

# Newsletter

July 2024

## In this issue:

PIM and CES Kick-off Trainings  
Pilot Round 1  
Steering Committee Meeting in Madrid  
MOOC  
What's next?

## Welcome!

Dear Reader,

Welcome to the fourth edition of the UcanACT newsletter that will keep you updated on the busy first half of 2024 in the project's lifecycle and the most recent deliverables.

Starting with the delivery of the Practical Intervention Methodology and Community Engagement Strategy kick-off sessions for key stakeholders in each pilot territory earlier in the year, the project partners have moved on to the next phases of the project - the implementation of the physical activity sessions for the target group in spring 2024. The pilot round 1 for participants aged 50 and over is behind us - scroll down for initial insights. As you're reading this, all three pilot territories - Bologna in Italy, Kilkenny in Ireland, and Munich in Germany - are already working on pilot round 2, which will take place from August until October 2024. The Steering Committee of the UcanACT consortium met in Madrid, Spain, at the end of June to discuss the project's flow.

Read on!



## Kick-off Trainings: Practical Intervention Methodology and Citizen Engagement Strategy

Between February and April, the kick-off sessions took place in the three pilot territories – Bologna, Kilkenny, and Munich – and covered the Practical Intervention Methodology in all territories and the Citizens Engagement Strategy (CES) in Kilkenny and Munich. In Bologna, the CES was presented to Community Managers as part of the previous in-person meeting in December 2023. These training sessions were provided to participating Physiotherapists and Community Managers before pilot round 1 commenced to ensure a safe and effective programme for the Participants.

The Project Manager provided an overview of the UcanACT project, highlighting the following contents:

- UcanACT Project Objectives, Work Packages and Deliverables;
- Findings from the desk studies:
  - Scientific evidence of PA for cancer prevention for adult and senior citizens used for Cancer-Preventive Physical Activity (CPPA),
  - Good practices in organising physical activity (PA) sessions for cancer prevention for adult and senior citizens within urban environments;
- Citizen Engagement Strategy and the Needs Analysis findings from the Focus Groups in each pilot territory;
- The UcanACT App Introduction and Overview.

The Practical Intervention Methodology (PIM) training was delivered by a Physiotherapist or Exercise Professional in each Pilot Territory, with the following modules presented:

- **CPPA Recommendations** for physiotherapists and other health care professionals on delivering CPPA exercises;
- **Public Urban Green Spaces (PUGS)**: Description and illustration of CPPA exercises for adult and senior citizens that can be practiced within PUGS;
- **Good practices** of practising CPPA exercises by adults and senior citizens;

- **Training curriculum** for delivering PIM for physiotherapists and other health care professionals: exercise guidelines, exercise prescription, special considerations, exercise progression, and individualisation;
- **Screening Participants:** recruitment process, inclusion criteria, medical history, physical activity levels, quality of life, falls risk, fatigue, and risk stratification using a standardised algorithm that was developed to help healthcare professionals assess whether medical clearance is needed before initiating or progressing an exercise programme - the ACSM algorithm.
- **Evaluation:** the effect of the CPPA on health outcomes.

You can review [the PIM here](#) and [the CES here](#). Any amendments to the PIM will be examined in the interim between the two pilot rounds roll-out. In May, the UcanACT Consortium delivered reports regarding the Kick-off Trainings Implementation and The CES Deployment Plan to the EU Commission as part of Work Package 4 deliverables.



**UcanACT Kick-off in Kilkenny**



**UcanACT Kick-off Session  
in Munich**

## Cancer-Preventive Physical Activity Sessions – Pilot Round 1

The three pilot territories ran the first UcanACT Pilot Round between March and early June in Bologna, Kilkenny, and Munich. All participating cities reported a successful Pilot Round 1 action, which brings even higher hopes for the next one that will commence in August/September - depending on the territory and its weather predictions closer to the dates. During the programme, our key stakeholders - adult citizens aged at least 50 - were guided by local physiotherapists to practise cancer-preventive exercises safely. The ethos behind the physical activity was to adapt the exercises to the participants' abilities and levels of fitness, which was highly appreciated by the UcanACT target groups in all locations. First reports also show that the individualised approach and educational element that followed exceeded participants' expectations, and an additional aspect of social interactions, including the highly sought presence and attention of physiotherapists or grabbing a coffee together after sessions, created empowered communities. In turn, this led to self-organised meetups within groups in Kilkenny and Bologna to be physically active without the physiotherapists' supervision. The dedicated UcanACT App was so far introduced in Bologna and Munich, and it was also an appreciated feature of the programme that allowed participants to be independent of the physio-led sessions. One of the initial learnings from Pilot Round 1 is to consider the realities of participants with cancer as their availability often depends on factors such as cancer treatment and its side effects.



UcanACT Physical Activity Sessions in Bologna



UcanACT Physical Activity Sessions in Kilkenny



UcanACT Physical Activity Sessions in Munich

The pilot territories also held focus groups after the action finished to gather initial feedback from the sessions' participants, who are the UcanACT project's key stakeholders. The target group of adult citizens aged 50 and over and with or without cancer experience provided valuable insights, and here are some of the testimonials from Kilkenny:

What do UcanACT participants say in Kilkenny?

