

Macmillan's iHOPE Programme

Wednesday 25th May to 8th July, 10.30am – 12.00pm

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.

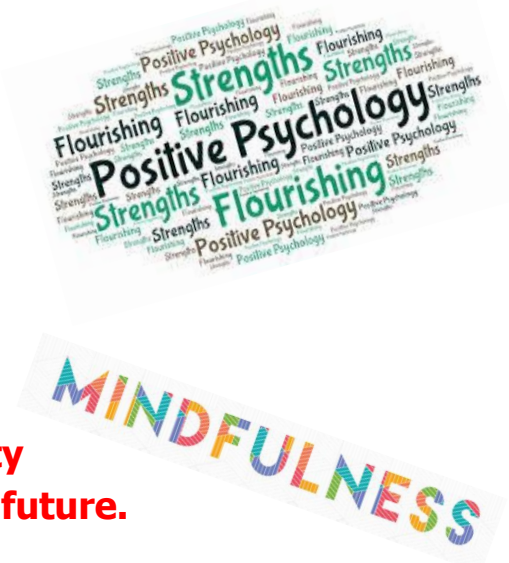
WHAT ARE THE AIMS OF THE COURSE?

- 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 six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators, **on Wednesday mornings, 25th May to 8th July, 10.30am to 12.00pm.** 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.**