

What is the Macmillan iHOPE programme?

iHOPE is an online self-management programme which empowers people living with cancer to manage their health and wellbeing. The course is based on positive psychology, mindfulness and cognitive behavioural therapy.

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.

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

It will take **up to 2 hours** to complete each weekly session, which you can complete at any time which is convenient to you. You can do the course on your PC, laptop, tablet or smartphone.

Who can participate on the iHOPE programme?

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