incorporated into the plan too!

Andrew wanted to get back to the life he had before – skateboarding, swimming, going out with his pals – and slowly we worked towards that. The MOVE Programme has helped with his confidence, his mobility and his fitness. Talking to his instructor each week and feeling supported gave us hope. MOVE Against Cancer was primarily for Andrew but as a family we've all benefitted. We've all been joining in with the exercises he's been doing. MOVE gave Andrew the permission to exercise but it has actually helped us all on this journey…"

# 5K YOUR WAY - A COMMUNITY ON THE MOVE

There are now 125 community-led 5k Your Way groups across the UK and Ireland, located at designated parkruns. It is one of the fastest growing movement-based cancer support groups in the UK. Everyone is welcome: those living with and beyond cancer, their family and friends, healthcare professionals and those who have lost someone to cancer. Participants can walk, jog, run, cheer, volunteer or have coffee and a chat. Groups are as far north as Edinburgh, as far south as Guernsey, as far west as Naas and as far east as Dover.

> **“I started small, walking just half a kilometre. It wasn’t easy but I kept going. Over time I got stronger. Now I walk the full distance at least once a month, whatever the weather, and I’m getting a little quicker each time. The biggest change isn’t just physical – it’s how I feel about myself. I have more confidence now.”**

Over the past 12 months 24 new 5k Your Way groups have launched. The groups were created with the support of friends, family, local sports clubs, local councils and councillors’ grants, The Coalfields Regeneration Trust, Active Partnerships, Lingen Davies Cancer Support, RM Partners (North West & South West London Cancer Alliance) and many others.





211 new ambassadors were inducted and joined the 5k Your Way community in 2025.

Over 1,300 people are participating in 5k Your Way every month.

In February there were 11 extra 5k Your Way meetups across the UK and Ireland to mark World Cancer Day and raise awareness.

> **“A participant arrived ‘struggling’ emotionally but left head high and pleased to have run the longest since diagnosis and completion of her treatment.”**

## OUR LOCATIONS



# 5K YOUR WAY

We were thrilled when HM King Charles attended the Sandringham 5k Your Way group in January. He spoke to our ambassadors and heard all about 5k Your Way.





Leicester and Lincoln 5k Your Way ambassadors joined in with the BBC Children In Need challenge by getting attached to local radio presenters for a 3-legged-race fundraising walk.

To support our growing community of volunteers we introduced, developed and enhanced a number of training opportunities - ambassador drop-ins, induction and training, launch meetings training and mental health training - to ensure our ambassadors and groups are set up for success and to give the best experience for all those joining 5k Your Way groups every month.

**“A new member attended 5k Your Way and stayed for coffee. He told us that he got so much from talking to other people who had similar experiences and felt he had made new friends.”**



# LINDA’S STORY



“In 2022 I spotted a ‘5k Your Way’ banner in the waiting room in the oncology unit at Cheltenham General hospital. I was intrigued. Supported by my family, I was encouraged to go at ‘my own pace in my own way’ – a style I call a 5k plod. I completed it and was truly buzzing!

Since then I’ve been on the cancer roller coaster. Last year the cancer spread to my lungs and I became breathless in my own home, even climbing the stairs was a challenge. Living with metastatic cancer is living with uncertainty and exercise has been a tonic for my mental health.

The 5k Your Way community has been my life line and supported my return to exercise. I feel stronger and ‘moving’ is medicinal. I am committed to exercise and passionate about MOVE Against Cancer’s 5k Your Way. I know that “the best project I can work on is me”.

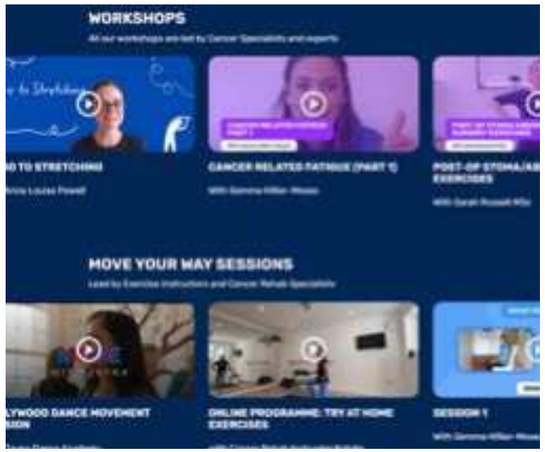
I am a regular parkrunner – always at my own pace. When the going is tough I’m determined not to miss a week and can be seen at the back chatting to the tail walker.

