



Norfolk and Suffolk Health and Care Awards 2026

Hospital to Community Award

Star Throwers Cancer Support Team

Star Throwers Cancer Support Charity

Star Throwers Cancer Support Charity is recognised for its exceptional role in delivering cancer care and wellbeing support within local communities across Norfolk and Suffolk, reducing reliance on hospital-based services. Working alongside NHS cancer teams, the charity ensures that people affected by cancer can access ongoing personalised support closer to home. Its wide range of services includes nurse-led guidance, counselling, fatigue management, lymphoedema support, nutrition advice, wellbeing therapies, and peer support groups. Delivered in welcoming community settings and remotely where needed, this care complements clinical treatment and supports patients throughout recovery and beyond.

The charity stands out for its holistic, person-centred approach, recognising that cancer recovery extends far beyond hospital treatment. By supporting both patients and their families, Star Throwers addresses the physical, emotional, and social impacts of cancer, helping individuals manage treatment side effects, rebuild confidence, and maintain independence. Its strong collaboration with NHS partners and community services ensures joined-up care, continuity, and improved patient experiences. The organisation has also adapted flexibly to meet changing needs, including virtual services to improve access for rural and vulnerable populations.

The impact of this model is significant and sustained. Thousands of people have accessed support since 2009, with growing demand reflecting both need and trust in the service. Patients report reduced isolation, improved wellbeing, and greater ability to cope with long-term effects of cancer. By shifting non-clinical support into the community, Star Throwers enhances quality of life while easing pressure on hospital services.