

Frequently asked questions:

1. Why have I been invited?

You have been invited because you are either a carer/supporter or person living with or beyond cancer. You may have attended or facilitated the HOPE (Helping Overcome Problems Effectively) Programme. We value your expertise and experiences and we would like to work with you to think about future research in this area.

2. What is the HOPE Programme?

The HOPE Programme is a self-management programme, developed by Coventry University and run through Macmillan Cancer Support. The programme uses evidence-based techniques to create positive emotions, leading to increased confidence and well-being.

3. Who are we?

We are researchers at Coventry University who created and continue to improve the HOPE Programme. Gemma Pearce and Jo Parsons will facilitate the discussion group.

4. What have I been invited to?

We would like to chat to you about your ideas about how we might develop the HOPE Programme. This course is already making a positive difference to people's lives and we would like to apply for research funding to make this course more widely available to people.

We are interested in your views about what problems we might be able to try and solve, what questions might need answering, and how we can improve the delivery and development of the HOPE Programme in practice so more people have access to it. We are particularly interested in finding out your views about online versions of the HOPE programme.

5. What are the details?

The discussion group will be held at Coventry University.

You will be paid £20 an hour for your time at the discussion group, and we will reimburse any local travel/parking expenses. If you are interested in attending this discussion group, please let us know that you are interested and we will find a time that is convenient for everyone. You can let us know you are interested by email: parson43@uni.coventry.ac.uk

6. What will happen to the information shared in this discussion group?

This is an informal group chat that will only be used to inform funding applications. It is not part of a research study and the findings will not be written up in a report or made available to the public. We will write a little summary of the chat to let you know what messages we took from the discussion and you can let us know if you agree/disagree if you want. The chat will not be recorded, but Gemma and Jo might take some notes to remember what you said.

7. What are the benefits of taking part?

By taking part you can contribute to shaping the future of the HOPE Programme and support for people living with and beyond cancer, and their carers/supporters. Also if any funding applications are successful, then we would love for you to stay involved as paid experts informing the research as it develops (but coming along to this discussion group does not mean you are committing to this).

8. Further information

If you should need any further information, have any questions or are interested in attending, then please contact: parson43@uni.coventry.ac.uk

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