

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

Is there a cost?

No, this activity is free of charge.

Who is this aimed at?

Men and women, all ages.

Contact Details

The Wellbeing College

Phone: 01225 831820

Email: wellbeingcollege@virgincare.co.uk

When & where does it start?

Thursday 6th September	10.00 - 12.30	6 sessions	Bath Centre for Fatigue Services Royal National Hospital for Rheumatic Diseases (RNHRD) 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 for more information or to book your place.

www.wellbeingcollegebanes.co.uk