



The HOPE Programme: A positive approach to self-management

HOPE uses positive psychology evidence-based activities, such as goal setting, action planning, mindfulness and gratitude diaries, to create an upward spiral of positive emotions leading to improved confidence, social support, happiness and well-being.

This is a group programme suited for 8-12 people living with and beyond cancer.

Venue: Woodgrange Centre dining room, St. Luke's Hospice

Session and date	Content of each session
Session 1: 28/1	Introduction to HOPE
Session 2: 4/2	Mindfulness, managing stress and goal setting
Session 3: 11/2	Managing Fatigue, Sleeping better and staying connected
Session 4: 25/2	Body changes, Sexuality, intimacy and communication
Session 5: 3/3	Fear of recurrence, Get active and feel good and goal setting
Session 6: 10/3	Gratitude diary, character strengths, life priorities and close

It will run every Thursday 14.30 – 17.00 and attendance at all six weeks is required.

Facilitators: Claire Taylor, Macmillan Nurse Consultant
Mary Finn, Macmillan Cancer Information and Support Manager

There is limited parking on site but there is plenty of free parking close by plus easy access to the building. Refreshments will be available

To register please call Claire Taylor on 020 8869 2569
Or Mary Finn on 020 8869 5099