



Help to Overcome Problems Effectively

The HOPE course is an opportunity to meet and make friendships with other cancer survivors. The course concentrates on focusing and rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. There are between 6-10 people on each course and time is spent in facilitated discussions, group activities and information sharing.

The HOPE course runs for 6 weeks for 2 ½ hours each week. The sessions are delivered by trained HOPE facilitators who are either health or social care professionals or trained volunteers who have had a cancer experience.

How can the HOPE course benefit you?

- **Feel more able to support others and share your own experiences to help you feel less isolated**
- **Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty**
- **Increase your ability to handle stressful situations**
- **Discover how to use relaxation techniques to refresh your mind and body**
- **Use the skills from the course to improve and help manage your life after cancer treatment**

Starting Thursday 13th October 2022 over 6 consecutive weeks, 10:00am-12.30pm in the Northway Room at the North Norfolk Macmillan Cancer Centre. For more information or to join the course, please contact the North Norfolk Macmillan Support Centre on 01603 641559 or email

CromerMacInfoCentre@nuh.nhs.uk

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