

# Newsletter

June 2025

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## Welcome!

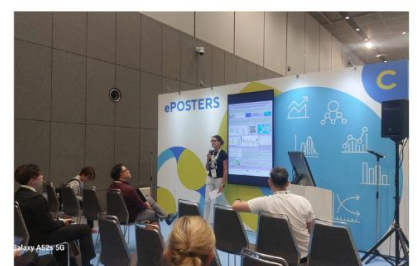
Dear Reader,

Welcome to the final edition of our UcanACT newsletter! As this inspiring and action-oriented project is coming to an end, we want to reflect on the collective achievements and milestones reached by our Consortium. Since the project began, UcanACT has empowered communities across Europe, especially people aged 50 and over to embrace physical activity as a powerful tool in the prevention of cancer and for the improvement of well-being and health outcomes. Beyond the trainings themselves, from webinars to conferences and the final EU Parliament event, the project had an enormous reach. The UcanACT Consortium produced a [methodological framework](#) and a [citizen engagement strategy](#), built the [UcanACT MOOC](#) for physiotherapists and exercise professionals, released insightful webinars on the topic of cancer prevention through physical activity as well as heartfelt storytelling videos, sharing the perspective of our participants, physios and organisers. From delivering CPPA session tools to sparking many insightful conversations, much has been accomplished - now let's take a look at everything completed in the final phase of the project.

## UcanACT at Events and Conferences 2025

In the first half of 2025, UcanACT was proudly represented at a number of prestigious events and conferences, reinforcing our core message of cancer-preventive physical activity and community health promotion:

- **Kilkenny shortlisted for the LAMA Awards**: We were honoured to be selected as a finalist for this highly regarded Irish local authority award, which recognised our innovative approach to preventive health at the local level.
- **IACR Conference**: At the Irish Association for Cancer Research Annual Conference held in Belfast, UK, UcanACT's representative, Dr Emer Guinan, highlighted the scientific foundation of UcanACT and the impact of structured physical activity on public health.
- **ONCE Conference**: UcanACT fitted well with this year's theme of Physiotherapy in Oncology at the 35th ONCE Congress of Physiotherapy in Madrid, Spain, proudly presented by our partner, Escuela Universitaria de Fisioterapia de la ONCE.
- **ISCP Conference**: Our physiotherapy-led model was presented at the ISCP 2025 Conference in Dublin, Ireland, which was an all-Ireland event.
- **Onco-Rehabilitation Conference 2025**: UcanACT was presented by Andrea Turolla, President of AIFI at the conference organised by the Order of Physiotherapists and the Order of Surgeons and Dentists of Salerno in Salerno, Italy.
- **UcanACT Final Event in Bologna**: Hosted in one of our pilot cities, this celebration of project outcomes featured project presentation and testimonials. Watch the event's recordings here: [webinar 1](#) and [webinar 2](#).
- **World Physiotherapy Congress in Tokyo**: Fran Theron of ISCP highlighted UcanACT's innovative methodology and the evaluation of its pilot rounds at the Congress' e-poster presentation session.



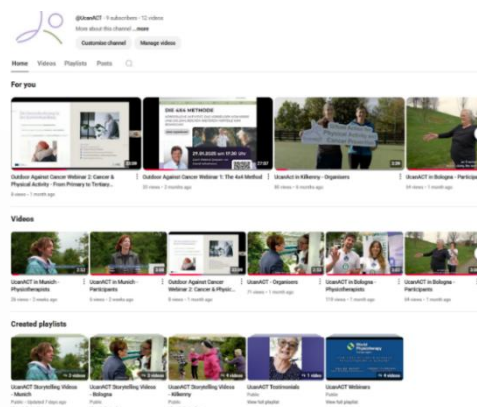
## UcanACT Videos – webinars & storytelling throughout the project’s lifecycle

Storytelling and communication were central to UcanACT's mission. As part of our dissemination efforts, we developed a range of engaging and educational videos:

- OAC provided two in-depth webinars explaining the methodology and health rationale behind the project. Watch [OAC webinar 1 here](#), and [OAC webinar 2 here](#). These resources are essential for professionals and the general public alike.
- Michele Cannone of AIFI showcased the project at the Europe Region of World Physiotherapy’s webinar *How Does Research Advance Physiotherapy in Europe* with a presentation titled “UcanACT - Research on the Role of Physiotherapist in Oncology Prevention”. [Watch it here](#) – starting at 00:38:27.
- ISCP organised a webinar to mark the European Week of Sport 2024 with the Urban Action Against Cancer – UcanACT presentation by Emer Guinan of Trinity College Dublin. [Watch it here](#).
- [Kilkenny](#), [AIFI](#) & [OAC](#) Storytelling Videos: These emotional and powerful short films capture the experiences of participants, physiotherapists, and organisers. They reflect the heart of UcanACT - real people finding joy, support, and strength through movement.


