Tony Collier BEM - Bio

Tony is one of two patient representatives for a prehab/rehab programme in Greater Manchester, Prehab4Cancer as well as for a new initiative EMRaCE-GM. The P4C programme is considered to be a world leading example of Prehab programmes and was established as a pilot for a period of two years in 2019. Tony has helped shape the programme from a patient perspective and has run patient focus groups with patients who have been through the programme.

Tony was diagnosed with advanced stage incurable prostate cancer, aged 60, in May 2017 and given a worst case prognosis of 2 years. No Prehab programme existed then in GM but Tony was a keen runner and decided to do his best to control his own destiny and stave off the side effects of treatment by maintaining an exercise regime of cardio vascular activity and strength conditioning. Tony is also a qualified Leader and Coach in Running Fitness which has brought value to the Prehab4Cancer programme.

Professionally Tony was a co-owner of a Chartered Accountancy practice until his diagnosis but now consults to the firm on a part-time basis to focus on spending time with and building memories for his Grandchildren.

Tony was recognised in the 2019 Queens Birthday honours with the award of The British Empire Medical for services to the community and charity in Cheshire.

**Abstract**

Receiving a cancer diagnosis is horrendous. Being told that it’s incurable is indescribable. My presentation will explain how I took control of that situation by focussing on exercise and how this led to me becoming a patient representative for Prehab4Cancer and EMBRaCE-GM in Greater Manchester so that I could help shape the programmes from a patient perspective.

We believe that Prehab4Cancer is a world leading example of a prehabilitation programme and I’ll demonstrate the successes of the programme and also how patient representatives can have a positive impact on both form and content of a prehab programme as well as on the positive patient outcomes.