

HOPE (Help Overcome Problems Effectively)



For people living with,
and beyond cancer

START TO MAKE A DIFFERENCE NOW

PROMOTE SELF MANAGEMENT

FIND NEW WAYS TO TAKE MORE CONTROL

MANAGE STRESS AND EMOTIONAL ISSUES

GOAL SETTING AND PROBLEM SOLVING

Courses are FREE and run for 2½ hours once a week over six weeks.

To enrol please contact Nicky McKee, Macmillan Cancer Information Centre Manager
Telephone: 01284 713023 / email: nicky.mckee@wsh.nhs.uk

PROGRAMME DATES FOR 2014

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|-----------------|--|
| COURSE 1 | 4 Feb-11 March (2pm-4:30pm) Friends Meeting Room, Friar Street, Sudbury CO10 2AA |
| COURSE 2 | 29 April-3 June (2pm-4:30pm) Asda, Western Way, Bury St Edmunds IP33 3SP |
| COURSE 3 | 5 June-10 July (6pm-8:30pm) Asda, Western Way, Bury St Edmunds IP33 3SP |
| COURSE 4 | w/c 8 September - Haverhill (details to be confirmed) |

IN PARTNERSHIP WITH WEST SUFFOLK CANCER SERVICES USER GROUP