



# Nourish & Nurture

12 week nutrition and wellness programme for  
all cancer patients and those who care for them.

**Big C's Nourish & Nurture** programme provides advice on healthy eating, how best to manage common eating issues, practical food preparation skills, physical activity and wellbeing advice.

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## How does the group work?

There will be a group session fortnightly organised by the Big C team and health care professionals. Sessions are for those diagnosed or living with the effects of cancer, family members, friends and carers.

## What happens next?

Get in touch with us to register your interest. Once you're booked on the programme, we'll start by having a one-to-one phone call with you to find out a bit more about your needs and the support we can offer you. We'll then let you know the dates for your forthcoming sessions. The sessions will be held on Thursdays over Zoom.

If you need to cancel your place on the programme, please contact the Centre as soon as you can, to let us know.

## How can I book a place?

Speak to a member of the Support Team either in the Centre or by calling us on **0800 0927640** or email us at **support@big-c.co.uk**.

## Programme of sessions

### One to One Phone Call

We will have a discussion about your circumstances and what you would like to achieve.

#### Session One:

### Essentials of Nutrition

What is a balanced diet and the importance of good nutrition.

#### Session Two:

### Nutrition & its Role in Supporting Side Effects

How side effects of your treatment may affect what you eat and advice on how to tackle these issues with easy to make recipes.

#### Session Three:

### Nutrition Toolkit

Top tips to help ease any practical worries you may have, such as food shopping and meal preparation.

#### Session Four:

### Meet the Physiotherapists

Balancing exercise and fatigue with Norfolk & Norwich University Hospitals Cancer Care Physiotherapist and a 'Get Moving with Big C' Gentle Exercise Taster session.

#### Session Five:

### Meet the Dietitians - Q&A Session

Norfolk & Norwich University Hospitals Dieticians bust the common myths about what you should eat and what you should avoid.



## Cancer affects us all in different ways. We know it can be difficult.

We're here to support anyone affected by cancer. You may be living with cancer yourself, or it may affect someone close to you. Whether you would like to talk in confidence, get practical information and support, or simply need a calm space.

## We can help.

For more details visit:

[big-c.co.uk/support](https://big-c.co.uk/support)

Call us for free on:

**0800 092 7640**

*Calls are free of charge from all consumer landlines and mobile phones.*

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