



HELPING YOU RECLAIM THE BEST VERSION OF YOURSELF FOLLOWING A LIFE CHANGING HEALTH EVENT

A GUIDE TO THE SUNRISE SUPPORT PROGRAMME



WELCOME

Welcome to the Mortal And Strong Sunshine Course. A 10-step programme to help you look at **where you were**, what you have **been through**, how you feel now and where you **want to be**. The UK's first and only charity-provided course that is tailored for anyone, regardless of the diagnosis.

After facing a life changing health diagnosis or event, a lot can change (for better or worse) but how you feel about your life, the control you have over your future is very much in your hands. This course is designed by a **professional life coach** to provide you with science-backed tools and guides to encourage personal growth and reclaim control of your future.

HOW SUNSHINE WAS FORMED...

The Sunshine Programme was inspired by several women who were Voices in the Scars Of Gold campaign. Volunteers, friends of the charity and trustees who before they died left a profound impression on the charity and what is needed to help people truly find strength, no matter what the physical health challenge is.

Amy, Anjlee and Siobhan and Tracy all had fierce determination for hope, strength and the importance of finding joy in life. They emphasised the need for the emotional support in recovery and healing as much as the physical healing.

And so our team came together with a number of volunteers to design the Sunshine Programme. Adapted in three ways to meet the different specific needs: SUNRISE for anyone, any condition. SUNSET for secondary cancer or life-limiting diagnoses. SUNSHINE ADAPTED for deaf community navigating cancer. Each programme designed by a different qualified life coach and people with direct experience to know that the programme truly works.



HOW YOU CAN MAKE THE MOST OF THE COURSE

BEFORE YOU BEGIN...

- **QUESTIONNAIRE & CONSENT** - We will invite you to complete a questionnaire before starting to help us assess where you are - how you are feeling, your confidence and where you are at before you begin. We don't want specific, personal medical information, just an idea of how you are feeling before beginning so we can see how things have improved by the end of the course.
- **LAUNCH ONLINE GROUP** - The course kicks off with an online group session. This is optional, but can be a wonderful way to meet other people also going through the course, share experiences, make friends and have a community of support. We will guide these throughout the programme to help you with anything that comes up.
- **WORKBOOK** - Download the workbook to use at home or print at home. This contains loads of extra tasks and reflective guides to help in addition to the videos. You can buy the book from us (printed on demand by Amazon to save costs) with all the profits going to running these services for free.

HOW IT WORKS...

10 STEPS...10 short videos divided into three main chapters (who you were before the diagnosis, where you are now, how to move forwards) with one-directional coaching from Lisa. Lisa will talk through in stages the different areas you need to work through.

REGULAR CHECK IN... we will check in every two weeks and provide regular online groups if you want to talk about things that have come up, and we are here any time via email to help you make the most of the programme.

BE READY FOR SOME 'YOU' TIME - HEALING, RECOVERY AND REFLECTIONS WITH GROWTH AND STRENGTH THE MAIN GOAL



SUNRISE PROGRAMME

10 STEPS...6 WEEKS

WEEK 1-2 CHAPTER 1

UNDERSTANDING
WHERE YOU HAVE
COME FROM

WEEK 3-4 CHAPTER 2

LOOKING AT WHERE
YOU ARE RIGHT NOW
AND WHAT YOU NEED

WEEK 5-6 CHAPTER 3

MAKING A PLAN
WITH THE RIGHT
TOOLS TO MOVE
FORWARDS

FREE ONLINE
COURSE AT
YOUR PACE,
IN YOUR TIME

ONLINE SUPPORT
GROUPS WITH
OTHERS ON THE
COURSE TO SHARE
EXPERIENCES AND
TALK THROUGH
THINGS THAT COME
UP

DOWNLOADABLE
WORKBOOK OR
ORDER A HARD
COPY TO WORK
THROUGH
ALONGSIDE THE
COURSE

After experiencing a life changing health challenge you are not the same as who you were previously. Your needs, priorities and how you experience life are all different. We are the first charity to provide life-coaching style support to provide science-backed tools to help you recover, find growth and strength.



