

HOPE Course Resource List

- ☐ Register - [HOPE Register](#) (1)
- ☐ Welcome Letters - [Welcome to HOPE Letters](#)
- ☐ Week 1 – 6 Participant Handouts – **printed by RD&E** (15 of each)
- ☐ Baseline and Six-week Questionnaires - [HOPE Questionnaire V4](#) (15 of each)
- ☐ Participant Information Sheet - [HOPE Participant Information Sheet 2023](#) (15 of each)
- ☐ HOPE Photo & Video Consent Form - [Photo Multi Consent Form](#) (1)
- ☐ Goal Setting Worksheets (30 of each)
- ☐ Keeping in Touch suggestions - **printed by RD&E**
- ☐ Wordles - **printed by RD&E**
- ☐ Be Kind to Yourself Cards
- ☐ Supporting resources - [HOPE Supporting Resources](#) (15 of each)
- ☐ Feedback Forms (15 of each)
- ☐ Friends and Family Test - [FFT](#) (15 of each)
- ☐ Certificates of participation - **printed by RD&E** (15 of each)
- ☐ Name Cards
- ☐ Flipchart Paper
- ☐ Board Marker Pens
- ☐ Ballpoint Pens
- ☐ Post It Notes
- ☐ Blue Tac
- ☐ Gratitude Wall
- ☐ Box of Tissues
- ☐ Tea (+ decaf)
- ☐ Coffee (+ decaf)
- ☐ Sugar
- ☐ Sweetener
- ☐ Raisins*
- ☐ Milk*
- ☐ Biscuits/Snacks*

**To purchase each week (expenses can be reimbursed)*

Optional resources:

- ☐ Music/Speakers
- ☐ Video Clips – projector and/or laptop
- ☐ Plain paper/card for the Character Strengths hand
- ☐ Additional refreshments (flavoured teas / water etc.)

HOPE Course Resource Reminders

Week 1

- Milk
- Register
- Flip Chart – ground rules
- Handouts
- Name Cards
- Participant Information Sheet
- Baseline Questionnaire (to be returned to Julie)
- Collect words for Word Cloud

Week 2

- Milk
- Register
- Flip Chart – ground rules
- Handouts
- Be Kind to Yourself Cards
- Raisins
- Show group formed Word Cloud
- Goal Setting Worksheet

Week 3

- Milk
- Register
- Flip Chart – ground rules
- Handouts
- Goal Setting Worksheet

Week 4

- Milk
- Register
- Flip Charts – ground rules
- Handouts
- Goal Setting Worksheet

Week 5

- Milk
- Register
- Flip Chart – ground rules
- Handouts
- Collect words for Word Cloud

Week 6

- Milk
- Register
- Flip Chart – ground rules
- Handouts
- Take back hard copy of Word Cloud
- Week 6 Questionnaire (to be returned to Julie)
- Feedback Forms
- Friend and Family Test
- Certificates