



# Healthy Matters

*A day of support, information and discussion for all cancer patients and those who care for them*



Big C Cancer Support and Information Centre  
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## **Healthy Matters**

A monthly programme of support and information presented by three health care professionals. There will be plenty of time to ask questions and to share experiences.

We hope you will be able to attend for the whole day. If you can only attend for one or two sessions then please let us know at the time of booking.

## **How to book?**

With a member of the Big C Centre staff; in person, by telephone or email.

## **Who can attend?**

Those living with and beyond cancer, family members, friends and carers.

## **When is it?**

On the 3<sup>rd</sup> Monday of every month, 10am-3pm.

## **Where is it?**

At the Big C Cancer Support and Information Centre, Norfolk and Norwich University Hospital. The Centre is near to the Colney Centre entrance, at the east end of the hospital.

## **Cancellations**

If you need to cancel a booking, please call the Centre to let us know.

## **Parking**

Please allow sufficient time for parking. The nearest car park is wards car park K. The car parking charge will be reduced to £3.00. Tickets will be validated at the East Atrium reception.

## **Programme for the day:**

09:45 – Arrive, time to look at books and leaflets.

10:00 - With the Dietitian

### *Getting the best out of our diet*

- What is a healthy diet?
- Are there superfoods?
- Small appetites

11:30 – With the Physiotherapist

### *Helping you to balance rest and activity*

- The benefits of exercise
- How to keep active
- How to manage fatigue

13:00 – Lunch

Please bring a packed lunch, refreshments will be provided.

13:30 – With the Occupational Therapist

### *Helping you cope with anxiety*

- How we respond to stress
- When this response becomes a problem
- How this may affect you
- Measures to reduce anxiety

15:00 – Finish

*January 2016*

*Review date: December 2017*