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Deliverable D4.5 Sustainability Plan

18 June 2024



OACCU: Outdoor Against Cancer Connects Us
Project 101056984



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Document Properties

Project full title & acronym:	Outdoor Against Cancer Connects Us - OACCU
WP No & Title	WP4 – Network building and dissemination
Task	N/A
Responsible partner for deliverable:	Outdoor Against Cancer (OAC)
Contributing partners:	All partners
Author(s):	Nicole Stiegeler, Sara Thaller, Michaela Wiese
Distribution level:	Sensitive
Total number of pages:	19

Revision History

Version	Date	Description	Action	Page(s)
1	18 June 2024	Description of the plan to sustain the network after the end of the funding	C	19

(* Action: C = Creation, I = Insert, U = Update, R = Replace, D = Delete

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Abbreviations and Acronyms

WP	Work Package
YCS	Young Cancer Survivors
ESMO	European Society for Medical Oncology
DiCE	Digestive Cancers Europe
LGCW	London Global Cancer Week
NGO	Non-Governmental Organisation
IHLA	Global Health Literacy Summit
CPE	Cancer Patients Europe



1 Introduction

In today's dynamic project landscape, sustainability has emerged as a cornerstone for ensuring the long-term impact and success of initiatives. This deliverable is part of Work Package 4 (WP4) and focuses on the development and implementation of a sustainability plan. According to the Grant Agreement (GA), the purpose of this document is to describe the plan to sustain the OACCUs Network after the end of the funding and to describe ideas and outcomes that will support the use and sustainability of the results. The distinction between the project and its outcomes is crucial: while the project itself has a finite timeline, its main project outcomes, the OACCUs Network (chapter 2.1), the OACCUs Network Toolbox (chapter 2.2) and the OACCUs Ambassador Program (chapter 2.3), are designed to persist and continue providing value.

The four key pillars of the OACCUs project were directly inspired by our partner Outdoor Against Cancer (OAC), who developed them as part of a healthy lifestyle initiative for cancer survivors of all ages. The OACCUs Ambassador Training includes components of the internationally recognized OAC training, certified by the German Medical Association and evolved from the EU-funded project OAC: my goal. OAC has independently advanced, internationalized, and digitalized this training. At international conferences, OAC already emphasises these four central pillars of a healthy lifestyle, ensuring the project's sustainability.

The combination of knowledge and expertise among all project partners already ensured the project's successful implementation through all its activities during its lifetime. Moreover, its direct involvement and relationship with local communities, sport activities and educational approaches, will help to ensure the sustainability of the project also after its completion.

This report provides an overview of the sustainability plan devised for the OACCUs Network and underscores its significance in fostering enduring benefits for our stakeholders and communities.

The following sections outline the strategy crafted to ensure the sustainability of the OACCUs project outcomes beyond its designated end date. From engaging key stakeholders to leveraging diverse channels for visibility, the strategy is designed to uphold the project's relevance and impact well into the future.

Furthermore, the strategy outlines the integral role of both cancer organisations and the Young Cancer Survivors (YCS) in bolstering the sustainability of the OACCUs Network. By actively involving this demographic, we aim to harness their unique insights and experiences, thereby fostering a sense of ownership and commitment that extends beyond the project's lifespan.

In summation, this sustainability plan encapsulates our commitment to fostering enduring impact and benefits for all stakeholders involved through strategic foresight and collaborative efforts.



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2 Key Project Outputs

The impact of the OACCUs project relies on the continuation and longevity of its key outputs. These outputs represent the core contributions of the project and have been designed to provide long-term benefits to young cancer survivors (YCS), their families, and the broader community. Especially the OACCUs Network is the focus for future sustainability efforts.

This chapter briefly describes the three main project outputs and chapter 3 outlines the plan for how these project outputs can be sustained.