SUNRISE PROGRAMME

DELIVERED BY QUALIFIED LIFE COACH

ANYONE

THE COURSE IS AVAILABLE TO ANYONE TO WORK THROUGH, FOR FREE AT YOUR PACE

ANY DIAGNOSIS

NO MATTER THE DIAGNOSIS OR HEALTH EXPERIENCE IS - THE IMPACT ON YOUR LIFE IS THE SAME. WE KNOW, EVERYONE IN THE MORTAL AND STRONG TEAM HAVE EXPERIENCED THIS.

ANY STAGE

WHETHER YOU ARE IN THE MIDDLE OF TREATMENT, YEARS CLEAR OF TREATMENT OR LIVING WITH AN INCURABLE CONDITION, THERE ARE TOOLS ON THE COURSE TO HELP.

LISA BENNET IS A QUALIFIED PROFESSIONAL LIFE COACH AND HAS HAD CANCER TREATMENT FOR BOTH THYROID CANCER AND LYMPHOMA.

LISA HAS USED HER PROFESSIONAL AND PERSONAL EXPERIENCE TO DESIGN THIS PROGRAMME TO ADDRESS EXACTLY WHAT IT IS YOU NEED TO MOVE FORWARD.



SUNRISE PROGRAMME

GET READY TO BECOME THE BEST VERSION OF YOU...

VIDEO
ONLINE
COURSE

WORKBOOK

ONLINE GROUP
SESSIONS

WEEK 1-2 CHAPTER 1

UNDERSTANDING WHERE
YOU HAVE COME FROM

STEP 1 - UNDERSTANDING WHERE
YOU'VE COME FROM
STEP 2 - NOTICE HOW YOU'RE FEELING
STEP 3 - THIS IS WHY YOU REACT TO
THINGS
STEP 4 - HOW TO RESET YOU BRAIN
CHECK IN WITH OUR PROGRAMME LEAD

WEEK 3-4 CHAPTER 2

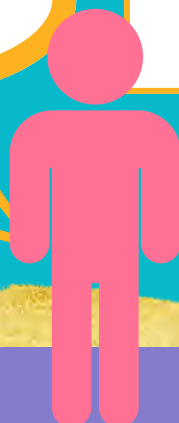
LOOKING AT WHERE YOU ARE
RIGHT NOW AND WHAT YOU NEED

STEP 5 - ASSESS YOUR NEEDS
STEP 6 - DISCOVER WHAT IS
HOLDING YOU BACK
STEP 7 - START TO REASSESS
CHECK IN WITH OUR PROGRAMME LEAD

WEEK 5-6 CHAPTER 3

MAKING A PLAN WITH THE RIGHT
TOOLS TO MOVE FORWARDS

STEP 8 - LET'S MOVE FORWARDS
STEP 9 - SETTING GOALS THAT
STICK
STEP 10 - DARE TO DREAM
*CERTIFICATE AND CELEBRATE
COMPLETION WITH OUR PROGRAMME
LEAD*



EDUCATION

ACROSS COMMUNITIES OF HEALTH FOR MAXIMUM OUTREACH, IMPACT AND TO ADDRESS INEQUALITIES IN HEALTH

SUPPORT

NAVIGATING THE IMPACT OF A DIAGNOSIS, NAVIGATING THE HEALTH CARE SYSTEM, AND FOR THE FAMILY

MEDICAL PROFESSIONAL LED

SPECIALIST COLLABORATION

VOICES OF LIVED EXPERIENCE



STRIVING FOR HEALTH EQUITY AT OUR CORE

ENSURING NO ONE FACES A LIFE CHANGING OR INCURABLE HEALTH DIAGNOSIS WITHOUT SUPPORT

HIGHER CHANGE

LEARNING THROUGH USER ENGAGEMENT OF COMMON CHALLENGES, THEN PROPOSING CHANGE SOLUTIONS TO AT HIGHER LEVELS VIA OUR COLLABORATIONS WITH NATIONAL HEALTH DELIVERY SERVICES

THRIVE ARC™

DIAGNOSIS SPIRAL™

MORTAL AND STRONG





THE SUNSHINE SUPPORT PROGRAMME IS PROVIDED TO ANYONE, ANY DIAGNOSIS FREE

THANKS TO EVERYONE WHO HAS DONATED TO THE CHARITY.