All the webinars (including the Bologna ones mentioned in the previous news section) and storytelling videos reach the project’s goal of producing 6 webinars (2 in each language: English, German, and Italian) and 9 storytelling videos in English, German, and Italian (the latter two with English subtitles). All these and additional videos are available on our [YouTube channel](#) and will continue to inspire beyond the project’s end.

**Click the image below to watch on YouTube.**



## UcanACT MOOC Surpasses Expectations

With over 530 participants from across Europe and 152 certified users (and counting), the UcanACT MOOC has exceeded its initial goals. Designed to equip physiotherapists with the tools to deliver cancer-preventive physical activity sessions, the course has led to reported increases in both confidence and practical skills. The original target of 150 certified users has already been surpassed.



**UcanACT MOOC**  
Self-Paced | No Time Limit

Welcome to the Massive Open Online Course (MOOC) for physiotherapists designed by the UcanACT consortium, with the aim of providing additional education and awareness in regards of exercising with adults and senior citizens over t...

[Add New Instructor](#)

[Edit](#)

Visibility  
Public

Price  
Free

Rewards  
Certificate, 1 Badge

Group  
Connect a Group

**Participants**

[Manage](#)

Total Participants  
536

Progress Details  
Completed 152 • In progress 138 • Not started 246

## UcanACT Reports – D4.5 & D4.6 (Pilot Programme Implementation) and D5.2 & D5.3 (Communication and Dissemination)

Two last reports were also developed in these past few months: [Final report on Pilot Programme Implementation with Recommendation for Its Further Implementation](#) (D4.5), with insights into both pilot rounds, and important research titled [Study on economic value and cost effectiveness of PA cancer preventive measures](#) (D4.6). Compilations of communications activities (D5.2 and D5.3) are also delivered – [read more here](#). Keep an eye out for updates as we await approval.



## UcanACT Meetings in 2025

In the first half of 2025, the UcanACT Consortium met collectively three times online, in addition to numerous ad-hoc online meetings between partners: on 31 January for the 4th Steering Committee Online Meeting, on 21 March for the 7th Online Follow-up Meeting, and on 08 May for the 8th Online Follow-up Meeting, before the final in-person meeting in June in Brussels. More about the latter, below!

## UcanACT in Brussels

The final chapter of UcanACT unfolded in Brussels - the political and symbolic heart of Europe:

- **Final Consortium Meeting:** On 10 June 2025, the UcanACT partners gathered for final strategic discussions, future replication efforts, and sharing lessons learned. The commitment and collaboration of our consortium partners have been vital to the project's success.



*Left photo, l-r: Michele Cannone – Italian Physiotherapy Association (AIFI), Luis Mendoza Hernandez Sanahuja & Guiomar Martín San Gil – ONCE University School of Physiotherapy (ONCE), Fran Theron – Irish Society of Chartered Physiotherapists; right photo, l-r: Luis Mendoza Hernandez Sanahuja & Guiomar Martín San Gil – ONCE University School of Physiotherapy (ONCE), Michele Cannone – Italian Physiotherapy Association (AIFI).*



- **UcanACT Final Event:** Held at the European Parliament on 11 June 2025 and co-hosted by MEP Kathleen Funchion and MEP Giorgos Georgiou, this high-profile event presented the project's outcomes to policy makers, stakeholders, and health professionals. It was a celebration of collective work and a call to institutionalise preventive health approaches. Learn more about our final event and access the **event report** [here](#). The UcanACT event was also discussed on KCLR radio in Ireland – access the [radio recording here](#).

Click on the visual to watch the recording.



## Thank You!

As we reach the end of the UcanACT project, we want to express our sincere gratitude to every partner, participant, and stakeholder who contributed to its success.

This project has been more than a funded EU initiative, it has become a movement toward smarter, more compassionate, and proactive public health.

In Bologna, Kilkenny, and Munich, UcanACT has demonstrated how prevention can work. The project's methodology is sound, its resources practical, and its impact visible in communities.

We encourage all readers to explore the tools, articles, and videos created by the UcanACT Consortium. These resources are freely available on our [website](#) and are ready to be used by municipalities, healthcare professionals, NGOs, and educators. Prevention is key because health is not just about treatment, it's about taking action before disease strikes. We invite you to ACT with us.

Thank you for being part of UcanACT and don't forget that you can act too!

