

Project Title; ACTivate Your Life – Affected By Cancer

Project Theme

4 week psycho-education program based on the themes of Acceptance and Commitment Therapy (ACT)

Project Lead / Contacts (to be contacted for further information)

Tom Dyer – 02920 768782 tom.dyer@tenovuscancercare.org.uk

Rationale (background and purpose/aim of the project)

To help those affected by cancer to continue to live a well fulfilled life with and beyond cancer by being more aware of their mind and taking more control of their actions.

Project Details

Designed by Prof. Neil Frude Clinical Psychologist, Licenses by Tenovus Cancer Care, Presented by trained volunteers in community locations throughout Wales.

Intended Outcomes (potential benefits of the project)

That people affected by cancer report a higher satisfaction of life

Partners (list all partners involved and identify lead agency)

Prof Neil Frude and Tenovus Cancer Care

Time frame

Delivered over 4 week intervals. Each session is two hours long.

Commissioning / Funding

Funded by Tenovus Cancer Care

Evaluation / Reporting

We conduct a pre and post evaluation before ACT 1 and after ACT 4 to assess changes in Depression, anxiety, wellbeing, psychological flexibility. Repeated 3 and 6 months later.

Future Development Planned

Service is patient led at present. From 2019 (year 2) we will be conducting two courses a month throughout Wales. Year 3: three courses per month and some courses in England

Sustainability

Ongoing recruitment of course presenters. Ongoing development with Health Boards and third sector organisations

Supporting Documentation

Leaflet, FAQ and Preliminary Report

<https://tenovuscancercare.org.uk/how-we-can-help-you/activate-your-life-affected-by-cancer/available-courses/>

Acknowledgement

Tom Dyer – ACTivate Your Life Lead