

HOW DO YOU BOOK ON A COURSE?

DROP IN: Mondays to Fridays, 10am until 4pm
Macmillan Cancer Information & Support Centre
B Level, East Wing (between Cancer Centre & Eye Unit)
Southampton General Hospital

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EMAIL: MacmillanCentre@uhs.nhs.uk

You can choose from the following Southampton Macmillan Centre 2017 HOPE courses:

Course 1: **Wednesdays, 3rd & 10th April, 10am-4pm and 10th July 10am-12noon**

Course 2: **Wednesdays, 26th June & 3rd July, 10am-4pm and 4th September 10am-12noon**

Course 3: **Mondays, 16th & 23rd September, 10am-4pm and 25th November 10am-12noon**

Course 4: **Wednesdays, 27th November & 4th December, 10am-4pm and 4th March 2020 10am-12noon**



**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.

Why not book on Macmillan Cancer Support's course titled

HOPE

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. The course is **free** to attend and runs over 2 days with a follow-up session around 3 months later. It is run by a Macmillan trained HOPE facilitator who is either health or social care professionals, lay facilitators who have experience of supporting people affected by cancer, or volunteers who have had a cancer experience themselves.

The course focuses on 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.

HOW CAN THE HOPE COURSE BENEFIT YOU?

It aims to help you to achieve some of the following positive outcomes:

- ✓ Feel more able to support others and share your own experiences 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 help manage your life after cancer treatment

WHAT PEOPLE HAVE SAID AFTER THE COURSE?

Goal Setting

"Just starting small and simple makes you realise that there are 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 seriousness 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."

Ongoing 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."