I have worn the blue 5k Your Way t-shirt at numerous parkruns, from Land’s End to Bressay on Shetland. Family and friends have seen how passionate and determined I am. Exercise is a game changer. My cancer is like a marathon – when I was diagnosed I didn’t look at the finish line. Learning to take life breath by breath, moment by moment and step by step; personally it also symbolises resilience and hope”.

# MOVEMENT HUB

The MOVE Against Cancer website provides an information hub of movement videos, blogs, workshops, community resources and a podcast. The Movement Hub is co-designed by people impacted by cancer, health professionals and leading experts in physical activity and cancer. Its aim is to safely inform and support anyone wishing to move more when living with or beyond cancer.

Throughout 2025 we've worked with our community to develop new movement videos, share personal stories and analyse the latest key research so we can reach more people with relevant and relatable information.




**"I started small, doing things like walks or five minutes on the rowing machine. Eventually we worked on a little plan for the gym. As well as obviously improving my physical fitness the exercise programme helped my mental health massively. Now that my fitness has returned, so too has my confidence."**

**JUST STARTING OUT...**
We responded to requests for information on how to get started with movement by creating a dedicated page of advice and inspiration for those who have been recently diagnosed.

Made to help you move your way. Our new videos and workshops aim to make it even easier to find movement options to suit your needs, including Bollywood dance sessions, 5k Your Way warm up exercises, mindfulness and simple strength training.

For our blogs this year our community have shared their knowledge and experience on topics such as the benefits of Nordic Walking, how to counter the effects of chemo brain, the impact of cancer on family members and how fundraising for charity can be a great motivator.







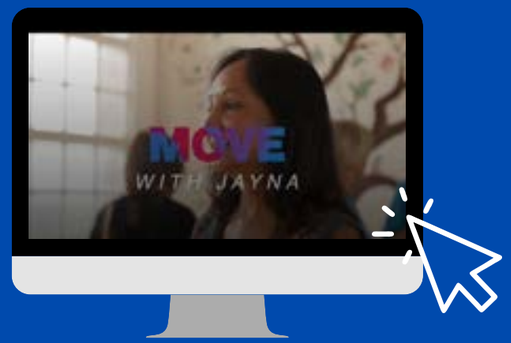
**WHY SHOULD I EXERCISE?**

We have created a brand new evidence page linking quotes from our community with the latest scientific evidence about the benefits of physical activity and movement for those living with and beyond cancer.

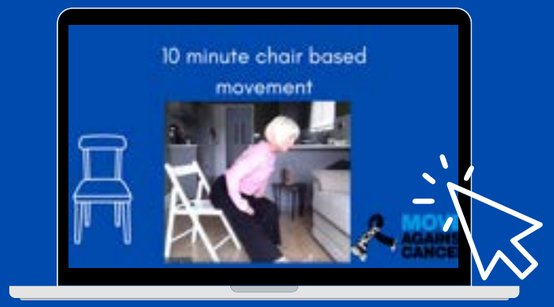
**"Exercise can support both the body and the mind during and after cancer treatment. Moderate-intensity exercise is safe, sustainable and helps mitigate the side effects of cancer treatment while improving quality of life and also improving outcomes."**

# GET MOVING WITH OUR VIDEOS

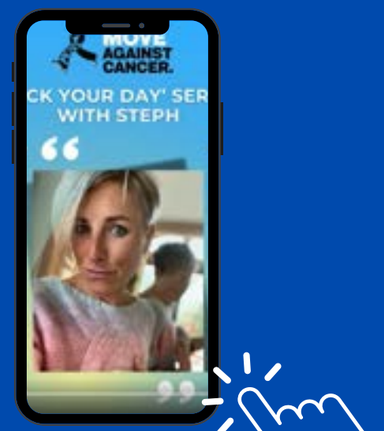
Click on a video's image to try it out!




