

Please contact  
Mary Hanbury or Darshani Mistry  
To book a place on the  
6 week HOPE course or the  
2 day Take Control course  
Tel: 01279 698673  
Macmillan Cancer Information  
and Support Service

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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# Find **HOPE** Here

# Help to Overcome Problems Effectively



**MACMILLAN**  
**CANCER SUPPORT**

## We can help you take back control

HOPE is a course developed by Macmillan Cancer Support and Hope For The Community CIC to support you after cancer treatment.

Each course is run by a health and social care professional and a trained volunteer who has a personal experience of cancer.

You can share your experiences and get support from other people going through the same thing. It helps strengthen your coping skills in dealing with different problems like anxiety, fatigue and concerns for the future. So you can feel more like yourself again.

HOPE is a free six-week course and each session runs for two and a half hours (usually on the same day and time each week).

Shorter courses are available in some areas.

## HOPE can help you:

- **regain your confidence so you feel more like yourself**
- **use relaxation techniques for your mind and body**
- **cope with anger, anxiety, depression and uncertainty**
- **handle stressful situations**
- **plan for your future**
- **use your potential to make the most of your life.**

## 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 received treatment for breast cancer**

"Now I understand why I feel different at times. The course reminded me that I'm not alone in dealing with the feelings experienced after the treatment! It has helped me to gain a different outlook on life".

**Val, who received treatment for 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, 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, diagnosed with thyroid cancer**

## How to Book

To book your place on the HOPE course, please contact your local Macmillan Information Centre or your health care team.

Visit [www.macmillan.org.uk/in-your-area](http://www.macmillan.org.uk/in-your-area) to find the nearest centre or call **0808 808 00 00**