



Wellbeing Through Food

What is Wellbeing Through Food group?

When someone is going through a life threatening illnesses, 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.

Who is this group for?

Local people living with a cancer diagnosis or life-threatening illness, their families, carers and loved ones.

Where will the sessions take place?

This group is held at the Freedom Church (Claremont Road in Sidley, Bexhill) or at St Michaels Hospice in St Leonards. For current days and times, please check our [Therapy Centre Timetable](#) on our website (saraleetrust.org).

You can access this service either by referral from a health care professional or for existing Trust service users, please book through your current therapist.

For more information, please contact our team on **01424 456608** or services@saraleetrust.org

How long is the course and what can I expect?

This 6-week course has weekly sessions that last for two hours, including a break.

Cooking equipment and aprons will be provided for the session, as well as the ingredients used.

- **Part 1:** Presentation of the meal to cook with demonstration, information about the nutritional value and benefits of the ingredients showing healthier ways of cooking.
- **Part 2:** Participants will prepare a meal in pairs/small groups, helping each other and adapting the recipe to their own taste.

At the end, participants will take home what they have cooked along with the recipes.



Our therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.