WE RELY ON DONATIONS AND FUNDRAISING TO HELP PROVIDE THESE SERVICES. TO LEARN MORE OR DONATE TO CONTINUE THESE SERVICES PLEASE VISIT OUR WEBSITE

WWW.MORTALANDSTRONG.COM

CONTACT DETAILS

Mortal and Strong is here to support anyone in the prime of their life (18-65) any gender, any race, any background, facing into life with a life-limiting / chronic illness. Whatever your health condition and whether you are awaiting diagnosis, mid-treatment, after treatment or facing life-limiting / palliative care; Mortal and Strong is here to support you.

Charity by CIO Reg No. 1209448
Patient Information Forum regulated
Regulated by the Fundraising Regulator
Gift Aid

www.mortalandstrong.com
[@mortalandstrong](https://www.instagram.com/mortalandstrong)
contact@mortalandstrong.com

Glaven, Brinton Road, Norfolk, NR24 2ED
07572879810

Regulated by Fundraising Regulator
GIFTAID Registered
Regulated by Patient Information Forum
Member of National Voices

*Note: The charity was registered in August 2024, but our impact report and financial report for this first year is August 2024-October 2025. Future reports will run October-October.



SUNSHINE SUPPORT PROGRAMME

TERMS OF USE

DISCLAIMER OF LIABILITY

- While every effort is made to ensure safety and accuracy, the Charity cannot guarantee outcomes or assume liability for any decisions participants make based on the information provided.
- Participation is voluntary and undertaken at the participant's own discretion.
- The Charity shall not be liable for any indirect, incidental, or consequential damages arising from participation or use of programme materials.

INTELLECTUAL PROPERTY

All written materials, visuals, and content associated with Sunshine Support remain the property of Mortal and Strong and are protected by copyright law.

Participants may use materials for personal reflection only and may not reproduce, share, or distribute them without written consent.

CONFIDENTIALITY & DATA PROTECTION

- All participant information is handled in compliance with UK GDPR and the Data Protection Act 2018.
- A full Privacy Notice is available on our website.

FEEDBACK & COMPLAINTS

Participants are encouraged to share feedback to help improve the programme.

Formal complaints can be submitted via contact@mortalandstrong.org and will be acknowledged within 10 working days in line with our Complaints Procedure.

AMENDMENTS

The Charity reserves the right to update these Terms and Conditions at any time.

Participants will be notified of significant changes by email or website notice.

The most current version will always be available on www.mortalandstrong.com

GOVERNING LAW

These Terms and Conditions shall be governed by and construed in accordance with the laws of England and Wales, and any disputes shall be subject to the exclusive jurisdiction of the English courts.

CANCELLATION & WITHDRAWAL

Participants may withdraw from the programme at any time by notifying their facilitator or emailing contact@mortalandstrong.org.

We ask for 48 hours' notice before any scheduled session where possible.

The Charity may withdraw or postpone the service due to staff illness, emergencies, or organisational circumstances. Notice will be given where feasible.

PARTICIPANT CONDUCT

Participants agree to:

- Treat all staff, volunteers and other participants with respect.
- Maintain confidentiality regarding other participants' experiences.
- Avoid sharing personal or medical advice.
- Refrain from using abusive, discriminatory or inappropriate language or behaviour.

The Charity reserves the right to suspend or terminate participation if conduct breaches these standards.

By enrolling in the Sunshine Support Programme, you confirm that you have read, understood, and agree to abide by these Terms and Conditions.