

Good Practice in Starting a Group

Are you interested in starting or have recently started a self help or support group?

This **free** workshop covers good practice in setting up a self help or support group, based on Macmillan Cancer Support's 'Good Practice Guidelines' booklets. Day 1 focuses on the purpose of self help and support groups and how to engage and utilise the skills and experience of your members; Day 2 looks at dealing with group dynamics and identifying support and training needs.

Who is it for?

People who are interested in or have recently (within the past year) set up self help or support groups.

How long is it?

2-day workshop – participants **must** attend both days

What will I get out of it?

Increased understanding of the function of self help and support groups, knowledge of best practice for running support and increased confidence in dealing with challenging group dynamics.

How do I find out more?

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

www.macmillan.org.uk/learnzone

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