2.1 OACCUs Network

The collaborative network established during the OACCUs project has been instrumental in achieving its objectives. This network includes partnerships with healthcare providers, academic institutions, NGOs, and other stakeholders. YCS, their families, friends and caretakers, health professionals working with YCS (from a local, national and international level), organisations and interested individuals are part of the comprehensive OACCUs Network. They participated in OACCUs events like the OACCUs Final Event [United4Health](#) or the [OACCUs challenge](#), follow OACCUs on the project's social media channels or registered in the OACCUs [community platform](#) that provides – amongst others – resources like:

Resources

Browse curated content

[Inspiration & motivation](#)
[Young Cancer Survivors](#)
[Healthcare Professionals working with YCS](#) [Video](#)

Greek OACCUs Ambassadors share insights

YCS and Health Care Professional share their experience in the OACCUs Ambassador Training Course

☆

OACCUs Fitness Guide

[Physical Activity & Outdoor Sports](#)
[Video](#) [Young cancer survivors](#)

OACCUs Fitness Guide: Stretching

In this section you will find a repository of stretching exercises ideal for improving your muscle elasticity and relaxation.

☆

OACCUs Fitness Guide

[Physical Activity & Outdoor Sports](#)
[Video](#) [Young cancer survivors](#)

OACCUs Fitness Guide: Mobility

In this section you will find a repository of mobility exercises ideal for improving your joint range of motion.

☆

Those resources are part of the project's output and will be available well after the project's end.

A dynamic and interactive [geographical map](#) with links to organisations that are set to support YCS on their path towards a healthy lifestyle is part of the OACCUs Network Toolbox. The map illustrates the organisational part of the OACCUs Network and lists mainly entities operating in Germany, Greece, Italy, Portugal, Spain, or Sweden, on local, regional, or national level, with some links to organisations in other countries.



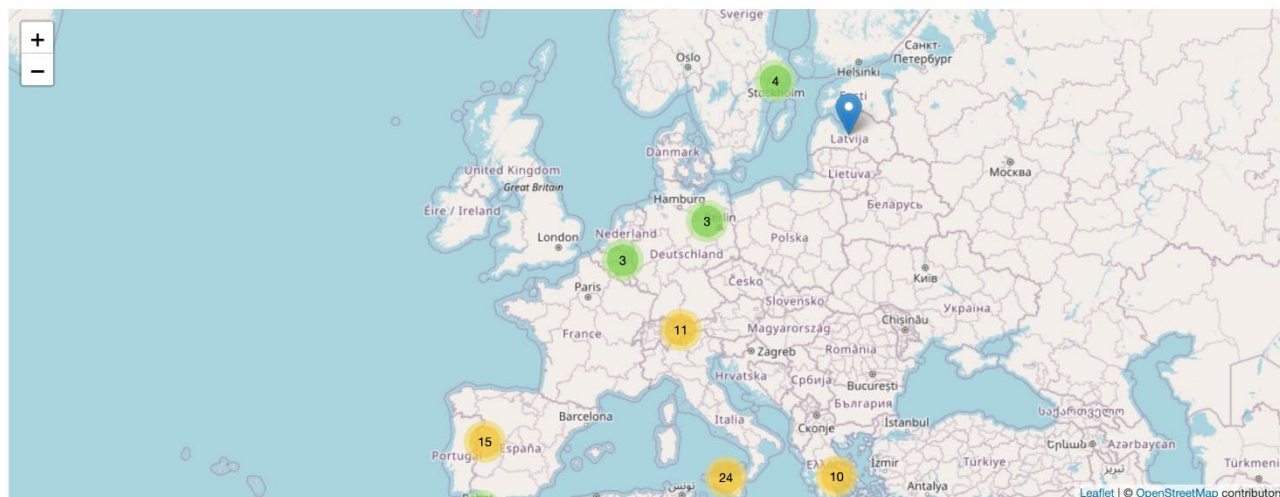
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Network Map

The map of the OACCUs Network



The OACCUs Network is vital for sustaining the momentum of the project and ensuring that its benefits are widely distributed and supported by a broad coalition of stakeholders.

2.2 The OACCUs Network Toolbox

The [OACCUs Network Toolbox](#) is a comprehensive resource designed to support YCS in adopting and maintaining healthy lifestyles. It includes practical tools, guidelines, and information on various aspects of health and well-being, aligned with the project's four pillars:

- (1) **Physical Activity:** Exercise routines, fitness plans, and recommendations tailored to YCS.
- (2) **Balanced Nutrition:** Dietary guidelines, meal plans, and nutritional advice.
- (3) **Mental Well-being:** Psychological support resources, stress management techniques, and mental health tips.
- (4) **Sustainability and Nature:** Tips on sustainable living and the benefits of nature-based activities.

