

The



SMILE

Programme

Do you want to “take back control” and move forward?

SMILE is a 6 week programme aimed at supporting you to do just that. Whatever “**moving forward**” means for you!

It could mean you can start doing new things, or it could mean you can stop doing or thinking about things that may be getting in your way.

In fact, you don't even need to tell anyone on the programme what it is that you want to change. You can keep that private if you like. You will not be judged on this programme.

Angela and Debs, who will be supporting you, believe that everyone has their own good reasons to make a change and much of the strength to make it happen.

Using mindfulness techniques, this programme will help to increase your motivation, build your confidence and assist you in taking positive steps - moving forward.



Airedale, Wharfedale and Craven Clinical Commissioning Group
Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group



We will work in a small group of up to 12.

We will start by recognising our existing skills, before thinking about what gets in the way.

We'll try different activities together. That could be art, music, walking, talking, laughing or something else. We'll decide that together.

You will set an intention and make your own plan. At the end of the 6 weeks we will talk about the progress we have all made and celebrate our journey and plans for the future.

This programme will take place on:

WEDNESDAYS between 1pm and 3pm.

Starting on Wednesday 16th October

Finishing on Wednesday 20th November.



Cancer Support Yorkshire, Armoury House,
45A Otley Street, Skipton, BD23 1EL

Please speak to staff or call Debi on 01756 228088
to book your **FREE** place