

Courses for patients and carers following cancer treatment

HOPE

Help Overcoming Problems Effectively

This course helps people who have had any type of cancer to adjust to life after treatment.

These sessions aim to enable people to cope emotionally, psychologically and practically by building on their existing strengths.

The time is spent in facilitated discussion, with some group activities and ideas to try between sessions.

Topics covered include:-

- managing fatigue and stress
- communication
- body changes
- fear of recurrence
- getting active
- developing personal strengths

Many people who have attended the course have reported positive outcomes such as:

- knowing how to achieve long and short term plans for change
- being able to address difficult problems
- learning to use relaxation techniques to refresh mind and body

Take Control

This is a 3-hour workshop for people who have had any type of cancer to help them to adjust to life after treatment.

It focuses on practical and emotional skills, self-management techniques and coping strategies to help people move forward and 'take control' of life after treatment has finished. The course content is based on the HOPE course.

Time & Space

This is a workshop for people who are caring for someone who has cancer as they adjust to life following treatment together.

It provides a safe and supportive place to reflect and learn practical and emotional skills to help in a caring role.

These include:

- stress management
- fatigue management
- relaxation
- coping strategies



All the above courses are run at the Lynda Jackson Macmillan Centre (LJMC) at Mount Vernon Cancer Centre by facilitators who have been trained by Macmillan Cancer Support. The size of each group varies.

If you are interested in doing a course, please call us on 020 3826 2555 or complete the form on the last page and hand in or post to the LJMC. You will be contacted when a place becomes available.

If you wish to discuss the course in more detail, please drop in or telephone the LJMC on 020 3826 2555.

These sessions are also run at other locations. Please ask at the LJMC to find the nearest one to you.

Moving Forward

The 2-week Moving Forward course is run by Breast Cancer Now. It is suitable for people who have completed, or are near the end of, their treatment for **primary** breast cancer.

The half day sessions aim to provide information, support and professional guidance on a range of topics to help people cope with changes, manage uncertainties and establish a 'new normal'. This is done with the support of expert speakers.

Moving Forward is also run online over two 3-hour sessions.

For information or to book a place for Moving Forward, please call Breast Cancer Now on

0808 800 6000,

or visit their website:

www.breastcancer.org/moving-forward

Topics covered include:-

- breast and body awareness
- relationships and communication
- activity and energy
- eating for health
- menopausal symptoms
- fatigue
- recurrence
- lymphoedema
- mental wellbeing
- adjusting and adapting

Which course is right for you?

Course	Length	Suitable for..
HOPE *	6 weeks (half days)	People following cancer treatment
HOPE	2 day course (10-3pm)	People following cancer treatment
Moving Forward	2 weeks (half days)	People recovering from primary breast cancer
Take Control	Half day	People following cancer treatment
Time & Space	Half day	Carers supporting patients following and/or living with cancer

Courses are run at Mount Vernon Cancer Centre and other venues. Please ask at the LJMC for details.

* Also run online: <https://macmillan.fuseuniversal.com/communities/3463/contents/359132>

HOPE/Take Control/Time & Space courses

Referral form

Please complete all parts of this form and return it to:

Hope course
Lynda Jackson Macmillan Centre
Mount Vernon Cancer Centre
Northwood, Middlesex HA6 2RN



Please tick to indicate the course/s in which you are interested:

- HOPE (6-week course for patients)
- HOPE (2-day course for patients)
- Take Control (Half day course for patients)
- Time and Space (Half day course for carers)

We will contact you with the start date of the next course that has spaces available.

Name:

Address:

.....

..... Postcode:

Tel: Can a message be left? YES / NO

Email:

Date of birth: NHS no:

Type of cancer:

Name of consultant:

Notes:

.....

Name of person completing form: Date:

- I consent to all details on this form being kept by LJMC in accordance with the Privacy Policy of East & North Hertfordshire NHS Trust

Signature of patient/carer: Date:

Office use only:

LJMC Staff, please put this completed form in Hope/Take Control folder.

Date received:

Entered on waiting list by: