MACMILLAN CANCER SUPPORT

NHS
Mersey and West Lancashire Teaching Hospitals
NHS Trust

How to Overcome Problems Effectively (HOPE) course

If you need this information in a different language or accessible format, please speak to a member of staff who can arrange it for you

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: Operational Manager
Department: Cancer Services
Document Number: MWL0006
Version: 002
Review Date: 01/11/2029

The HOPE course

The HOPE Course is a free course, available to all patients who have completed cancer treatment.

The course is a self-management course designed to help you cope emotionally, psychologically and physically after completing cancer treatment.

It provides the opportunity to meet other people who have also recently completed treatment and together find new ways to move on with a new meaningful life.

The course is led by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service and is supported by either a Cancer Support Worker or patient representative with a lived experience of cancer, all of whom are registered HOPE Facilitators.

Course content

- Goal setting and action planning
- Looking for solutions to problems
- Stress management
- Fatigue management
- Identifying your strengths
- Becoming more positive, grateful, and appreciating life more
- Healthy lifestyles
- Prioritising the important things in life
- Fear of cancer recurrence
- Body image, sexuality, and intimacy
- Communication skills.

Course delivery

The HOPE Course can be delivered in several formats in which you can state a preference for:

- **iHOPE** – virtual course delivered by St Helens Macmillan Service.

- **3 Week Course** – led by St Helens Macmillan Service (1 full day per week).

- **6 Week Course** – led by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service (over 6 weeks, half a day per week).

The course takes place either on-site at the St Helens Hospital Group Counselling Room or on an off-site location in either St Helens or Knowsley.

Further information

To discuss options to register for an upcoming course please contact either your Cancer Nurse Specialist, Cancer Support Worker Team or The St Helens Macmillan Centre at:

macmillansupport@merseywestlancs.nhs.uk

Telephone
01744 646985



Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.