

HOW DO YOU GET ON A COURSE?

If you are unsure whether a HOPE course is for you please contact:-



Royal United Hospitals Bath 
NHS Foundation Trust

Bath Centre for Fatigue Services

Royal National Hospital for Rheumatic Diseases
(T) 01225 473456
Monday – Friday: 8.30 am - 4.30 pm.

For BANES residents.

To book a place, please contact:

Wellbeing College
St. Martins Hospital
Bath BA2 5RP
(T) 01225 831820
(e) www.wellbeingcollegebanes.co.uk

Life can be tough when you are living with cancer
or even after treatment ends.
No one has to face these feelings alone.

ARE YOU FEELING....



Learn how to regain control over your life
in a supportive and friendly environment.

Attend a Macmillan

HOPE

Course

**NO ONE
SHOULD FACE
CANCER
ALONE** 

WHAT IS HOPE?

H.O.P.E. stands for **Help Overcome Problems Effectively**. It is an established programme that helps people who have had or have cancer to get on with their lives.

HOPE courses are **free** to attend and are run by Macmillan trained practitioners from the Bath Centre for Fatigue Services.

The course focuses on rediscovering your inner strengths and resilience to help you cope emotionally, psychologically and practically. There is time for discussions, group activities and time to share with others, with practical tools to try out.

The **HOPE** programme is delivered via:

A 2 ½ hour session once a week for 6 weeks

HOW CAN THE HOPE COURSE BENEFIT YOU?

It aims to help you to achieve some of the following positive outcomes and to:

- ✓ Feel more able to support and share your experiences with others to help you feel less isolated
- ✓ Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- ✓ Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- ✓ Increase your ability to handle stressful situations
- ✓ Discover how to use relaxation techniques to refresh your mind and body
- ✓ Learn how to make plans and achieve goals that are important to you that can help you make changes for the better
- ✓ Use the skills from the course to improve and self-manage your life after cancer treatment

WHAT PEOPLE HAVE SAID AFTER THE COURSE?

Goal Setting

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

Positive and negative emotions

"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."



Not feeling alone

"Things got very emotional at times, but knowing that I wasn't alone and it was OK to feel like that was very helpful."

Ongoing support

"There is light at the end of the tunnel. I met some lovely people and I know I can phone anyone of them anytime."