

Newsletter

January 2024

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Welcome to the new UcanACT collaborator

Dear reader,

Welcome to the third edition of the UcanACT newsletter!

As the project consortium has finalised the key project deliverables and started working on the implementation activities, it is time to bring you a fresh batch of updates.

In this edition, we will be highlighting the publication of the Practical Intervention Methodology, the UcanACT MOOC, the project Evaluation Methodology, and introducing you to the newest UcanACT collaborator. We will also be sharing more about the UcanACT Interim Conference held in Bologna (Italy) and the implementation project phase which will start in early 2024.

We hope you enjoy learning more about the UcanACT project activities, and about what the next chapter holds for us.

Cheers to a happy and healthy 2024!

Practical Intervention Methodology

As previously announced, the beginning of 2024 will be marked by the launch of the project implementation phase. On the agenda: the organisation of kick-off training sessions and Pilot cancer-preventive physical activity (CPPA) actions. Both will be implemented within the three pilot territories of the project territories – namely Bologna (Italy), Kilkenny (Ireland) and Munich (Germany).

During kick-off training sessions, community managers - who will support services to adults and senior citizens willing to be engaged in Pilot CPPA actions - and physiotherapists will respectively be introduced to the [Citizens Engagement Strategy](#) (previously presented in the second edition of the project newsletter) and the Practical Intervention Methodology (PIM).

This second core project deliverable has been conceived to provide conceptual and methodological bases for the implementation of Pilot CPPA actions, understood as a combination of exercises of moderate intensity aimed at prevention of cancer diseases. It has been designed for physiotherapists in charge of delivering the Pilot cancer-preventive physical activity actions in each of the project pilot. The Methodology consists of:

- Describing and illustrating cancer-preventive exercises for adults and senior citizens that can be practiced within public urban green spaces;
- Providing recommendations for physiotherapists on delivering cancer-preventive exercises;
- Providing good practices of practicing cancer-preventive exercises by adults and senior citizens within public urban green spaces; and
- Providing training curriculum for delivering the Practical Intervention Methodology.

To read the Practical Intervention Methodology and learn more about the guidelines and methodological bases for the implementation of cancer-preventive physical exercises, we invite you to [click here](#).

UcanACT MOOC

To ensure the quality of the Practical Intervention Methodology implementation, the Methodology will be first delivered to physiotherapists via an online educational course called Massive Open Online Course (MOOC).

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 the Pilot CPPA actions effectively to the project main target group. They will be provided with:

- 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, another core project deliverable that will be made available by the end of the implementation phase of the project.

The UcanACT MOOC is [accessible on the project website](#) and is open to every physiotherapist, free of charge. Participants will be 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

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Steps

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



Do not hesitate to complete this online course if you are eager to improve your knowledge and skills on providing cancer-preventive physiotherapy practice!

Evaluation Methodology

To obtain consistent and sustained knowledge of the impact of the Pilot actions and validate the key project deliverables - namely the Citizens Engagement Strategy (CES), the Practical Intervention Methodology (PIM), the Massive Open Online Course (MOOC) and the UcanACT App – an Evaluation Methodology has been drafted by the UcanACT consortium. In this document is described how and when the evaluation process will be carried out, and the methodology and tools the UcanACT partners will use.

Thanks to the Evaluation Methodology, the project partners intend to reveal and explain the intervention Pilot action's logic, the factors that have intervened on it and how they have been related to each other. It will allow to analyse and learn from the results obtained during the two rounds of Pilot actions.

