

Somerset Prehabilitation for cancer

Following your cancer diagnosis, we are here to help you get as fit and healthy as possible before you start your treatment.

We recognise everyone's starting point and journey is different. From an initial assessment we establish your needs and can offer you:

- **Exercise support**

1:1 with an instructor, or with a range of leisure centres close to your home



- **Psychological support**

through our HOPE counselling service



- **Nutritional advice**

given by a qualified dietitian



- **Access to our**

comprehensive website with guidance and support all in one place



www.somersetft.nhs.uk/cancer/cancerservices/prehab/

Email us prehabforcancer@somersetft.nhs.uk

