

Macmillan's Self Management Programme HOPE in Wales 2018

Do you have a cancer diagnosis? Are you interested in attending our self management programme HOPE? Do you know someone who would benefit from attending? Do you want to attend in a location or date not listed below?

Macmillan is offering **HOPE** to anyone living with a cancer diagnosis in Wales. In 2018 we hope to visit new towns and venues. The programme has received really positive feedback from those who have attended. Our **HOPE** programme will help you set positive goals for your future and give you a chance to share your experiences and reflect on living with cancer in a supportive environment.

Each day is **10am- 4.15pm**, and includes lunch and refreshments. The follow up is 6-8 weeks afterwards. This session will run from **11am- 3pm** with a light lunch included. Please find below information about programmes planned for 2018.

Start Month, Day & Times	Dates	Venue
October		
10am -4.15pm 11am-3pm	4 October & 5 October Follow Up: 15 November	Wrexham Glyndwr University Wrexham

If you would like to reserve a place or have any questions regarding the programme please contact the Learning and Development team in Wales on: **01656 867960**.

Alternatively you can email: L&D Team Administrator waleslearning@macmillan.org.uk or Genette Webster, Learning and Development Manager gwebster@macmillan.org.uk