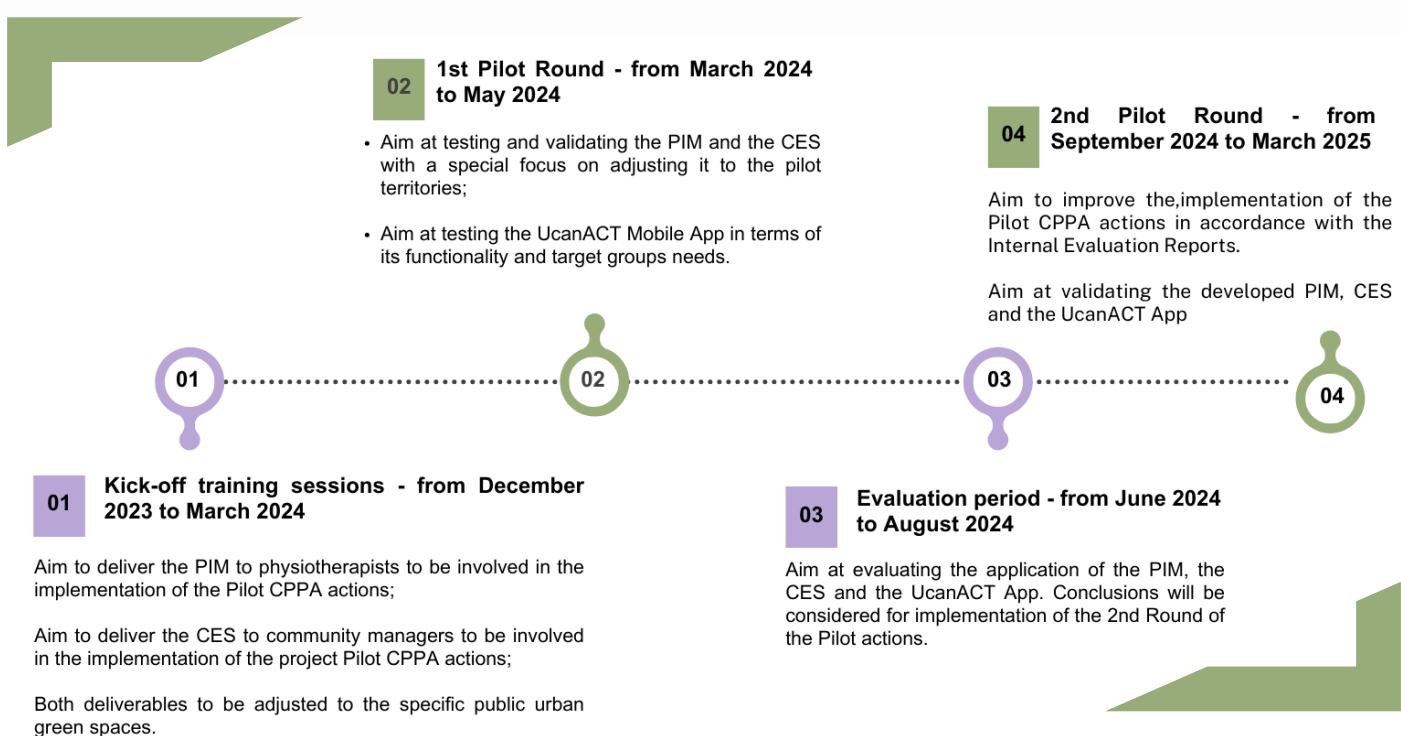
The recommendations and findings from the Evaluation Methodology will also contribute to create insights for the wider European urban, health and physical activity sector, based on the actual data gathered via the evaluation of the Pilot actions. These could be further use by other municipalities and healthcare professionals interested in promotion of physical activity for cancer prevention.

Its results and recommendations will be made available by the end of the second round of Pilot actions.

To read the Evaluation Methodology and learn more about each part of the evaluation, how and when it should be implemented, we invite you to [click here](#).

Meetings in Bologna

On the 1st of December, the project partners met in Bologna (Italy) at the 3rd Steering Committee meeting. The discussions mainly focused on the organisation of the implementation phase of the project, which will start in early 2024 in Bologna (Italy), Kilkenny (Ireland) and Munich (Germany). It consists of four main steps:



Alongside these fruitful discussions, the Italian Association of physiotherapists (AIFI) – partner of the UcanACT project – organised an Interim Conference on December 2. It gathered several physiotherapists and stakeholders who had expressed their interest in taking part in the Pilot CPPA actions in Bologna.

Physiotherapists, local administrators, associations of cancer patients and other stakeholders who attended the conference were introduced to the project core deliverables and activities, and to community managers and physiotherapists' role within the Pilot CPPA actions. It was an opportunity for participants to ask questions to the

consortium to clarify the project's objectives, activities and discuss in further details how the kick-off training sessions and Pilot CPPA actions will be implemented.



We thank them all for their participation and interest in the UcanACT project. We look forward to working with them over these next months!

Trinity College Dublin: welcome to the new UcanACT collaborator!

We are delighted to announce that Trinity College Dublin has joined the UcanACT project as a collaborator! Trinity College Dublin (ranked 101 on QS World University Rankings, 2022) is recognised internationally as a leading research-intensive university and is the academic partners of the Trinity St James's Cancer Institute, Ireland's first OECl-accredited Cancer Institute, with Cancer Survivorship and Supportive Care one of its four core research themes.

Dr Emer Guinan is an Associate Professor in Cancer Rehabilitation and Survivorship at Trinity College Dublin and works closely with the Irish Society of Chartered Physiotherapists (ISCP) and Kilkenny County Council - both partners of the UcanACT project - to implement the UcanACT programme in Ireland. They all join their efforts to deliver the Practical Intervention Methodology within the project implementation phase, and is leading research processes and training to deliver the Pilot actions in Kilkenny.

As for the two other project pilot territories, the implementation phase will start by the beginning of March in Kilkenny with the organisation of the kick-off training sessions. During this one-day programme will be introduced the Citizens Engagement Strategy to community managers, while the Practical Intervention Methodology will be delivered to physiotherapists. Sessions will be followed by the first Pilot round of the Pilot actions, conducted by physiotherapists with the valuable support of community managers.

Stay tuned for more information on these upcoming activities!

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