



Help **O**vercoming **P**roblems **E**ffectively

Macmillan's free Cancer Survivorship Course

(Devised in partnership with Macmillan & Coventry University)

Finding it difficult to return to your life after cancer? This 2½ hour a week Cancer Survivorship Course running over 7 weeks, will help you to take back the wheel.

Come along to rediscover your strengths, make the most of the good things in your life and manage the day to day impact cancer has had on your life.

"Hope has given me a chance to look at my life with a positive attitude. Nobody can prepare you for cancer, it just happens. Everyone has been so honest and shared what happened to them – I feel better for coming along. Thanks so much."

"All areas were valuable & enjoyable, I looked forward to attending each week." (Southport HOPE Course Participants, November 2014 & April 2016)

HOPE COURSE DATES 2017

All sessions are 10am – 12.30pm at The Community Room,
Southport Fire Station (at the end of Lord Street)

FEBRUARY - APRIL 2017:

Fridays:

Taster Session:	24th February
Session 1:	3rd March
Session 2:	10th March
Session 3:	17th March
Session 4:	24th March
Session 5:	31st March
Session 6:	7th April

OCTOBER - NOVEMBER

Tuesdays

Taster Session:	10th October
Session 1:	17th October
Session 2:	24th October
Session 3:	31st October
Session 4:	7th November
Session 5:	14th November
Session 6:	21st November

The HOPE Course is available for anyone who is coming to the end of their treatment or has already completed it and needs support to take back their life. There is no cost to attend the course, but **booking is essential**. To find out more or to book your place, contact Southport Macmillan Information & Support Centre on 01704 533024 or email sfccg.macmillancic@nhs.net