

Just a click away



In partnership with

MACMILLAN
CANCER SUPPORT



Living with or after a cancer diagnosis?

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope?

Join our online self-management programme, iHOPE. The programme focuses on:

Smarter goal setting, priorities and values, managing stress, coping with fatigue, living positively with fears for the future, finding things to be thankful for, character strengths, eating well, physical activity.

Start dates: 31st January, 21st March, 13th June, 5th September, 31st October 2022

The course lasts 6 weeks. We ask that you commit a minimum of 2 hours per week, at a time to suit you, and have access to the internet via smartphone, tablet or PC.

To sign up or find out more, please visit

<https://bit.ly/MAC-HOPE-2022>

