

Further information

To discuss options to register for an upcoming course please contact either your Cancer Nurse Specialist
your Cancer Support Worker Team

or

The St Helens Macmillan Centre at:

macmillansupport@sthk.nhs.uk

Telephone

01744 646985

**MACMILLAN
CANCER SUPPORT**

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.co.uk

**MACMILLAN
CANCER SUPPORT**

H.O.P.E. (How to Overcome Problems Effectively) Course

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسبيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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The HOPE course

The HOPE Course is a free course, available to all patients who have completed cancer treatment.

The course is a self-management course designed to help you cope emotionally, psychologically and physically after completing cancer treatment.

It provides the opportunity to meet other people who have also recently completed treatment and together find new ways to move on with a new meaningful life.

The course is led by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service and is supported by either a Cancer Support Worker or patient representative with a lived experience of cancer, all of whom are registered HOPE Facilitators.

Course content

- Goal setting and action planning
- Looking for solutions to problems
- Stress management
- Fatigue management
- Identifying your strengths
- Becoming more positive, grateful, and appreciating life more
- Healthy lifestyles
- Prioritising the important things in life
- Fear of cancer recurrence
- Body image, sexuality, and intimacy
- Communication skills.

Course delivery

The HOPE Course can be delivered in several formats in which you can state a preference for:

- **iHOPE** – virtual course delivered by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service.
- **3 Week Course** – led by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service (1 full day per week).
- **6 Week Course** – led by the Trust Cancer Counsellor in liaison with St Helens Macmillan Service (over 6 weeks, half a day per week).

The course takes place either on-site at the St Helens Hospital Group Counselling Room or on an off-site location in either St Helens or Knowsley.

