

Introducing Macmillan's iHOPE Programme

November – December 2020

What is the Macmillan iHOPE programme?

iHOPE is Macmillan's online self-management programme ('Help Overcoming Problems Effectively') which empowers people living with cancer to manage their health and wellbeing. The course is based on positive psychology, mindfulness and cognitive behavioural therapy.

Who can participate on the iHOPE programme?

The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment finished some time ago or you are currently receiving it.

How can iHOPE help people?

iHOPE provides people living with or after a cancer diagnosis with the knowledge, skills and confidence to cope with many of life's challenges, frustrations, fears and isolation.

The programme enables people to recognise their own potential, increase ability to cope and improve resilience to enhance quality of life. It builds skills to feel more confident in dealing with anger, depression and uncertainty and increase ability to handle stressful situations. It provides knowledge of relaxation methods to refresh the mind and body and shows how to make plans and achieve goals.

iHOPE aims to teach you how to become more relaxed, improve your confidence in setting positive goals, learn stress and fatigue management skills and explore any worries you experience when dealing with cancer.

Quote from a recent participant:

"Such a worthwhile investment in time. I have taken so much away from this course and honestly do feel I am in a better place than I was six weeks ago. I still have a long way to go, but I have a better understanding of why I feel the way I do and now I have the toolkit to help reframe that into something more positive."

About the iHOPE programme

iHOPE is a free **6-week** online programme. The course is based on positive psychology, mindfulness and cognitive behavioural therapy. Each week the course covers topics like: • smarter goal setting • priorities and values • living positively with fears for the future • building character strengths • physical activity • eating well • managing stress • coping with fatigue.

It includes quizzes, worksheets, audio and video materials, interactive gratitude and goal setting and social networking via online forums. You can do the course on your PC, laptop, tablet or smartphone.

The course is facilitated by trained facilitators and health professionals who themselves have an experience of living with cancer.

iHOPE will take around 3 hours each week for the six week period of the course. This will include **up to 2 hours** to complete each weekly session by yourself, which you can complete at any time which is convenient to you. You will also have the option to **join weekly online discussion sessions** with the iHOPE facilitators which will run on **Tuesday afternoons, 1.30pm til 2.30pm, from Tuesday 3rd November until Tuesday 8th December 2020**, via Microsoft Teams.

How do I book a place?

iHOPE is being run virtually by the Macmillan Information and Support Service in Calderdale and Huddersfield NHS Trust, so please contact the team on 01484 343614 or 01422 222709 or email cancer.information@nhs.net to book a place. You will need to provide your name, DoB and contact details, including an email address.

We will look forward to supporting you and would welcome you on our new course.

Best wishes

Helen Jones, Mandy Davies & Holly Smith

Macmillan Information & Support Service
Calderdale and Huddersfield NHS Foundation Trust