

Quality Of Life Matters

Prehab To Rehab With

Kent & Medway Prehab™

designed by  QuestPrehab
FOUNDED IN 2011

'It's time to stay strong: The Kent and Medway Prehabilitation programme is a free service that helps prepare cancer patients before, during and after their treatment'

Wherever You Are In Kent, We Are With You Every Step Of The Way

*Feel fitter, better prepared, recover faster and
improve your long-term health with our free service*



www.kentandmedwayprehab.org



@KM_Prehab



/kentandmedwayprehab

What Is Prehab?

You need the best support to help you take the challenge of cancer treatment, be it surgery, chemotherapy, radiotherapy or hormonal treatment. Increase your physical and emotional resilience to not only get through the treatment, but to enjoy your normal way of life as quickly as possible. Our free service (before, during and after treatment) is widely recognised to help speed up a patient's recovery time.

With our support, we will help you:

-Feel Fitter: Personalised exercise plans to help build your strength and stamina to take on the challenge of treatment.

-Feel Good: Mental health support to help get you in the right mindset before your treatment, helping you manage anxiety and develop coping strategies.

-Feel Healthier: Nutrition advice to help boost your energy.

-Feel Fresh: Support to help you cut out those unhealthy habits, such as drinking too much alcohol and smoking.

- Feel Empowered: We strongly believe care should be flexible and present when you need it most. Throughout your journey with us, you will have access to our free Prehab app. With this support, you enjoy the many benefits of our support, personalised to your needs from the safety and comfort of your home.



Who Is The Service For?

Our programme supports all cancer patients going through chemo, radio, immune and surgical treatments.

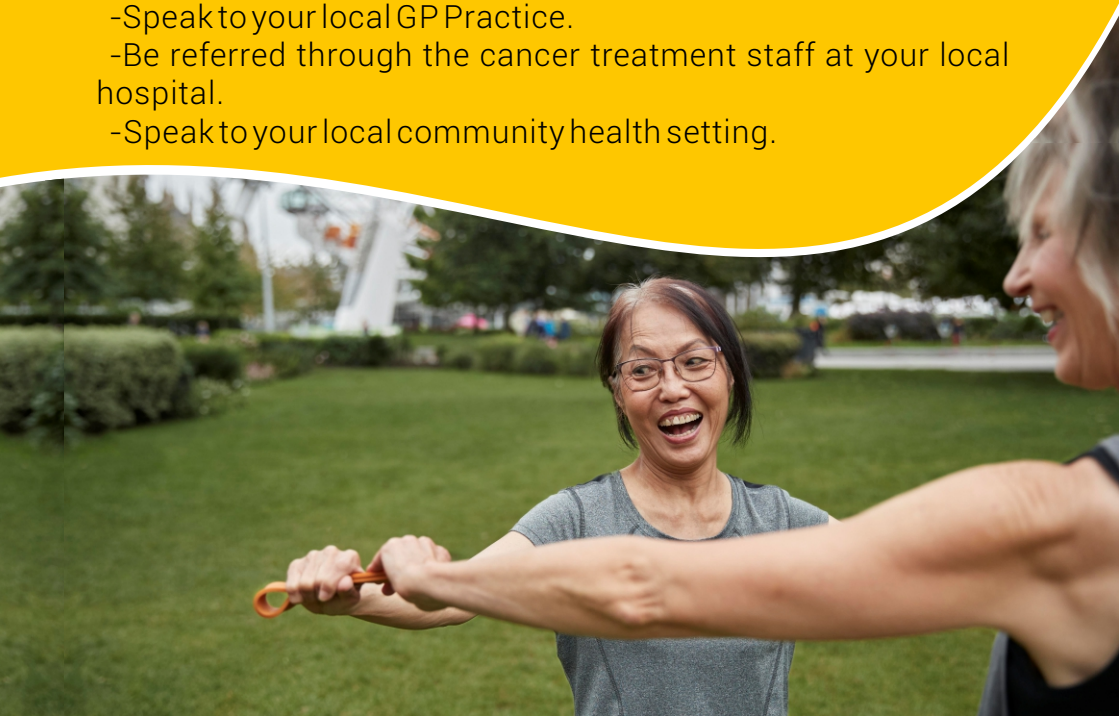
Our Team

Our team is Clinically led by doctors and expert Cancer Prehab specialists. we will get you in the best shape (both mentally and physically) before your operation. We have published our results in international medical journals and presented at Scientific meetings from across the globe.

How Can You Refer?

To join the programme, you can:

- Self-refer online by visiting kentandmedwayprehab.org and completing the self-referral form.
- Speak to your local GP Practice.
- Be referred through the cancer treatment staff at your local hospital.
- Speak to your local community health setting.



Dr Tara Rampal

Founder Kent and Medway Prehab Service

It's a joy for me to say that our bespoke programme has benefitted hundreds of patients so far. Here's what a few of them have had to say:

“ It's been really valuable that the team keep in regular contact with you – they've all been brilliant. It really helped me an awful lot during my recovery.

- Helen ”

“ It's a very good programme and a really good crew of people ”

- Gary

“ I've mentioned about the programme to other people on some of the cancer forums I'm on. I feel I recovered really well and I've taken on the strength I've built up into the follow-up chemo that I'm having.

- Harriet ”

'Stay strong. Let's fight cancer together'

For more information on the programme, visit:



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