The toolbox has been developed in collaboration with experts and stakeholders and is a cornerstone of the project's sustainability plan. Its digital format ensures easy access and updates, allowing it to remain relevant and useful for the target audience, beyond the end of the project period.



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2.3 OACCUs Ambassador Program

One of the main outputs of the project is the OACCUs ambassador program. The ambassador program has been a critical component of the OACCUs project, aimed at empowering YCS and professionals working with YCS to become advocates for healthy living within their communities.

The ambassador program was designed to ensure that there is a dedicated group of individuals who is committed to advocating for the health and well-being of YCS, thereby extending the impact of the project beyond its official end. An OACCUs ambassador is someone who has a strong interest in supporting young cancers survivors and has undergone the OACCUs ambassador training. The training is directed towards two main target groups: young cancer survivors, and professionals working with young cancer survivors. Having completed the training, the role of an OACCUs ambassador is to be informed, connected, and supportive either through a network of peers or as part of a profession.

Over the course of a few intense spring months, January through March 2024, more than 500 OACCUs ambassadors were trained in the six different partner countries, Germany, Greece, Italy, Portugal, Spain and Sweden. The training sessions were delivered either by project partners or by collaborating stakeholder organisations. Such collaborations fulfilled a double purpose, i.e. offering additional expertise to the training participants and strengthening the ties in the OACCUs Network as well as fostering implementation of the OACCUs message in the regular activities of these stakeholder organisations. The training sessions were carried out in a variety of formats, translated and tailored to national contexts and individual expert presenters. The core message, however, was consistent across all training activities. This core message, centred around the four pillars, has since been synthesized into the OACCUs Training Manual, which is published on the OACCUs website and serves as introduction to the OACCUs Network Toolbox, another essential project output.



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3 Sustainability Strategy

The OACCUs consortium's sustainability strategy comprises activities like the further engagement of stakeholders and YCS or continued visibility on website, social media channels or during future events, to mention just a few.

Below the activities, plans and channels are listed that describe how the outcomes of the OACCUs project can be sustained after the end of funding.

3.1 Building Bridges for Long-term Impact

3.1.1 Strengthen the Scientific Exchange

Both the scientific publications resulting out of *WP2 Network preparatory activities* on the needs of YCS and the findings of the questionnaire can be used to reach out to researchers and health care professionals that are working in academical research.

Scientific Publications and Journal Impact

During the project period, we have published four research papers in indexed journals, with additional publications being planned. These publications include two systematic reviews, one original data article derived from the project's findings in Italy, an editorial article, and a perspective article. The journals, such as Breast Cancer, Frontiers in Oncology, Acta Oncologica, and Cancer Medicine are recognized for their impact in the field of cancer research, ensuring our findings reach a broad audience of researchers, healthcare professionals, and policymakers.

The publication of these papers plays a crucial role in our sustainability plan by contributing to ongoing dialogue and knowledge exchange among researchers and practitioners. By addressing the specific needs of young cancer survivors (YCS), our research guides future academic inquiries and clinical practices aimed at improving the quality of life and health outcomes for this demographic. Needs such as improved quality of life, sleep quality, mental health, increased social support for physical activity, and improved physical fitness, among others, are addressed in the papers published by our consortium.

The insights gained from these publications can influence policymaking and resource allocation towards better supporting YCS through evidence-based interventions and targeted healthcare strategies. As such, they foster a sustainable approach to addressing the unique challenges faced by young cancer survivors, ensuring continued progress in cancer care and survivorship support.

Impact of the Questionnaire

The questionnaire administered during the project has collected more than 350 responses from YCS across most European countries within the consortium. These responses have already been utilised for the original publication of an article focusing on Italian participants. Additionally, a methodological article establishing the foundation of the questionnaire, which covers various pillars of healthy lifestyle as outlined in the project, is forthcoming.



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Subsequently, an article analysing the entire sample with respect to these lifestyle pillars will follow.

