HOW DO YOU GET ON A COURSE?

To find out where and when the six week HOPE courses and the shortened “Take Control” workshop programmes are running near you, please contact either:

Your local Macmillan Information Centre or Hospice

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<th>Macmillan Cancer Information and Support Service</th>
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<tr>
<td>Croydon University Hospital</td>
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<tr>
<td>Nightingale House</td>
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<tr>
<td>530 London Road</td>
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<tr>
<td>Croydon CR7 7YE</td>
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<td>Enquiries: c/o Benny Millier</td>
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<td>Tel: 020 8401 3441 or email: <a href="mailto:benny.millier@nhs.net">benny.millier@nhs.net</a></td>
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Or

Contact our Macmillan Admin Team on

laser.ldadmin@macmillan.org.uk or 01904 651700

Or

visit learnzone.macmillan.org.uk to register

Macmillan Cancer Support can offer you

NO ONE SHOULD FACE CANCER ALONE

We are Macmillan Cancer Support

FINISHED YOUR CANCER TREATMENT?
DO YOU WANT TO GET BACK IN CONTROL OF YOUR LIFE?

ARE YOU FEELING....

Life can be tough when you are living with cancer or even after treatment ends. No one has to face these feelings alone.
WHAT IS HOPE?

H.O.P.E stands for Help Overcoming Problems Effectively. It is a licensed programme that helps people who have had cancer to get on with their lives. These Macmillan courses are free to attend and run for 6 weeks for 2 ½ hours each session at various times and locations. They are run by trained HOPE facilitators who are either health or social care professionals and also volunteers who have had a cancer experience.

The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. There are between 6 to 12 people on each course and time is spent in facilitated discussions, group activities, information sharing and ideas for you to try between each session.

If attending a six week programme may be difficult for you to commit to, some areas also run a shortened HOPE programme called “Take Control”. This is a single 3 hour workshop that aims to support you with some essential skills and coping mechanisms to help you self-manage.

WHAT PEOPLE HAVE SAID AFTER THE COURSE?

Goal setting
“Just starting small and simple made you realise that there’s things you can do, you don’t have to wait until you’re fantastically healthy. It makes you realise “I can do that, I have got the ability to do that.”

Positive and negative emotions
We all supported each other throughout, sharing tears of sadness, tears of joy, times of serious and times of laughter. I’d recommend it to anyone.

Not feeling alone
“Things got very emotional at times but knowing that I wasn’t alone and it was OK to feel like that was very helpful.”

On going support
“There is light at the end of the tunnel. I met some lovely people and I know I can phone anyone of them anytime.”

HOW CAN THE HOPE COURSE BENEFIT YOU?

It aims to help you to achieve some of the following positive outcomes and to:
- Feel more able to support and share your experiences with others to help you feel less isolated
- Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- Increase your ability to handle stressful situations
- Discover how to use relaxation techniques to refresh your mind and body
- Learn how to make plans and achieve goals that are important to you that can help you make changes for the better
- Use the skills from the course to improve and self-manage your life after cancer treatment