Bollywood Dance Movement Video with Jayna




A 10 minute chair based movement class with Lisa




Hack Your Day Videos with Steph

# JODIE'S STORY



"When I was asked to be an ambassador for MOVE Against Cancer, having had 5 years of my own cancer treatment, I felt honoured to use this opportunity to share my passion for movement in the outdoors as a form of healing and resilience.

I've just returned from the stunning Himalaya where I did a 10-day trek and climb to the top of Yala peak. At a height of 5,500m (higher than Everest base camp!), I really wasn't sure I'd make it as treatment has limited my strength in so many ways. But surrounded by beautiful friends and the extraordinary kindness of Nepalese people, we did it! This is by far the hardest thing I've ever put my body through. But I've come home feeling stronger than ever and humbled by the Nepalese culture. I have many lessons to take forward into my life.

For anyone touched by cancer I really believe movement and connection with nature, along with the kindness of community, can make all the difference. Check out the MOVE Against Cancer and 5k Your Way Facebook pages and join us at Fell Foot parkruns. All fitness levels are welcome. We are not keen runners. We simply want to reach out and help others move through cancer, by creating a community of strength and support".

# COMMUNITY ENGAGEMENT

Over the past year MOVE Against Cancer has significantly expanded its community engagement work, building trusted partnerships with grassroots organisations across the UK. Our aim is to reach people affected by cancer who are least likely to access physical activity support, particularly within ethnically diverse and underserved communities. Through co-design, local leadership, and culturally meaningful movement sessions, we have begun laying foundations for long-term, community-led behaviour change.

**“We learnt so much, we didn't know movement could help in so many ways.**

**This is the best presentation I have heard as it was from the heart and focused on under-served communities and the charity’s genuine wish to reach out.**

**You fill an important blank space in cancer services - both from health care professionals and volunteers - encouraging movement, which is now backed with robust evidence.”**

Our Move Your Way awareness-raising and movement sessions in Greater Manchester, Leicester, London and Nottingham are now supporting hundreds of individuals across South Asian, African and Caribbean communities. Many groups are working with us to support more people with cancer to move more through resources, practical support and community-led activities.

Over 200 people from diverse communities impacted by cancer have engaged through awareness raising events on the benefits of physical activity with cancer.

With each group we have co-designed programmes ranging from Bollywood dance sessions to African drumming and movement, walking groups, chair based yoga, gentle rehabilitation classes, and community taster events held in trusted spaces such as community and neighbourhood centres. Feedback shows increased confidence and reduced fear of movement, particularly those who had never been offered physical activity support.







**“The Bollywood dancing was amazing - lovely to see so many different cultures and abilities coming together. Something so very bad (cancer) has brought us so much joy today!**

**I felt so low yesterday that I almost didn’t come. But I have laughed, exercised and enjoyed myself. I was able to ‘stick my worries into the sand’ and leave for a while. Now I have picked them up again and I am stronger, so I can deal with them.**

**I’m going home feeling so good about myself.**

**I didn’t think I would be able to do anything, but I’m so pleased with how I did.”**

# MOVE MENTORS

This year we delivered our MOVE Mentor training to community groups, equipping volunteers and staff with the knowledge and confidence to support people living with and beyond cancer to move more.

The training covers how cancer can affect people physically and emotionally, the proven benefits of physical activity during and after treatment, and how to start safe, supportive conversations that encourage movement at the right pace. MOVE Mentors also learn how to look after their own wellbeing and how to signpost individuals to local and national opportunities such as 5k Your Way groups and our online Movement Hub.

The MOVE Mentor training works in collaboration with our brilliant volunteers who are passionate about giving back to their local community and spreading the message about the power of movement. These trained MOVE Mentors become trusted community champions: people others can talk to, who listen, encourage and help make movement feel possible again. Our aim is to start a ripple effect and create a legacy of movement so that people feel empowered to move more in their communities.

In 2025 we trained 23 people as MOVE mentors.

> **There is power of special people coming together to support those impacted by cancer through mentorship and movement.**

> The mentoring gives everyone space to talk about the after effects - cancer leaves you a different person, but your friends and family think you're the same because your cancer has gone. The mentoring conversations give you the opportunity to discuss, cry, laugh and even dance together knowing that we all understand.