The questionnaire's impact extends beyond data collection, serving as a crucial tool for understanding the lifestyles and needs of YCS across Europe. By systematically analysing responses, the project aims to characterise the lifestyle behaviours of young cancer survivors (YCS) and to examine the associations of physical activity, balanced nutrition and sustainability and nature behaviours with mental well-being and quality of life.

Furthermore, the forthcoming publications underscore the methodological rigor and comprehensive approach of the questionnaire, establishing it as a valuable resource for future research endeavours in oncology and survivorship. By disseminating these findings, we aim to foster interdisciplinary collaboration and contribute to sustainable improvements in cancer survivorship care across Europe.

3.1.2 Future Engagement

Emphasising the importance of a healthy lifestyle for the well-being of YCS to various stakeholders including healthcare professionals, educators, families, and the general community will help sustain interest and support for the project's objectives. By targeting these groups, the project can expand its reach and long-term impact, ensuring its continued success even after the project officially ends.

During the project period existing partnerships with stakeholder organizations active in this field were deepened and new connections were formed, which further advance the individual project partners in terms of sustainability. To ensure the sustainability of the project outcomes beyond the project end date, it is crucial to maintain these strong relationships with universities, NGOs, and other participating institutions from the network. The consortium partners are eager to continue to collaborate closely with them to ensure the ongoing use and promotion of the OACCUs Network and Toolbox and the OACCUs message through formal collaboration agreements and cross-promotion on their websites, social media platforms, and other communication channels.

Furthermore, throughout the project period the OACCUs and EU-CAYAS-Net Coordinators had regular meetings for the purpose of linking both user networks and informing about each other's project activities, including advertising project events on webpages and in social media channels. As the European Commission publishes a new call for action that can be considered a continuation call for both OACCUs and EU-CAYAS-Net, three OACCUs consortium partners have expressed their interest in collaborating with the EU-CAYAS-Net leadership in an application for this call. In this way – and pending continued EU funding - the OACCUs message and at least parts of the OACCUs Network can potentially be sustained and even further expanded and developed.

In addition, sustaining long-term impact will include the participation of OACCUs project members in cancer related projects, applying the knowledge acquired.

Furthermore, all partners are committed to sustaining the **OACCUs Ambassador Training** by hosting and offering additional training sessions and workshops on this topic.



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GERMANY

To ensure the sustainability of **relationships to stakeholders** and YCS the German partners OAC and ESV will invest in its comprehensive network.

Local and National Level Collaborations:

- The German partners ESV München e.V. and OAC have established a robust network at both local and national levels. This includes collaborations with:
 - Municipality of Munich
 - Münchner Sportjugend
 - Freiburger Kreis

Collaborations at the German Level:

- OAC closely collaborates with several key organizations at the German level, including:
 - National Decade Against Cancer
 - Stiftung Eierstock Krebs
 - Deutsche Stiftung Junge Erwachsene mit Krebs

European Level Engagements:

- OAC takes on significant responsibilities at the European level, including:
 - Leading the working group "Healthy Lifestyle for Cancer Survivors" at Cancer Patients Europe (CPE)
 - Driving the project and its outcomes across Europe
- Participation in major events such as:
 - Digestive Cancers Europe (DiCE) Congress as part of European Society for Medical Oncology (ESMO) in Munich (June 2024)
 - Global Health Literacy Summit 2024 (IHLA)
 - London Global Cancer Week (LGCW)
 - Various EU forums such as the European Cancer Forum
 - Collaboration with institutions like the Physical Activity Clinic in Latvia

Focus on the Project's Target Audience:

Throughout these collaborations and engagements, OAC maintains a steadfast focus on the project's target audience, ensuring that efforts are aligned with the needs of young cancer survivors and stakeholders.

GREECE

The integration of **OACCUs training sessions** into the University of Patras' Knowledge and Educational Development and Innovation Centre (KEDIVIM) will formalise the ambassador training program, providing a structured and accredited training pathway.

To further enhance sustainability and expand outreach, **training materials and information** will be disseminated



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at student conferences, attracting new ambassadors and continually refreshing the pool of engaged participants. In our best efforts, we strive to ensure that the ambassador training program remains robust and continues to educate more healthcare professionals. Through these combined efforts, the ambassador program will maintain its relevance, effectiveness, and growth.

