

As a result of the course participants have:

- Felt reassured and able to recognise their own potential for making changes to enhance their quality of life.
- Felt more able to support and share with others.
- Felt less isolated.
- Felt more confident to deal with issues, depression, anxiety, anger and frustration.
- Developed an increased understanding and are able to use positive communication skills and reflective listening.
- Been able to address difficult problems using problem solving techniques.
- Been able to use relaxation techniques.
- Been able to share the course experience and knowledge with family and friends.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## **H**elping to **O**vercome **P**roblems **E**ffectively



For more information call Bulstrode on  
725241 ext. 4601.

# HOPE



**A course for  
people living  
with and beyond  
cancer**

## **This free short course looks at ways to help you manage the day to day impact of living with cancer.**

### **Who is it for?**

Anyone who has had a diagnosis of cancer and is approaching or has finished their treatment.



### **What does the course entail?**

The course begins with a taster session (lasting approximately 2 hours) followed by 6 weekly sessions which last 2.5 hours each.

The taster session is designed as a pre-course get together to meet, find out more and discuss the course. Thereafter session topics may include physical activity, healthy eating, positive thinking, achieving goals, increasing confidence, self esteem and motivation.

Refreshments will be provided at all sessions.

### **What will I get out of it?**

The opportunity to meet others who have similar concerns and experiences and to refocus your inner strengths and develop resilience so as to manage the day-to-day impact of living with cancer.

### **What a previous participant said about the course:**

“I believe I have learned something from everyone, including how to be more positive and set goals to achieve more. We have enjoyed a lot of laughter and some sadness. I would recommend this course to others”

### **How do I find out more information or apply to get on the course?**

The Macmillan course is being run through the Health and Social Services Department and anyone interested should contact Bulstrode on 725241 ext 4601.



### **How much does it cost?**

The course is free of charge to participants as it has been sponsored by a local company and Macmillan Cancer Support.

### **Do I need to bring anything?**

No, just yourself and your reading glasses (if you need them).

All course materials will be provided.

### **Who are the facilitators?**

The facilitators have all been trained by Coventry University to deliver the course.

They either work in cancer education or have experience of cancer themselves.

### **What topics will the course cover?**

- Managing stress
- Breathing techniques
- Self managing recovery
- Goal setting
- Relaxation techniques
- Body image
- Physical activity
- Coping with fear of reoccurrence
- Managing fatigue
- Developing communication skills