


**Macmillan Cancer Information and Support Centre at
Wexham Park Hospital - Tel: 0300 615 4886**
E-mail: fhft.macmillan.information@nhs.net
**Macmillan Cancer Navigators at
Frimley Park Hospital - Tel: 0300 613 3535**
E-mail: fhft.macmillan.cancernavigators@nhs.net


A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

(Due to COVID-19 services may change - please check with providers directly for latest information)

Healthy Living Support Information Sheet – Diet & Changing Habits

Agency	Contact Details
<p>Macmillan Cancer Support Offering free confidential advice, support, and information with access to appropriate up-to-date resources and online communities.</p>	<p>Tel: 0808 808 0000 www.macmillan.org.uk</p>
Diet	
<p>Macmillan Recipe Book Easy and simple recipes for people affected by cancer.</p>	<p>Tel: 0808 808 0000 www.macmillan.org.uk</p>
<p>Weight Watchers Helping you achieve success in losing weight. Digital online and in person groups</p>	<p>Tel: 0345 345 1500 www.weightwatchers.co.uk Search online for your nearest group</p>
<p>British Nutrition Foundation Provides extensive information about healthy eating & diet</p>	<p>Tel: 0207 557 7930 Email: postbox@nutrition.org www.nutrition.org.uk</p>

<p>Slimming World A warm, friendly group is the very best place to learn how to lose weight and get all the support you need to achieve your target from £5 per week.</p> <p>Slimming World Online Perfect for anyone who can't make it to a local group. Slimming World online will guide you towards a healthier, fitter, slimmer you.</p>	<p>Tel: 0344 892 0400 www.slimmingworld.co.uk</p> <p>Slough: St Francis Church Langley Ben – 07974 193562</p> <p>Hampshire: Farnborough RUFC Alison – 07800 838546 & Rachel – 07885 851748</p> <p>Surrey: Frogmore Social Hall Susie – 07729 953594</p> <p>Use postcode search for other venues</p>
<p>Wiltshire Farm Foods Frozen meal home delivery service catering for special diets.</p>	<p>Tel: 0800 077 3100 www.wiltshirefarmfoods.com</p>
<p>Chemo Cookery Club book. 150 delicious recipes for your journey to recovery by Penny Ericson.</p>	<p>Website contact only www.amazon.co.uk</p>
<p>Changing Habits</p>	
<p>NHS Smoke Free Support, expert advice, and tools to help you stop smoking</p>	<p>Website contact only www.smokefree.nhs.uk</p>
	<p>NHS Smokefree</p> <p>Designed to help you quit smoking in 28 days.</p>
<p>Berkshire Smoke Free Life Clinic held at Wexham Park Hospital. Text QUIT 66777 Workshops TBC Jan 2021</p>	<p>Tel: 0118 449 2026 Tuesday 9.30am-4pm contact Fadwa 07917 826624 Thursday 9.30am-12.30pm contact Saima 07852 010417</p> <p>www.smokefreelifeberkshire.com</p>
<p>Health and Wellbeing Slough Take the online lifestyle quiz and get professional recommendations to the services you need to access to improve your health and lifestyle today.</p>	<p>Tel: 0800 061 4734 01753 373646</p> <p>Email: info.hws@nhs.net</p> <p>www.healthandwellbeingslough.co.uk</p>

<p>Smokefree Hampshire – online and telephone support</p>	<p>Tel: 01264 563039</p> <p>Text QUIT to 66777</p> <p>www.smokefreehampshire.co.uk/</p>
<p>One You Surrey – helping residents become smoke free</p>	<p>www.healthysurrey.org.uk/smoking#quit</p> <p>11 clinics in area review website for nearest.</p> <p>Tel: 01737 652166</p> <p>Text: 07494 681070</p>
<p>Drink Aware A website offering help and support on making changes to your consumption of alcohol.</p>	<p>Tel: 0207 766 9900</p> <p>www.drinkaware.co.uk</p> <p>E-mail: contact@drinkaware.co.uk</p>
	<p>One You Drink Free Days A simple and easy way to track the days you drink alcohol and the days you don't.</p>
	<p>Change4Life Smart Recipes. Search over 160 easy, calorie-counted recipes across breakfast, lunch, dinner, dessert and snacks with Smart Recipes. The recipes are easy to follow and quick to make, most of them will feed a family of four for around £5. With the click of a button, you can plan all your day's meals and create a shopping list.</p>
<p>Live Well, Stay Well, Bucks A FREE health improvement service available to anyone over the age of 18. We are experts in working with members of the public and supporting them to make changes to their lifestyles that lead to a healthier life.</p>	<p>Tel: 01628 857 311</p> <p>Email: PARKWOOD.livewllstaywell@nhs.net</p> <p>www.livewellstaywellbucks.co.uk</p>
<p>Active Surrey – Programmes to support health and wellbeing of residents. Register of activities</p>	<p>Tel: 01483 518944</p> <p>Email: active.surrey@surreycc.gov.uk</p> <p>www.activesurrey.com/Health</p>

<p>HealthMakers Free NHS self management courses. Suitable for any long term health condition. Learn with others how to improve your quality of life. Available to anyone living in East Berks. Ascot, Bracknell, Maidengead, Sandhurst, Slough and Windsor.</p>	<p>Tel: 01344 415947</p> <p>Email: HealthMakers@berkshire.nhs.uk</p> <p>www.berkshirehealthcare.nhs.uk/HealthMakers</p> <p>Please phone or email to register your place.</p>
<p>Healthier Lifestyle Hub, Buckinghamshire Free confidential support, information and advice with physical activity, smoking, alcohol and healthy eating.</p>	<p>Tel: 01296 315998</p> <p>www.buckshealthcare.nhs.uk</p>

Author	Macmillan Cancer Information and Support Centre		
Issue Date	November 2021	Review Date	January 2023

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital

Telephone: 0300 613 6530

Email: fhft.pals:frimleypark@nhs.net

Wexham Park & Heatherwood Hospitals

Telephone: 0300 615 3365

Email: fhft.pals:wexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey, GU16 7UJ</p>	<p>Heatherwood Hospital London Road Ascot SLS 8AA</p>	<p>Wexham Park Hospital Wexham Slough Berkshire, SL2 4HL</p>
<p>Hospital switchboard: 0300 614 5000</p>		<p>Website: www.fhft.nhs.uk</p>

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.