

**Active Against Cancer**  
Harrogate Sports and Fitness Centre  
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HG2 8PN

Telephone: 01423 557924  
[info.activeagainstcancer@nhs.net](mailto:info.activeagainstcancer@nhs.net)

10 January 2022

As you will be aware, the new variant of Covid-19 (Omicron) is highly transmissible; for this reason, we need to regularly review our policies and procedures to ensure we are able to maintain our high standards and reduce transmission to protect our patients and staff.

**It is essential that you continue to notify us in advance of any appointment with our service if you are displaying symptoms of Covid-19, or if you have been in contact with someone with a confirmed case of Covid-19.** We would also like to remind you of the importance of continuing to wear face masks, and applying hand gel when entering and exiting the cabin and studio. We appreciate your cooperation during these unprecedented times and thank you for your support as we continually review our local guidance.

In addition to the measures we have in place and following discussions with some of our clinical teams, **we are now strongly advising patients who are currently receiving active chemotherapy to suspend their attendance at group classes from 10<sup>th</sup> January 2022 until the 31<sup>st</sup> January.** This decision will be reviewed regularly, and we will notify you of any changes to our guidance in the interim.

There are some exceptions to this new guidance:

- *Patients who are receiving Abiraterone or Enzalutamide can continue to attend group classes*
- *Patients who are receiving endocrine therapy alone may also continue to attend (patients receiving Letrozole/Anastrozole/Tamoxifen)*

Please note that this guidance applies to group-based classes only and does not affect clinic assessments or review appointments booked with Kerry or Steve.

*You matter most*

We hope you understand the importance of protecting both patients and staff and therefore why we have had to take this difficult decision. We appreciate this will be disappointing and upsetting for many people but wish to assure you that our team will continue to support you through clinic assessments, telephone and virtual appointments.

Please speak to a member of the Active Against Cancer team if you wish to discuss your attendance at group classes on 01423 557924 or [info.activeagainstcancer@nhs.net](mailto:info.activeagainstcancer@nhs.net)

The Active Against Cancer team more than ever are making every effort to care for patients and we thank you for your understanding.

Best wishes,



Victoria Hope

**Service Manager**

**Sent on behalf of the Active Against Cancer team**

*You matter most*

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