

## HOPE (Help Overcome Problems Effectively) Courses

A programme for people who have completed or are currently having treatment for cancer



*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 (refreshments will be provided)  
See overleaf for dates, venues and contact details.**

## HOPE (Help Overcome Problems Effectively) Courses

A programme for people who have completed or are currently having treatment for cancer



*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 (refreshments will be provided)  
See overleaf for dates, venues and contact details.**

To enrol please contact Nicky Mcke  
Macmillan Cancer Information Centre Manager  
Telephone: 01284 713023 / email: [nicky.mckee@wsh.nhs.uk](mailto:nicky.mckee@wsh.nhs.uk)

**Topics covered:**

- Self-managing recovery and goal setting
- Body image
- Physical activity
- Managing fatigue
- Building confidence
- Dealing with stress, worries and fears
- Healthy eating, diet and nutrition

**PROGRAMME DATES FOR 2015**

**COURSE 1**

Wed 18th February — Tues 24th March at the  
Bury St Edmunds Golf Club 2.00pm—4.30pm

**COURSE 2**

Tues 14th April - Tues 19th May at the  
Friends Meeting House, Sudbury 2.00pm - 4.30pm

**COURSE 3**

Tues 15th September— Tues 20th October in Bury St Ed-  
munds Golf Club 2.00pm-4.30pm

**CARERS' COURSE**

Thurs 19th February— Thurs 26th March at the Friends  
Meeting House, Bury St Edmunds

In partnership with West Suffolk Cancer Services User Group

To enrol please contact Nicky Mcke  
Macmillan Cancer Information Centre Manager  
Telephone: 01284 713023 / email: [nicky.mckee@wsh.nhs.uk](mailto:nicky.mckee@wsh.nhs.uk)

**Topics covered:**

- Self-managing recovery and goal setting
- Body image
- Physical activity
- Managing fatigue
- Building confidence
- Dealing with stress, worries and fears
- Healthy eating, diet and nutrition

**PROGRAMME DATES FOR 2015**

**COURSE 1**

Wed 18th February — Tues 24th March at the  
Bury St Edmunds Golf Club 2.00pm—4.30pm

**COURSE 2**

Tues 14th April - Tues 19th May at the  
Friends Meeting House, Sudbury 2.00pm - 4.30pm

**COURSE 3**

Tues 15th September— Tues 20th October in Bury St  
Edmunds Golf Club 2.00pm-4.30pm

**CARERS' COURSE**

Thurs 19th February— Thurs 26th March at the Friends  
Meeting House, Bury St Edmunds

In partnership with West Suffolk Cancer Services User Group