

# Finished your cancer treatment?

# Looking to get on with your life but feel you need help and support?

## Macmillan Cancer Support can offer you

# HOPE

An interactive, group based, self  
management support course,  
which runs for 6 weeks.

**NHS**  
University Hospitals  
Coventry and Warwickshire  
NHS Trust  
South Warwickshire  
NHS Foundation Trust  
George Eliot Hospital  
NHS Trust

**MACMILLAN  
CANCER SUPPORT**

*No one should  
face cancer  
alone*

## How will the course benefit you?

The course helps with:

- Goal setting and action planning
- Stress management (e.g. mindfulness and relaxation)
- Fatigue management
- Identifying your strengths
- Becoming more positive, grateful and appreciating life more
- Healthy lifestyles (e.g. eating more healthily and physical activity)
- Prioritising the important things in life
- Fear of cancer recurrence
- Body image and sexuality and intimacy
- Communication skills



**To book onto the course please contact:**

**Cancer Information and Support Centre 02476 966052**

**Next Hope course starts:**

October 7<sup>TH</sup> 2022

Each Friday for 6 weeks - 9.30am to 1.00pm

October 7<sup>th</sup>, October 14<sup>th</sup>, October 21<sup>st</sup>, October 28<sup>th</sup>, November 4<sup>th</sup>, November 11<sup>th</sup>

**Venue:**

**COVENTRY MYTON HOSPICE**

Clifford Bridge Road Coventry, CV2 2HJ