Thriving & Surviving

Dealing with Life and Cancer

Education Programmes for Patients (EPP) Cymru develop and deliver FREE Health and Well Being courses for adults across Wales





Cancer:

Thriving and Surviving Self management programme

The aim of this programme is to support & help people affected by cancer, to build confidence in self management and maintain active and full lives.

The Cancer: Thriving and Surviving (CTS) Programme consists of two and a half hour sessions, once a week for six weeks, in community locations and online. Sessions are facilitated by two trained people, who have experienced cancer themselves or who care about someone who lives with the condition.

Topics covered include:

1. **Ways** to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
2. **Exercise for staying healthy, flexible and strong**
3. **Making decisions** about treatment and complementary therapies
4. **Ways to talk about cancer** with family, friends and health professionals
5. **Healthy eating**
6. **Setting goals**
7. **Relationships**

Each person who attends will receive a copy of the book, Living a Healthy Life With Chronic Conditions (on loan for the 6 weeks), and a relaxation CD, **Relaxation for Mind and Body,** to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.

Does the Programme replace existing programmes and treatments?

No. This programme will help people move on from treatment. It supports those living with the effects of cancer, and will provide the skills and knowledge needed to manage health and well-being.

How was the Programme developed and evaluated?

The Cancer: Thriving and Surviving (CTS) Course was originally adapted from the Chronic Disease Self-Management Programme (CDSMP), at the Macmillan Cancer Support Trust in the United Kingdom.

It was tested for effectiveness in the UK and in the USA.

