

FINDING IT TOUGH LIVING WITH CANCER OR AFTER TREATMENT? ARE YOU FEELING.....



Life can be tough when you are living with cancer or even after treatment ends. No one should have to face these feelings alone.

TAKE CONTROL WITH THE HOPE COURSE

What is the HOPE Course?

The HOPE programme (helping to overcome problems effectively) can help you to get more out of life. HOPE is a licensed programme developed by Coventry University and Macmillan Cancer Support. It is an interactive, group based, self-management course which runs for 6 weeks with each session 2 hours. The sessions are run by trained HOPE facilitators who are either health and social care professionals or trained volunteers who have had a cancer experience.

How will the course benefit you?

The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. Time is spent in facilitated discussions, group activities, information sharing and tools for you to try at home in between each session. Topics covered included stress management, fatigue, goal setting, fear or reoccurrence body image, lifestyle and communication skills.

Virtual HOPE Course

- Delivered online on by professional facilitators
- Live Course (set dates and times)
- Commitment of 2^{1/2} hours per week for 6 weeks (same time each week)
- Live communication using audio and webcam

**** Limited Numbers per Course****

The course will run for 6 weeks from **1.30 – 4.00pm** starting on **Tuesday 17th November 2020**.

To register or for more information, call **01604 544211** or email

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