

# FINISHED YOUR CANCER TREATMENT? ARE YOU FEELING....



**Then our Macmillan HOPE course is possibly for you.**

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

- ✓ Feel more able to support others and share your own experiences 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 help manage your life after cancer treatment

**Our next course will be held at The Jakemans Community Stadium, Pilgrim Way, Wyberton, Boston, Lincolnshire PE21 7NE on the following dates:**

**Tuesday 9<sup>th</sup> April**

**Tuesday 16<sup>th</sup> April**

**Tuesday 23<sup>rd</sup> April**

**Tuesday 30<sup>th</sup> April**

**Tuesday 7<sup>th</sup> May**

**Tuesday 14<sup>th</sup> May**

**10:00am – 12:30 pm**

**For more information or to book on our next course please call 01522 573799 or email [Macmillan.infosupport@ulh.nhs.uk](mailto:Macmillan.infosupport@ulh.nhs.uk)**