Leveraging the University of Patras's **counselling centre** provides direct access to students, faculty, and staff who may benefit from the toolbox resources. The centre can host informational sessions, distribute materials, and provide support for those interested in utilizing the toolbox.

Broadcasting information about the toolbox and events on the **University Radio Patras** station reaches a broad audience of students and faculty. Radio segments will feature interviews with testimonials from users and updates on upcoming events.

CRE.THI.DEV. will sustain its **collaboration** with the cancer associations and individual ambassadors (YCS and professionals) by maintaining and engaging the OACCUS network, established during the project. Additionally, CRE.THI.DEV. will support the YCS ambassadors from Greece by ensuring they are well-informed and connected, offering opportunities for continuous learning as well as personal and professional development. Moreover, a key goal of CRE.THI.DEV., in collaboration with the University of Patras and Dr. Mourouti, Nutritionist and OACCUS ambassador from Harokopio University, is to incorporate the four OACCUS Pillars into the education of health professionals, nutritionists, psychologists, and others. Additionally, CRE.THI.DEV. aims to engage in capacity-building programs that promote the four pillars of OACCUS in third countries.

ITALY

The sustainability will be ensured through a series of strategic actions, including the continued engagement and training of new ambassadors by encouraging trained participants to lead future sessions, which reduces the need for external trainers. Virtual training platforms like Zoom and Google Meet will be utilised to conduct these sessions, ensuring accessibility and cost-effectiveness. **Community building** will be promoted through online social media groups on platforms like Facebook and LinkedIn, fostering connections and support among ambassadors. Local meetups in public spaces such as libraries and community centres will further strengthen these bonds. Advocacy and awareness efforts will be maintained through social media campaigns and public speaking engagements, leveraging the personal stories of ambassadors to raise awareness. The program will also document successful case studies to highlight best practices and inspire ongoing development. Through these continued actions, the Italian ambassador training program will maintain its momentum and continue to empower Young Cancer Survivors and stakeholders, ensuring lasting positive impacts on their health and well-being.

Besides, CEIPES will sustain its **collaboration** with cancer associations and individual ambassadors (young cancer survivors and professionals) by maintaining and actively engaging the OACCUS network established during the project. Additionally, CEIPES will support the YCS ambassadors by ensuring they are well-informed and connected, offering opportunities for continuous learning as well as personal and professional development.

UNIPA, in collaboration with CEIPES and LILT, aims to incorporate the four OACCUS pillars into the **education** of health professionals, nutritionists, psychologists, and others. This will be achieved by integrating these pillars into the curriculum of relevant university courses and professional development programs. Furthermore, UNIPA will



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engage in capacity-building programs that promote the four pillars of OACCUs in third countries, extending the reach and impact of the project.

LILT will maintain its **collaboration** with the organisations and professionals who have established relationships during the project development. These relationships are essential for continuing the promotion of the OACCUs philosophy and the use of the OACCUs Network Toolbox. LILT will also engage in cross-promotion through their websites, social media platforms, and other communication channels. This will help disseminate the OACCUs message more broadly and ensure its integration into the daily work of professionals and cancer survivors across Italy.

By leveraging these relationships, CEIPES, UNIPA, and LILT aim to create a lasting impact, ensuring that the principles of the OACCUs project continue to influence cancer care practices and support systems for Young Cancer Survivors in the future. This collaborative effort will help sustain the momentum generated by the project, fostering a community-driven approach to cancer survivorship and well-being.

Eventually, leveraging LILT Palermo's daily service at the Oncology Department of Cervello Hospital provides direct access to cancer patients, caregivers, and healthcare professionals. Staff at the hospital can promote the toolbox during patient consultations, support group meetings, and educational sessions. Hosting informational sessions or workshops within the Oncology Department of Cervello Hospital allows for targeted promotion to individuals directly affected by cancer. These events can provide demonstrations of the toolbox, opportunities for hands-on exploration, and one-on-one support for accessing resources.

