

Macmillan's iHOPE Programme

Tuesday 6th June – Tuesday 18th July 2023

Tuesday 7th November – Tuesday 19th December 2023

2pm til 3pm on Microsoft Teams

iHOPE is Macmillan's online self-management programme ('Help Overcoming Problems Effectively') for **anyone who's had a cancer diagnosis**, which empowers people living with cancer to manage their health and wellbeing.

WHAT ARE THE AIMS OF THE COURSE?

- Gain knowledge, skills and confidence to cope with **life's challenges, frustrations and fears.**

- Support you to become **more relaxed, improve confidence, set positive goals, learn stress and fatigue management skills**

- Build skills and character strengths to help **deal with anger, depression, uncertainty and to live positively with fears for the future.**

HOW CAN I BOOK A PLACE?

This free course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. To find out more and to book a place please **contact the Macmillan Information & Support Service - 01484 343614 or 01422 222709 or email cancer.information@nhs.net.**