“

The physios took great care of me and worked at my pace. Everyone was so good I found the whole experience to be excellent.

Male participant of Pilot Round 1, aged 70



What do UcanACT participants say in Kilkenny?

“

Everyone was so kind, I thought I might hold people up but everyone did the exercises the way that suited them. I really can see the improvement in my mobility and I don't need to use my hands to push myself to stand up anymore.

Female participant of Pilot Round 1, aged 83



What do UcanACT participants say in Kilkenny?

“

I loved the encouragement to improve each week in a safe way. I really benefited from the programme and loved the freedom of exercising outside in all weathers.

Female participant of Pilot Round 1, aged 53



## The 4th Steering Committee Meeting in Madrid

On 27 and 28 June, the consortium partners met for the 4th Steering Committee Meeting in Madrid hosted by the project's partner ONCE Team of Escuela Universitaria de Fisioterapia de la ONCE. During the two days of the valuable hybrid meeting (an airline strike was a culprit that did not allow us all to meet in person), the Consortium mainly discussed the ongoing implementation phase and lessons learnt during the latest pilot action, which led to working sessions for the upcoming, last four deliverables of the project. The ONCE Team presented the pilot round 1 evaluation, which will inform the next pilot actions.

Thank you to our partner ONCE for hosting the meeting!



4th Steering Committee Meeting in Madrid



4th Steering Committee Meeting in Madrid

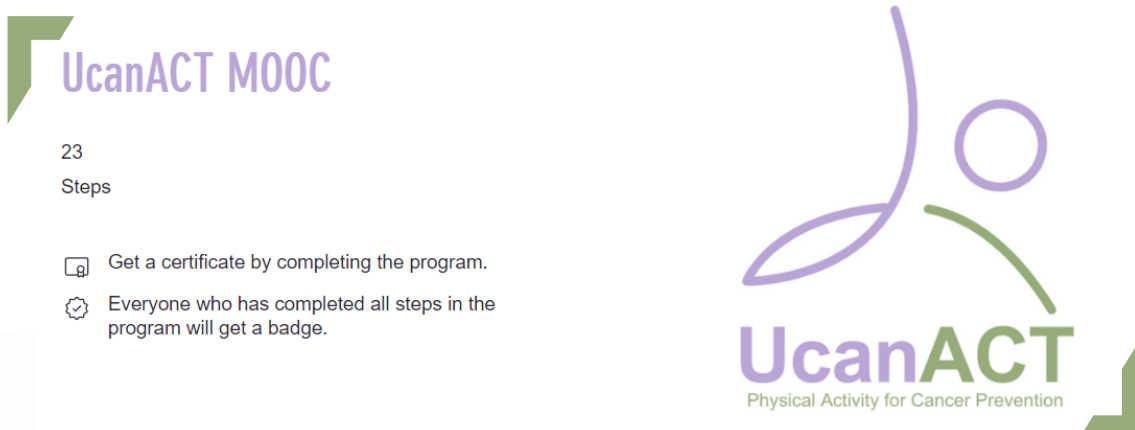


## UcanACT MOOC

UcanACT offers the Massive Open Online Course (MOOC) to all physiotherapists interested in adding additional professional skills and knowledge to their physiotherapy practice. The UcanACT MOOC is a central component of the project designed to provide comprehensive training to physiotherapists and to equip them with the necessary knowledge and skills to deliver cancer-preventive physical activity sessions effectively to the project's main target group - people over 50 years old, with or without cancer experience. The UcanACT MOOC provides:

- Recommendations and guidelines on delivering cancer-preventive exercises to adults and senior citizens within public urban green spaces;
- Insights on the benefits of physical activity in cancer prevention;
- A training curriculum for delivering the Methodology; and
- Indications on the operation and structure of the UcanACT App, an accompanying app for the pilot actions participants.

The UcanACT MOOC is [accessible on the project website](#) and is open to every physiotherapist, free of charge. Participants are required to complete a 40-question exam, achieving at least a 70% score to successfully finish the course and receive the UcanACT badge and certificate for completing the MOOC.



UcanACT MOOC

23  
Steps

- Get a certificate by completing the program.
- Everyone who has completed all steps in the program will get a badge.

UcanACT  
Physical Activity for Cancer Prevention

We invite physiotherapists to complete this online course to improve their knowledge and skills on providing cancer-preventive physical activity to people over 50!



## What's next in Q3 and Q4 2024?

UcanACT's next deliverables include the Interim Report on the Implementation of Pilot Cancer-Preventive Physical Activity (CPPA) Actions in Public Urban Green Spaces (PUGS) and Interim Reports on the Implementation of the Citizen Engagement Strategy. We will continue with the implementation of pilot round 2 in late summer/early autumn of 2024.

The project is set to be finalised in June 2025, and the work on the remaining deliverables, such as the Final Report on Pilot Programme Implementation the Study on Economic Value and Cost Effectiveness of PA Cancer-Preventive Measures commences now.

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