

## **H.O.P.E. For Carers (Helping to Overcome Problems Effectively)**

### **Are you caring for someone living with cancer?**

This **free short course** is led by people who have experience of caring and health care professionals. Whilst looking at ways to help you manage the day to day impact of caring, the course emphasis is on the strengths you already possess and the good things in your life and how to make the most of them.

### **Who is it for?**

People who are caring for someone living with cancer.

### **How long is it?**

Seven 2 ½ hour sessions running over **seven** consecutive weeks - the course starts with a **taster session** where participants can meet the rest of the group and help decide final course content.

### **What will I get out of it?**

The opportunity to learn and share with people who are also caring for someone living with cancer and to refocus on your inner strengths and develop your resilience.

### **How do I find out more?**

For more information about how to get involved, please contact [learning@macmillan.org.uk](mailto:learning@macmillan.org.uk). Your enquiry will be forwarded to your local Learning and Development team for their attention.

[www.macmillan.org.uk/learnzone](http://www.macmillan.org.uk/learnzone)

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).