Macmillan's iHOPE Programme

Tuesday afternoons from 6th December – 20th December, 2pm til 3pm, with a two week break over Christmas and recommencing on **Tuesday 10th January- Tuesday 31st Jan**

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 and cope with the stress of cancer.

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 seven 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 Service - 01484 343614 or 01422 222709 or email cancer.information@nhs.net.**