

## Courses for patients and carers when treatment has finished

### HOPE

#### Help Overcoming Problems Effectively

This 6-week course at the Lynda Jackson Macmillan Centre (LJMC) helps both men and women who have had any type of cancer to move on with life after treatment.

The 2½ hour sessions aim to enable people to cope emotionally, psychologically and practically by focusing on 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 at the LJMC for both men and women who have had any type of cancer to move on with life after treatment.

This session focuses on practical and emotional skills, self-management techniques and coping strategies to help you move forward and 'take control' of life after treatment has finished. The course content is based on the 6-week HOPE course.

It is held at the LJMC and runs every few months. Patients who attend Take Control are also welcome to do the 6-week HOPE course at a later date.

### Time & Space

This is a 3-hour workshop at the LJMC for people who are caring for someone who has cancer as they move on together.

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

These include:

- stress management
- fatigue management
- relaxation
- coping strategies

There may also be 6-week courses for carers. Please ask for availability.

All the above are run by facilitators who have been trained by Macmillan Cancer Support. The size of each group varies and can be up to 12 people.

**If you are interested in doing a course, please complete the form on the next 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.

## Breast Cancer Now - Moving Forward

The 4-week Moving Forward course is led twice a year by the charity Breast Cancer Now at Mount Vernon Hospital. It is 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 you cope with changes and manage uncertainties and establish a 'new normal'. This is done with the support of expert speakers.

Topics covered include:-

- breast and body awareness
- relationships and communication
- activity and energy
- eating for health
- menopausal symptoms
- fatigue

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

**0345 077 1893,**

or email:

**[movingforward@breastcancer.org.uk](mailto:movingforward@breastcancer.org.uk)**

## Which course is right for you?

| Course                  | Length   | Day and time                  | Location              | Suitable for...  |
|-------------------------|----------|-------------------------------|-----------------------|--|
| <b>HOPE</b>             | 6 weeks  | Wednesdays<br>10.00am-12.30pm | LJMC                  | Men and women who have finished cancer treatment       |
| <b>Moving Forward</b>   | 4 weeks  | Half day (varies)             | Mount Vernon Hospital | People recovering from primary breast cancer           |
| <b>Take Control</b>     | Half day | Wednesdays<br>10.00am-1.00pm  | LJMC                  | Men and women who have finished cancer treatment       |
| <b>Time &amp; Space</b> | Half day | Wednesdays<br>10.00am-1.00pm  | LJMC                  | Carers supporting patients who have finished treatment |

## Referral form - HOPE/Take Control/Time & Space courses

**Please complete all parts of this form and return it to:  
Lynda Jackson Macmillan Centre**

Mount Vernon Cancer Centre, Northwood  
Middlesex HA6 2RN



Please show which course you are interested in by ticking one of the boxes below:-

- HOPE - 6 week 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: .....

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Postcode: .....

Tel (Day): ..... Tel (Eve): .....

Mobile: ..... Email:.....

Type of cancer: .....

Best time to contact you: ..... Date: .....

Person completing form: .....

I consent to all details on this form being kept by LJMC for the purpose(s) listed below:

- I accept LJMC processing my data as above in accordance with their Privacy Policy online at <http://www.ljmc.org>
- I agree to receive communications from LJMC about courses: HOPE/Take Control/Time & Space/Stepping Stones
- I understand that I can contact LJMC to have my data removed from your records by telephoning 0203 826 2555

Signed: ..... Print name: .....

Date: .....

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**Office use only:** LJMC Staff, please put this completed form in Hope/Take Control post tray.

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