

Healthy Cooking For Patients & Carers



When someone is going through a life threatening illness, it can be difficult to find an easily tolerated and healthy diet. A common issue with cancer, in particular, is that treatments often affect taste and appetite. This can possibly result in loss of weight or a deficiency in essential nutrients, leaving patients feeling weaker at a time when they need more strength and energy. For others, treatment can result in unwanted weight gain.

This 6 week course is for patients and carers wanting to explore healthy eating during treatment and recovery.

What will happen during the sessions?

- Weekly sessions will last two hours, including a break.
- Cooking equipment and aprons will be provided for the session, as well as the ingredients used.
- Part one: Presentation of the meal/dish to cook with demonstration, information about the nutritional value and benefits of the ingredients, healthier ways of cooking etc.
- Part two: the participants will prepare the dish in pairs/small groups, helping each other and adapting the recipe to their taste.
- Finally, the participants will take home what they have cooked and the recipes.

When and where will this take place?

The course starts on Tuesday 6 November 2018 from 10 am to 12 pm. The sessions will be held at The Pelham, Hollier's Hill, Bexhill on Sea.

Who will be running the group?

Former patient, Isabelle Endreo, used nutrition as an extra support to help her through her cancer journey. Isabelle is a teacher and cook with qualifications in Culinary Skills and Food Safety in Catering.

What next?

To find out more, including how to be referred for this service, please call 01424 547517



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 110 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have therapy rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

sara Lee



T R U S T