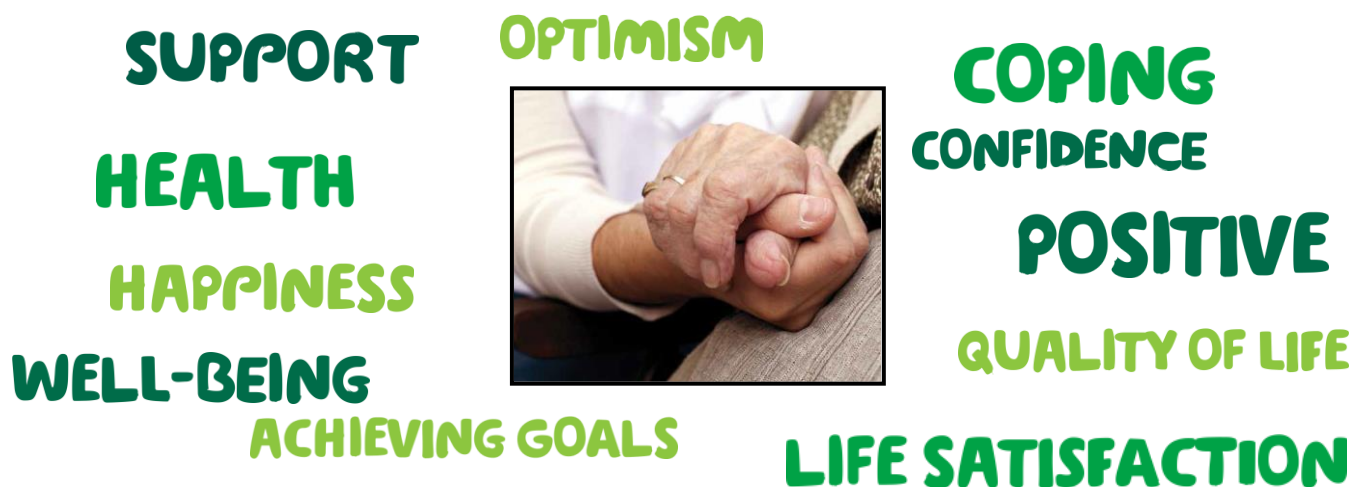


TIME & SPACE WITH THE HOPE COURSE

FOR PEOPLE WHO CARE FOR SOMEONE WHO HAS SURVIVED CANCER

HOPE (Helping Overcome Problems Effectively) is a self-management course designed to help carers improve their physical and emotional well-being.



The course covers the following:

- Positive thinking. Achieving goals. Solving problems
- Dealing with stress, anxiety, depression, guilt and fatigue.
- Healthy eating and physical activity, increasing psychological and emotional well-being.
- Increasing confidence, self-esteem and motivation.
- Meet other carers with similar concerns and experiences.
- Coping with setbacks.
- Communicating with health/social care professionals.

Join us on *Tuesday 5th and 12th March 2019.*

From *3pm - 6pm.*

At *20 – 22 York Road, London, SW11 3QA 8525*

Contact the support team on *020 7924 3924* or email

support@paulscancersupport.org.uk www.Pauls.org.uk for more information

Funded by Wandsworth CCG