PORTUGAL

During the OACCUs project we established a comprehensive **network** for young cancer survivors. The UC team is dedicated to continually producing scientific knowledge and providing practical support to the YCS, family and friends across the four essential pillars: physical activity, balanced nutrition, sustainability, and mental well-being. Building on our successful yoga program, initiated in March 2023, we will continue to offer regular sessions facilitated by our trained instructors to promote physical health and relaxation.

To enhance the network's impact and ensure the ongoing **production of scientific material** (through the publication of scientific articles and field research), we will leverage the knowledge created in the OACCUs project and utilize its comprehensive toolbox as the foundation for our continuous work. We will organize educational seminars and interactive workshops through time. These events will feature leading experts in oncology, nutrition, mental health, and environmental sustainability, offering survivors access to the latest research, practical advice, and valuable skills. Topics will include the benefits of physical exercise in cancer recovery, maintaining a nutritious diet, and incorporating sustainable practices into daily routines. Mental well-being will be emphasized through sessions on mindfulness, stress management, and resilience-building. Our commitment to community engagement includes retreats and regional meetups, fostering deeper connections among survivors. These gatherings will provide opportunities for participants to share their experiences, support one another, and engage



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in activities like group cooking classes, nature walks, and team-building exercises. By sustaining these initiatives our team/network aims to empower young cancer survivors with the knowledge and resources they need to lead healthier, more balanced lives. Our dedication to continuous improvement and holistic support ensures that our project remains a vital and dynamic resource for the survivor community, enhancing their long-term recovery and overall quality of life.

Besides, In the last months, the University of Coimbra (UC) has established protocols with the Portuguese Institute of Oncology and other key stakeholders, which will be instrumental in sustaining these efforts. The ambassadors will meet quarterly to exchange experiences, update their knowledge, and collaborate on initiatives (workshops, seminars and others). Leveraging these partnerships, we will provide ongoing support and training opportunities for our ambassadors, ensuring they remain effective advocates and leaders within the network. This strategy will maintain the high standards of our training program and sustain the positive impact on the survivor community.

At the level of the **Unidade Local de Saúde de Coimbra**, it is intended to include training courses related to physical activity and nutrition in cancer patients and survivors in the institution's training plan. And, including health professionals in hospital care and health professionals in primary health care. Besides, an increased range of psychological support offered to patients, survivors and families is intended.

Establishing protocols with organisations that can ensure that cancer patients and survivors are accompanied in the practice of physical exercise is also an objective. Lastly, and more difficult to realise, but which we see as an added value for the quality of life of the target population, there will be a consultation for young cancer survivors.

The development of a YCS **network** had been an area of social intervention that LIGA wanted to develop for several years. The OACCU project emerged as an opportunity to develop skills and draw up an intervention strategy in this area. In this context, LIGA set up a multidisciplinary team to monitor the project, which will now aim not only to maintain and strengthen relations with the stakeholders already involved, but also to bring in new ones (government authorities, primary and hospital health care professionals and organizations, civil society organizations, pre- and post-graduate educational institutions, gymnasiums, etc).

As a national reference organisation in the field of oncology, LIGA will also seek to expand the project nationwide, seeking decentralised action by providing **training** for health professionals and offering complementary services such as free psychological and social support and plans to expand these services to paediatric oncology units. Furthermore, it aims to raise public awareness about healthy lifestyles and advocate for these issues among policymakers. In addition, LIGA will continue to implement the communication strategy begun with the project, to recruit ambassadors for a healthy lifestyle who promote support for young cancer survivors.

LIGA, in its efforts to maintain and strengthen its **network**, engages with YCS ambassadors to understand and address the concerns of young cancer survivors. It supports them through regular meetings, training, and



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addressing their psychosocial needs. These ambassadors are encouraged to raise awareness among their peers about healthy lifestyles, nature conservation, and advocating for the rights of young cancer survivors. Recognizing the importance of physical activity in cancer prevention and survivorship, LIGA conducts training courses for sports professionals through its OACCUs project. These courses aim to equip professionals with the necessary skills to work with cancer patients and survivors. Additionally, LIGA collaborates with fitness centres to provide accessible exercise options for all, regardless of financial constraints.

