



YOUR GUIDE TO SETTING UP A 5K YOUR WAY GROUP



An initiative provided by
Move Against Cancer
charity



**MOVE
AGAINST
CANCER.**

Thank you for enquiring about setting up a new 5k Your Way group.

If you have any questions or would like to discuss next steps, please email info@5kyourway.org

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**MOVE
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MOVE AGAINST CANCER CHARITY

Our mission at MOVE AGAINST CANCER Charity is for every person impacted by cancer to live an active and fulfilling life.



**MOVE
AGAINST
CANCER.**



You can read about the foundations of MOVE Against Cancer charity on our website :

moveagainstcancer.org/about-us/

We have three main areas of work:

- 5k Your Way groups
- Online Rehab programme for 13-30 year olds
- Online Movement Hub

WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY IF YOU HAVE A CANCER DIAGNOSIS?

- Reduces short-term and long-term effects of treatment.
- Helps to reduce cancer-related fatigue.
- Improves function and overall quality of life.
- Improves fitness.
- Improves muscle strength and conditioning.
- Improves mental wellbeing.
- It's fun and social!

WHAT IS 5K YOUR WAY?



Who: People living with or beyond cancer, their family and friends, health care professionals.

What: 5k YOUR Way - walk, jog, run, cheer or volunteer. Try 1k, 2k or 5k. We are a support group with a difference. We go for coffee after too!

When: The last Saturday of every month.

Where: At designated parkrun locations throughout the UK.

Aims of 5k Your Way, Move Against Cancer:

- To encourage participation in physical activity.
- To offer each other support and build friendships.
- To improve attendees' physical and mental wellbeing.
- To improve confidence and self-esteem.
- To promote skills development, especially through volunteering.
- To reduce social isolation and connect with existing community groups.
- To encourage health care professionals to signpost patients and carers as a way of improving health and wellbeing.

WHAT IS THE ROLE OF AN AMBASSADOR?



Whether you have personal experience of cancer, are a family member or a friend of someone with cancer or a healthcare professional - you can help others to feel supported to be more physically active.

On 5k Your Way Day-

- To be present on 5k Your Way day (the last Saturday of every month) to welcome new and returning participants.
- Walk with people who might need encouragement, celebrate all the achievements of the group and create a warm, welcoming environment.
- Encourage and organise a cafe gathering after the parkrun.

Outside of 5k Your Way Day -

- Publicise your group and take part in any events/ fairs/ community showcases where you could talk about your 5KYW group and encourage movement.
- We ask that you help us to reach individuals who aren't typically active, areas of high deprivation and communities and parts of the country currently under-served by 5KYW.
- Stay up to date with any training from MOVE Against Cancer, including contributing to drop-ins to share your experiences with other ambassadors.
- Support the other ambassadors in your group.

NEXT STEPS



Steps to think about

- 5 Ambassadors - at least one needs to be a healthcare professional or someone working in cancer services to help promote referrals from hospitals, cancer centres or GPs.
- Other important skills that your team needs to have: good community connectors and promoters of your group; kind, empathetic and encouraging people; people passionate about physical activity.
- £1,000 to be raised through local grants, fundraising or sponsorship. This covers t-shirts and zip-ups for 5 ambassadors, a meeting point flag, flyers and posters, a banner, an email and website page and continued training and support from the charity. We can provide support on grant application and fundraising.



**Next steps:
Email
info@5kyourway.org
to arrange an informal
chat!**

5k Your Way - new group setup process



Talk to the 5k Your Way team and start planning

Someone from the 5k Your Way team will chat you through the process, including the main steps to get a group going:

- 5 volunteers to support
- 1 volunteer as a healthcare professional
- Fundraise or get a grant for the set up cost of £1000

We will provide resources to help!

Initial Enquiry

Email info@5kyourway.org, talk to your Regional Ambassador (if you know who they are), or submit a form on our website.

Submit a setup form

Once you have gathered your 5 volunteers, fundraised or got a grant for your group (we will support throughout if needed), then fill in our 'Set-Up form'.

Please submit this to us at least one month before you want to launch!

At the same time, your volunteers will do our ambassador induction training online.

Attend an online 'launch meeting'

Once we have received your form, we will invite you and your volunteer ambassadors to an online 'launch' meeting' to meet other groups launching that month and to provide further training. .

T-shirts, banner, flag, flyers, posters and email

After the launch meeting and before your launch, you will receive your kit for free, and we will order your flag, banner, flyers and posters. Plus set up your email account.





LAUNCH

Well done! You've had your first meet-up. Whether it's a big group attendance or a quieter gathering, you've done it! There'll be things to learn and develop on for next time but well done on your first group.

Continued publicity

Don't let the momentum stop there! It can take time for word to spread. Keep advertising your group wherever possible - hospitals, GPs, cafes, support groups, local paper/radio!

Continued support from MOVE Against Cancer

We're here alongside you throughout your group's journey! We have regular online drop-ins, toolkits, online resources, and more to help you make your group a success. Your Regional Ambassador is also there to support.

Still interested and want to take the next step?

Email info@5kyourway.org to talk to a member of the team