

Hope Course Dates 2022

All Hope Courses take place on a Friday at:

Coventry Myton Hospice
Clifford Bridge Road
CV2 2HJ

1st Course 9.30 – 1.00 pm.

February	25 th
March	4 th
March	11 th
March	18 th
March	25 th
April	1 st

2nd Course 9.30 – 1.00 pm.

October	7 th
October	14 th
October	21 st
October	28 th
November	4 th
November	11 th



Free parking

**FINDING IT
TOUGH
LIVING WITH
CANCER OR
AFTER
TREATMENT**

We can offer you

HOPE

**MACMILLAN
CANCER SUPPORT**



HOPE is a course developed by Macmillan Cancer Support and Coventry University to support you after cancer treatment.

It can help you rediscover your strengths and overcome the emotional and practical challenges of life after cancer.

You will learn some useful skills and ways of coping that can help you manage life after cancer treatment.

You can also share your experiences and get support from other people going through the same thing. You don't have to face it alone.

HOPE is a free six week course and each session runs for 2 1/2 hours (usually on the same day and time each week).

The course comes highly recommended by patients who have attended, and is run by Macmillan-trained Hope facilitators who are health professionals or people with experience of cancer

To read more about the course:-

<https://www.h4c.org.uk/courses-all/2021/3/8/hope-programme-for-cancer-survivors>



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



'This course has done absolute wonders for me. I came into it negative, vulnerable, scared, isolated, depressed and very lonely. I am now leaving the course a positive, confident and grateful person. I have learned to appreciate all I have in my life more than ever and unfortunately I can't control my illness but I can control how I live my life.'

Christine, breast cancer patient

'HOPE has been so beneficial to me, I feel so much confidence in myself plus I understand why I feel different at times. The course reminds you that you are not alone in dealing with cancer and the feelings you experience! My husband has commented on how I seem to have improved, become more positive and gained a different outlook on life.'

Val, breast cancer patient

'I have become very mindful and thoughtful as a result of this course. It has also helped me cope with my diagnosis and look to a better future.'

Martin, bowel cancer patient

I was able to participate and for the first time in 16 years be able to talk about my journey and experience with cancer with other survivors. I was relieved to know that all the physical and emotional distresses I went through were also common amongst the other ladies and that I wasn't alone, that is was OK (even normal) to feel what I had felt.

Tara, thyroid cancer patient



To book your place on the HOPE course please contact your local Macmillan Information Centre.

Julie Bliss
UHCW
Phone: 02476
966052

Julie Hunt
George Eliot
Hospital
Phone: 02476
153201

Deborah Smith
Stratford and
Warwick Hospital
Phone: 01926
495321 x5871

HOW TO BOOK

Questions about living with cancer?

Call the Macmillan Support Line on
0808 808 00 00

(Monday to Friday, 8am - 8pm) or visit
macmillan.org.uk