

Please recommend the HOPE course if you feel it would benefit the people you support.

How people can book:

To book their place on the HOPE course, people should contact their local Macmillan Information Centre or health care team. Go to www.macmillan.org.uk/in-your-area to find the nearest centre or call **0808 808 00 00**

Get involved

For details on local courses, or if you are interested in becoming a HOPE facilitator in your area, please contact ServiceOpsSupport@macmillan.org.uk

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For support, guidance or more information, call Macmillan free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

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Help People Find HOPE!

Introducing the

Help to

Overcome

Problems

Effectively course



MACMILLAN CANCER SUPPORT

We can help you take back control

The HOPE programme – Help to Overcome Problems Effectively – is a health and lifestyle coaching course to support people after cancer treatment. Originally developed by Hope For The Community CIC, it is now a licensed and accredited self-management programme run in partnership with Macmillan Cancer Support. The programme uses cognitive behavioural techniques based on hope theory, self-efficacy theory and motivational interviewing.

HOPE is for people who may feel abandoned after cancer treatment and who may be finding it difficult to cope with the long-term effects. It helps people self-manage problems such as feelings of anxiety, fatigue and concerns for the future. As such, the course is increasingly becoming part of the support offered to people who have completed their treatment.

HOPE is a group programme delivered by health and social care professionals, together with trained volunteers with a personal experience of cancer. All facilitators are assessed and regularly monitored, ensuring positive outcomes for people attending the programme.

The course takes place over six weeks in weekly 2½ hour sessions. Shorter courses are available in some areas.



How HOPE can help the people you support

The HOPE self-management course is for all people who have had cancer, regardless of the type of cancer. It recognises the commonality of unmet psychological and emotional needs (fear of recurrence, reduced confidence), physical needs (fatigue and need for physical exercise), and social needs (such as social isolation).

People who have taken part in the course say it has helped them to:

- feel reassured
- recognise their potential to make changes to improve quality of life
- deal with anger, depression, anxiety and frustration
- use positive communication skills and reflective listening
- set goals and take problem-solving steps to achieve their goals
- address difficult problems
- use relaxation techniques
- share the course experience with family and friends

What people say about HOPE course

"This course has done absolute wonders for me. I came into it depressed and very lonely. I am more confident and have learned that I can't control my illness, but I can control how I live my life".

Christine, who was diagnosed with breast cancer

"I have become very mindful and thoughtful as a result of the course. It has helped me cope with my diagnosis and look to a better future".

Martin, who was diagnosed with bowel cancer

"I was able to, for the first time in 16 years, talk about my experience with cancer with other ladies who had been through it also. I was relieved to know that it was OK (even normal) to feel what I had felt".

Tara, who was diagnosed with thyroid cancer