

INFORMATION ABOUT THE HOPE PROGRAMME

HOPE stands for Help Overcoming Problems Effectively. It is a course that helps people who have had cancer to get on with life after treatment has finished. It runs for 7 weeks, 2 ½ hours a week, at various times and locations throughout England.

The course concentrates on refocusing on inner strengths and resilience to support people to cope emotionally, psychologically and practically.

The first session is a “taster” so you can try it out before you commit to anything. There are between 6 and 12 people in the group and the time is spent in facilitated discussion, with some group activities and ideas for you to try between sessions.

The course is funded by Macmillan Cancer Support and run by trained facilitators, at least one of whom has had a cancer experience themselves.

These are some of the positive outcomes that people get from the course:

- ✓ Feel reassured and able to recognise own potential for making changes to enhance quality of life, confidence and happiness.
- ✓ Feel more able to support and share with others, less feeling of isolation.
- ✓ Feel more confident in dealing with emotional issues, depression, anxiety. anger and frustration
- ✓ Understand and use positive listening and communication skills
- ✓ Know how to achieve long and short term plans for change by setting goals for yourself and using problem solving steps.
- ✓ Address difficult problems using the problem solving techniques of the course designed to analyse and find solutions.
- ✓ Able to use the relaxation techniques practised on the course to refresh the mind and body.
- ✓ Be able to share the course experience and knowledge with family and friends.

What people have said after the course

I strongly believe that courses such as this one would benefit many tens of thousands of cancer survivors and help them to see that life can be wonderful again and never to give up hope.

I would like to thank J and L wholeheartedly for their patience, professionalism, support and wisdom over the past few weeks on the HOPE course. This course has really helped me to focus on the future and to be positive about what lies ahead, instead of worrying about the what, ifs, if onlys, whys and maybes! The course was extremely comprehensive and covered every aspect that one would expect after going through a life-threatening illness and then try to continue with a 'normal life'. Personally, I just wish I'd found something like this 3 months prior, as I had been suffering with severe depression and anxiety and became so desperate that I sought private psychotherapy at great expense to help me find a way out of the 'black hole' before I discovered 'HOPE' - literally!

Words cannot express my gratitude for what this course has given me and I only hope and pray that it will continue for many years to come.

If you would like to know more about the course please contact:

**Macmillan Information Centre Team, Southport on tel: 0151 288 6893 or
email: SFCCG.macmillancic@nhs.net**

