



HOPE PROGRAMME

Help to Overcome Problems Effectively (HOPE)

Introduction

The HOPE course is an interactive, group-based, self-management support programme delivered over six weeks with each weekly session lasting two to three hours for up to twelve participants per programme. The course has been developed by Coventry University and Macmillan Cancer Support and there is no cost to attend.

The course covers:

- Goal setting, action planning and communication skills
- Fatigue and stress management (mindfulness and relaxation)
- Identifying strengths, becoming more positive, grateful, and prioritising important things
- Healthy lifestyles (eating more healthily and physical activity)
- Body image, sexuality, and intimacy

These techniques have been shown through research to have a positive impact on the health and well-being of people living with life limiting illnesses.

How can HOPE help?

After attending HOPE courses participants feel:

- More confident and motivated
- Less depressed, tired and anxious

- More relaxed, happy and positive about the future

"Just starting small and simple makes you realise that there's things you can do, you don't have to wait until you are fantastically healthy. It makes you realise 'I can do that; I have got the ability to do that.'"

"We all supported each other throughout, sharing tears of sadness, tears of joy, times of seriousness and times of laughter. I'd recommend it to anyone."

How to join

To enquire about joining the course, contact the **Living Well Service** on **01223 675820**.

This course has been developed by Arthur Rank Hospice Charity in association with Macmillan Cancer Support and Coventry University.

All information is correct at time of print and may be subject to change. Please visit our website for the most up-to-date information. If you have any feedback or would like this information in a different format or language, please contact us.

