

## Macmillan Cancer Support - HOPE Programme. Do you need support following your cancer episode?

If you have or have had a cancer diagnosis the HOPE (Help Overcoming Problems Effectively) programme can help you set positive goals for your future.

Supported by two trained HOPE facilitators it's a great opportunity to meet others and explore together proactive ways of taking control of your health and wellbeing.

HOPE courses are designed to help people become more knowledgeable, skilled and confident in managing the physical, emotional and psychological consequences of living with and being affected by a cancer.

HOPE uses activities, such as goal setting, action planning, mindfulness and gratitude diaries, to create an upward spiral of positive emotions leading to improved confidence, social support, happiness and well-being.

### **What participants have said about the course:**

"Since starting the HOPE programme, I realise that I'm not alone with my fears and concerns – I can see things differently now, which helps me to be more positive about the future, whatever that may be" (HOPE programme participant)

More information on the HOPE programme can be found:

<https://www.macmillan.org.uk/fundraising/inyourarea>

[/northern\\_ireland/latest\\_news/hopeforpeopleaffectedbycancer.aspx](/northern_ireland/latest_news/hopeforpeopleaffectedbycancer.aspx)

### **Is there a cost?**

No, this activity is free of charge.

### **Especially aimed at**

People who have had a cancer episode.

### **Who is this aimed at?**

Everyone, all ages.

### **Contact Details**

The Wellbeing College  
Phone: 01225 831820  
Email: [wellbeingcollege@virgincare.co.uk](mailto:wellbeingcollege@virgincare.co.uk)

**When & where does it start?**

Wednesday 18th April, ending Wednesday 23rd May	10:00 - 12:30	6 sessions	Royal National Hospital for Rheumatic Diseases, Bath Upper Borough Walls, Bath BA1 1RL 01225 831820
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Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email [enquiries@wellbeingcollegebanes.co.uk](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

**[www.wellbeingcollegebanes.co.uk](http://www.wellbeingcollegebanes.co.uk)**