

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.

Where will this take place?

The sessions will be held at The Pelham, Hollier's Hill, Bexhill on Sea, TN40 2DD. Free parking is available to the rear of the building.

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.