SPAIN

The University of Cádiz will maintain its **collaboration** with the organisations and professionals who have established relationships during the project development, mainly with:

- Agamama- Women's Breast Cancer Association of Cadiz.
- Spanish Lymphoedema Association
- University Hospital of Puerto Real and Jerez.
- Ejercicio y Cáncer by Soraya Casla.
- Mind & Body Coaching.

These relationships are essential for continuing the promotion of the OACCUs philosophy and the use of the web toolbox.

Cross-promotion will also take place through the website and social networks with INIBICA (Institute for Biomedical Research and Innovation of Cadiz). This will help disseminate the OACCUs message more broadly and ensure its integration into the daily work of professionals and cancer survivors across Spain. By leveraging these relationships, the University of Cádiz aims to create a lasting impact, ensuring that the principles of the OACCUs project continue to influence cancer care practices and support systems for young cancer survivors in the future.

Dissemination of the tools created for the OACCUs Network Toolbox will be continued on the channels of the University of Cadiz and MOVE IT. Specifically, the tools/videos that make up the OACCUs Fitness Guide will be uploaded to the MOVE IT Research Group YouTube channel.

SWEDEN

The individuals within the group of YCS are often part of several organisations or interest groups, including the Barncancerfonden (The Swedish Childhood Cancer Fund) program Maxa Livet and Ung Cancer (Young Cancer). Many have therefore become aware of the OACCUs work and message through several different people, channels, initiatives and events.

Throughout the project the Swedish OACCUs partners have **collaborated** with Regional Cancer Centres. These centres are established all over Sweden and act partly under governmental mandate to support the public



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healthcare system with improving cancer care quality, effectiveness and efficiency. The Regional Cancer Centres are to a large extent financed through annual agreements between the government and the organisation of Swedish Municipalities and Regions.

The OACCUs collaboration has meant that Regional Cancer Centres have for example assisted with disseminating the WP2 survey through their patient register to Swedish YCS and with sharing OACCUs-related information through their webpages to reach out to all of Sweden; they will continue to do so in the future. Project partners have informed about the project, the OACCUs message and the project outputs, both in meetings with individual staff members and at larger regional cancer research conferences. Region Västerbotten will continue dissemination efforts towards the Regional Cancer Centres with the aim to strengthen the role of the centres in the OACCUs Network, to integrate the OACCUs message in their daily post-treatment cancer care as much as possible and to support the YCS community in their strive for a healthy and fulfilled life.

By implementing these strategies, the OACCUs project can ensure its continued visibility, relevance, and impact, ultimately contributing to the promotion of a healthy lifestyle in cancer care.

3.2 Young Cancer Survivors (YCS) Engagement

3.2.1 Disseminating Training Materials

YCS will disseminate training materials and information at student conferences, leveraging these platforms to expand outreach and attract new ambassadors. By actively involving young cancer survivors in these efforts, the project can tap into their unique perspectives and experiences, making the initiative more relatable and impactful.

3.2.2 User-Generated Content

YCS will be able to contribute their own relevant content, such as personal stories and healthy lifestyle tips, enriching the community with diverse perspectives and fostering a sense of community and belonging among users. This is a function that is available in the OACCUs Network Toolbox' community platform for registered users. By continuing to empower YCS to share their experiences and insights, the project can cultivate a supportive environment even beyond the project timeline.

3.3 Continued Visibility & Relevance

3.3.1 Events

OACCUs will continue to be mentioned and presented at various events organised or visited by project partners as part of their other ongoing activities. These events, although they may be driven by different reasons or initiatives, remain to provide a valuable platform to highlight OACCUs' outcomes and communicate its messages. By leveraging these opportunities, the project partners will ensure sustained awareness and engagement with the target groups and stakeholders, reinforcing OACCUs' impact and fostering sustainability of the project.