# VOLUNTEERS

Our volunteers are at the heart of MOVE Against Cancer and include 5k Your Way Ambassadors, Regional and Area Ambassadors, MOVE mentor trainers, Trustees, the EDI steering group and social media volunteers.

Over 600 5k Your Way volunteer ambassadors regularly support people going through cancer to find community, connection and movement each month, often on a cancer journey themselves.

In addition to 5k Your Way day, our volunteers attend events in their local area, give talks, publicise their group and spread the word about the benefits of movement.

A team of 8 Regional Ambassadors and 13 Area Ambassadors across the UK support the groups on the ground.

Volunteers have also been training others as 'MOVE mentors' to help communities understand the importance of movement when living with and beyond cancer.

In 2025, volunteers have contributed over 10,000 hours to supporting people to move more.

It's not possible to name all of our incredible volunteers but we would like to thank our:

- Regional Ambassadors: Chris Davies, Matthew Wing, Jenny Wallace, Jenny Wilson, Helen Beckmann, Karen Eagle, Lizzie Paddock and Tony Collier.
- Volunteers in the EDI steering group: Helen Quirk, Matthew Langtree and Debra Willoughby.
- Trustees: Claire O'Rourke, Lucy Gossage, Lewis Moses, Dave Barnett, Dr Fiona Miall, Nigel Hillier and Clare Stevinson.

We're proud to share some of the recognition that our volunteers so richly deserve: several of our volunteers were shortlisted for the BBC Make A Difference Awards (Ann McBrien, Dan Farmer, Linda Jackson, Mel Kelly and Lucy Gossage) and interviewed for BBC local radio; our London Regional Ambassador Matthew Wing was shortlisted at the London Sport Awards; and our Wales Regional Ambassador Chris Davies received an MBE from HM The King.









> "I love my role as a 5k Your Way Ambassador. I personally get a lot out of the group but what inspires me is seeing how much others gain and I'm passionate about spreading the word. Supporting those going through their own cancer journey. Witnessing others enjoy the mental and physical health benefits of movement. And seeing the strength of community spirit."







# AWARENESS-RAISING, MARKETING & COMMUNICATIONS

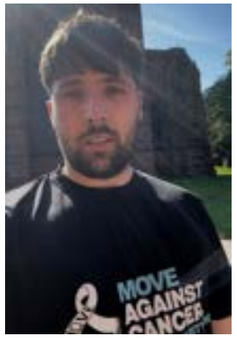
We recognise the importance of spreading awareness about the benefits of movement and sharing how our valuable work can support people living with and beyond cancer. Our goal is to reach and support more people so it's vital we continue to raise the profile of MOVE Against Cancer.

Throughout 2025 we have created a variety of opportunities to help promote MOVE Against Cancer and communicate our key messages, both within our community and through new initiatives across the UK.



**"There were so many incredible women from different cultures there".**

Our co-founder Dr Lucy Gossage was privileged to attend a reception at 10 Downing Street for International Women's Day.




**"The encouragement from ambassadors along the way has been a real lift. I'm excited to hear their stories, share the miles with them and highlight the real impact MOVE Against Cancer is making on the ground".**

Adam Rodriguez's amazing year-long 55 Marathon Challenge has generated substantial press coverage. As well as raising funds and raising awareness, he's creating valuable community connections around the country.



**"This film is about hope, about finding a way forward when things feel impossible. Even the smallest amount of exercise could make all the difference."**

We are thrilled to be involved in the promotion of our patron Luke Grenfell-Shaw's incredible film A Life In Tandem which has been gathering a lot of interest.

Over the past 12 months we have worked on blogs, social media and newsletters in collaboration with a range of organisations including Forestry England, British Nordic Walking, parkrun, trundl and the British Society Of Lifestyle Medicine.

**"Walking helps to ease and get me through the chemo pain and putting one foot in front of the other is how I have approached treatment. Just one step at a time."**

We have been involved with or featured in BBC Children In Need, Childhood Cancer Awareness Month, Get Me Back projects, The Sunday Mirror, Runner's World magazine, Take A Break magazine, Running Tales podcast, Cancer Can Do One podcast and Technology Networks science news.






