

# WE ARE MACMILLAN. CANCER SUPPORT



If you have or have had a cancer diagnosis the HOPE Programme can help you set positive goals for your future.

Supported by trained HOPE facilitators it's a great opportunity to meet others who have had a cancer diagnosis and explore together proactive ways of taking control of your health and wellbeing.

The Programme will run over 6 weekly sessions and includes:

- Improving your day to day experience of living with cancer
- Goal setting and action planning
- Stress management (e.g. mindfulness & relaxation)
- Support and share with others
- Fatigue management

**When:** Wednesday 7<sup>th</sup> September 11.00am – 1.00pm and every Wednesday for the following 6 weeks

**Where:** Help Harry Help Others, Cancer Support Drop in Centre, 189 Meadway, Stechford, Birmingham, B33 8NB

## How to sign up & get more information:

Tel: Sharon Savage/Sue Ward on 0121 457 7541 opn.1

or email [Macmillan1@headway-wm.org.uk](mailto:Macmillan1@headway-wm.org.uk) or [Macmillan2@headway-wm.org.uk](mailto:Macmillan2@headway-wm.org.uk)

When living with cancer it can be easy to lose sight of just how capable you really are.

HOPE is a free self-management programme designed to help people become more knowledgeable, skilled and confident in managing the physical, emotional and psychological consequences of living with and being affected by a cancer.