

Press Release
27th September 2021

enjoyleisure Bakes for Macmillan

It was “Cakearama” at Musselburgh Sports Centre last week, as avid bakers from across the centre created a host of delicious treats for a Coffee Morning & Bake Sale in aid of Macmillan Cancer Support.

Organising the Sports Centre’s Coffee Morning & Bake Sale were leisure assistants Helen Johnston & Lorna Craig who, along with colleagues and family members, whipped up an array of delicious treats including cupcakes, muffins, rocky road, fruit loaves, walnut cakes and truffles! A massive thank you also goes to Tunnocks, for their generous donation of tea cakes and cream wafers.

Additional fundraising activities included team quizzes, colleague donations, more baking, and Chief Executive, Bill Axon agreed to be kitted out in his rival’s football team’s apparel – but only after colleagues had dipped into their pockets for Macmillan first!

In total an amazing £335 was raised for Macmillan Cancer Support, a charity and cause **enjoyleisure** is very close to due to its partnership under the Macmillan Move More initiative.

Move More East Lothian is a physical activity programme which offers a range of activities, across the county, designed for people living with, and beyond, cancer. It has been designed to support people living with cancer to become, and stay, more physically active and improve health throughout their cancer experience.

Fully trained exercise instructors and volunteers facilitate a range of activities, ensuring they are tailored and at a pace that’s right for the participant, helping to build confidence, balance and strength, in a fun and supportive environment. The programme includes gentle movement classes, (Tai Chi / Qigong fusion with meditation), instructor led gym and circuits classes, health and wellbeing walks and local gardening groups.

Taking part in physical activity during and after cancer treatment can play a huge part in enabling individuals to take back control, prevent and manage some of the effects of treatment, such as fatigue, depression and risks to heart health. Many people who have gone through the programme tell us that it helps them to feel more like their old self. As well as being referred to the programme via their GP, individuals can also self-refer themselves to the programme, and can find out more by contacting East Lothian’s Move More Coordinator, Shauna Cunningham by calling 07929 015 087 or emailing movemore@enjoyleisure.com.

For more information about **enjoyleisure** and its activity programmes visit www.enjoyleisure.com.
For further details about the support offered by Macmillan Cancer Support visit www.macmillan.org.uk



If anyone would like to contribute to the fundraising efforts of Macmillan they can do so via the Coffee Morning donation link: <https://thyg.uk/BUU005014355>.