**"If you've never been active before please know that you can start, and if you have stopped moving please know you can start again too. It doesn't have to be far or fast or fancy. Just start."**

**"I feel that now I'm in a much better headspace and that's made a massive impact on my physical wellbeing as well as my mental wellbeing."**

Having won the incredible Spine Race, Lucy Gossage featured in numerous newspaper articles which gave fantastic exposure for MOVE Against Cancer and the work we do.



# PARTNERSHIPS AND KEY EVENTS

The partnerships we have developed are of vital importance to the support we can provide. We continue to receive support and funding from organisations passionate about the work we do, inspiring and empowering people to move against cancer.

In 2025 the funding from key partners such as the C G Lawson Foundation, Samworth Brothers, Gilead Fellowship, Children in Need and St James's Place Charitable Foundation has enabled us to grow our programmes of support.

Our support for those impacted by cancer in Wales expanded greatly in 2025 thanks to funding from the Hospital Saturday Fund and the Coalfields Regeneration Trust.

A key partnership with the Royal Marsden Cancer Alliance saw the growth of 5k Your Way groups in South West London.

We're collaborating with Dr Shaunna Burke of Leeds University to develop a specific resource for those with advanced cancers. Work will continue on this project in 2026.

Many of our community are using the "Walking for Good" app, trundl, to track their daily movement all whilst supporting MOVE Against Cancer. Our partnership with trundl is now in its 4th year.

We took part in the Royal Society Of Medicine Webinar series with both expertise and lived experience helping to get our movement message across.

# GENERATING FUNDS TO SUPPORT PEOPLE WITH CANCER

Our supporters continue to go above and beyond to help raise money in support of the vital work we do at MOVE Against Cancer. We are immensely grateful for the dedication and creativity of individuals and groups in their fundraising efforts throughout 2025, one of our most successful income years.

MOVE Against Cancer patron Louise Minchin won £32,000 on television's *Celebrity Who Wants to be a Millionaire?*

Our *Shropshire Summit Your Way* challenge in May raised £16,246.44 and brought lots of people from all walks of life to move against cancer together.

We took part in the Big Give's Small Charity Week campaign which saw donations during the week doubled. A total of £2708 was raised to support more young people through our MOVE Online Programme.

We also took part in the Big Give's Christmas Challenge, where again donations during the week were doubled. The total raised was £1820 which is to tackle health inequalities and ensure more people can access 5k Your Way.

Over £64,500 was raised by our amazing community fundraisers who took on an array of challenges such as walks, runs, hikes, cycles, marathons, swimathons, ultras, quiz nights, rows, skydives, skips and community events.

We received over £10,000 in donations from individuals.


















# JOIN US IN MOVING MORE IN 2026

Thank you for all your support in making 2025 one of our most impactful years to date. Together we have supported thousands of people to feel inspired and to engage in active fulfilling lifestyles after a cancer diagnosis.

In 2026 we will be marking our 10th anniversary as a charity. Since opening in 2016, we have supported people across the UK, Ireland and beyond to move against cancer. With your support we have achieved so much in our first 10 years but we know there is so much more to do to ensure everyone has access to movement and physical activity support when dealing with cancer.

As part of a year of activity, raising awareness and celebration, in early 2026 we will be launching our new campaign **'Moving More Together'**, aimed at supporting and empowering more people than ever before to keep moving through cancer.





## JOIN US

You can join us on our campaign and our mission to support more than ever before by:

- Partnering with us: Support collaborations, Corporate Partnerships & Charity of the Year
- Moving with us: Join one of our flagship challenge events. Take on your own fundraising event or join one of our 125+ 5k Your Ways groups across the UK
- Volunteering with us or becoming one of our Ambassadors
- Becoming a regular donor
- Raising awareness of MOVE Against Cancer through attending events, sharing our campaign and messaging, and showcasing our programme of support to those who may benefit

Together we can support and empower everyone impacted by cancer to be more active because movement really matters.

To find out how you can be part of #MovingMoreTogether, visit our website or email Sophie at sophie.mulligan@movecharity.org





# MOVE AGAINST CANCER.




**Website:**
moveagainstcancer.org
**Email:**
info@movecharity.org
**Charity Number:**
1165675