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Upcoming events where OACCU will find mentioning:

Event date & place	Event name	Project partner represented
June 28, 2024, Munich, Germany	DiCE (Digestive Cancers Europe) General Assembly	OAC
June 17, 2024 – Coimbra, Portugal	Plogging event	LIGA
September 18-20, 2024, Rotterdam, The Netherlands	ILHA - Global Health Literacy Summit	OAC
September 23 – 30, 2024, Munich, Germany	European Week of Sports	OAC, ESV
October 12, 2024, Portugal Central Region	Pink October: Walks "Small Steps, Big Gestures"	LIGA
October 2024, Puerto Real (Cadiz), Spain	Round table: Benefits of physical exercise and cancer	UCA
October 2024, Patras, Greece	Pink the City event with national breast cancer charity "Alma Zois"	UPAT
November 2024, Patras, Greece	Ambassador Training for HCP and Young Cancer Survivors	UPAT
November 15, 2024, London, UK	London Global Cancer Week	OAC
December 2024, Brussels, Belgium	European Cancer Forum	OAC
December 2024, Patras, Greece	Participation at the Christmas Bazaar organized by Parents' Association of Children with Cancer "Floga"	UPAT

3.3.2 Reusing Educational Materials

The re-use of evidence-based educational materials and other resources created as part of the OACCU project will be available after the project's end both in the OACCU Network Toolbox and the OACCU community section, accessible for registered users. This ensures that these valuable resources are utilised efficiently and effectively even after the project end date. By continuing to use these materials, the project maximises its reach and enhances its credibility and sustainability.

These downloadable resources can be used for translation into other languages and for use beyond the participating project countries which will make these materials scalable. By making the resources accessible in



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various languages, the project can ensure that the information and benefits are available to a broader population, thus extending the impact and longevity of the project's outcomes.

By adopting this approach, the OACCUs project can maintain its relevance and continue to support healthy lifestyles for cancer survivors in a wide range of communities, long after the project's official end. Already during the project period, the big European cancer organisations leading the sister project EU-CAYAS-Net had been invited to translate educational resources from the OACCUs Network Toolbox. This initiative could unfortunately not be realized due to lack of staff and time. Nevertheless, as outlined above, the OACCUs consortium partners welcome stakeholder organisations willing to translate OACCUs tools into additional languages. Furthermore, tools of the OACCUs Network Toolbox can also be transferred to other digital platforms, should this be necessary and feasible in the future in order to prolong accessibility to these tools for young cancer survivors and all other stakeholders in the OACCUs Network.

3.3.3 Promotion

Partners' websites, social media, and other communication channels will be available to continue promoting the project's tools and outcomes. And since the project has already been introduced on all 13 partner websites at the beginning of the project and considering that the WHO film "CHOOSE the HEALTHY way" is visible on the Health4All Film Festival website and on its YouTube channel, a project-wide sustainable cross-promotion is taking place.

The OACCUs Network Toolbox will continue to be promoted on the websites of local network partners and on the consortium partners' websites and social media channels, continuing its visibility and reach. The OACCUs social media channels and website, its resources and community will be available for another 12 months. Besides a contact will be provided to answer and guide future enquiries.



4 Monitoring and Future Exchange

To ensure the ongoing vitality of the OACCU outcomes, the consortium will convene a comprehensive online check-in meeting, taking place on December 16th, 2024, bringing together all partners in an engaging online forum. This gathering serves as a pivotal opportunity to not only assess the state of the project outcomes but also to delve into insightful discussions aimed at nurturing and sustaining its momentum.

By fostering a culture of reflection and active engagement, we aim to cultivate a shared commitment to the enduring success and relevance of our endeavours. This half-yearly check-in embodies our dedication to fostering collaboration, adaptability, and resilience, ensuring that our project remains not only alive but thriving.

5 Summary & Conclusion

The Deliverable D4.5 Sustainability Plan outlines strategies for ensuring the long-term impact of the Outdoor Against Cancer Connects Us (OACCU) project, specifically within *WP4 Network building and dissemination*. It emphasises the importance of sustaining the project's network beyond its funding period for enduring benefits. Key project outputs, including the OACCU Network, OACCU Network Toolbox, and the OACCU Ambassador Program, are highlighted alongside strategies for maintaining relationships, stakeholder engagement, and visibility. The plan incorporates activities such as continuous improvement, user-generated content, capacity building, formal collaboration agreements, and cross-promotion efforts. Monitoring and evaluation methods are outlined to assess progress and adapt strategies. The document concludes by summarising the sustainability plan's objectives and acknowledging the collaborative efforts of all partners involved in ensuring the project's lasting impact.