

## **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**

To enrol please contact Nicky McKee, Macmillan Information Centre Manager

Telephone 01284 713023 / email: [nicky.mckee@wsh.nhs.uk](mailto:nicky.mckee@wsh.nhs.uk)

### **Programme dates for 2015**

**COURSE 1** Wed 18th February— 24th March , Bury St. Edmunds Golf Club 2.00pm-4.30pm

**COURSE 2** Tues 14th April - 19th May, Friends Meeting House, Sudbury 2.00pm - 4.30pm

**COURSE 3** Tues 15th September — 20th Oct, Bury St Edmunds Golf Club - 2.00pm-4.30pm

**CARERS' COURSE:** Thurs 19th Feb — 26th March , Friends Meeting House, Bury St Edmunds