

Spreading HOPE across Devon

Welcome

Thank you for taking the time to read our HOPE in Devon Newsletter, where we provide all of our updates around everything HOPE across the county. Grab a cuppa and enjoy!



Offering HOPE to people with Learning Disabilities



We are very excited to announce that we will be piloting our very first HOPE Programme specifically aimed at people with learning disabilities, which will run on the **8th, 9th, 15th and 16th October** at the Courtenay Centre in Newton Abbot, **10:30am-12:30pm**. This is being facilitated by two of our amazing facilitators, Anja & Fay, who both have a background in working with people with learning disabilities.

The learning disability programme is different in that it is delivered over 4 sessions, there is also a separate manual and participant workbook.

We are very excited to share the outcomes and feedback from this programme with you and hope to be able to roll this out across Devon soon!

Working with Enhanced Access to offer weekend courses!

The Devon HOPE Programme Team are continuously striving to make the HOPE Programme as accessible as possible for people in our local communities. We are really pleased to say that in South Devon we are working collaboratively with the Enhanced Access Team to offer weekend HOPE courses at the following GP Surgeries: Pembroke House Surgery (Paignton), Albany Surgery (Newton Abbot) and Leatside Surgery (Totnes).

We have a six week HOPE Programme starting on **Saturday 28th September** at Pembroke House Surgery for people living with low level anxiety and depression.

Enhanced Access are offering us free use of the room's, along with refreshments - all we need to provide is facilitators! If you are interested in getting involved please contact Liv.



Find us on Facebook

<https://www.facebook.com/HOPEProgDevon/>

Call: 01803 320600 or Email: hope.devon@nhs.net
<https://myhealth-devon.nhs.uk/local-services/hope-programme>

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So, what have we got coming up?

Face to Face:

COURSE	VENUE	DATES	TIMES
Low level anxiety and depression	X Centre, Exeter	Monday 2nd September - 14th October 2024	13:00-16:00pm
Chronic pain and fatigue	Ashburton and Buckfastleigh Hospital, Newton Abbot	Tuesday 10th September – 15th October 2024	14:00pm - 16:30pm
Sensory Loss	Paignton Library, Paignton	Tuesday 17th September – 22nd October 2024,	11:00am-13:30pm
Long-term health conditions and/or mild depression or anxiety	Old Heathcoat School Community Centre, Tiverton	Wednesday 18th September - 30th October 2024	9:30am-12:00pm
Low level anxiety and depression	Pembroke House Surgery, Paignton	Saturday 28th September – 2nd November 2024	10:00am-12:30pm
Chronic pain, fatigue, fibromyalgia	Stella Maris Court, Bideford	Monday 7th October – 11th November 2024	13:00pm – 15:30pm
Learning Disabilities	The Courtenay Centre, Newton Abbot	8th, 9th, 15th and 16th October 2024	10:30am-12:30pm
Living with and beyond Cancer	Livermead Cliff Hotel, Torquay	Wednesday 16th October - 20th November 2024	TIMES TBC

Virtual:

COURSE	VENUE	DATES	TIMES
Lymphoedema	Microsoft Teams	Thursday 3rd October - 7th November 2024	11:00am-12:30pm

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Spreading HOPE, sharing feedback and success stories!

Amazing outcomes from a South Devon Sensory Loss HOPE Programme!

In April-May 24 we ran a HOPE Programme aimed at people living with sensory loss, which included visual, hearing and dual sensory loss. This was delivered by two of our wonderful facilitators, Naseem and Vicki, both of whom live with sensory loss. The outcomes and feedback from the programme was incredibly positive:

“So much more confident”

“Given me tools for life going forward”

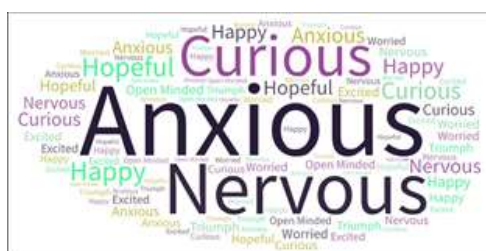
“I am getting out every day, before I was isolated”

“The facilitators were perfect, approachable, supportive, understanding”

“It was beyond the course expectation delivered in depth then expected”

“The facilitators lived experience and expertise made the course more comfortable and enriching”

7 participants started the programme and **all 7 finished** the programme, which demonstrates the success of the course, as well as the peer support and friendships that were built over the six weeks. This is also evidenced in the word clouds:



WEEK 1



WEEK 6



The group have since met up for a coffee and a catch up

We are pleased to be offering the next Sensory Loss programme, which will be starting on the **17th September** at Paignton Library!

A huge thanks to
Naseem for
sharing this with
us!

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Spreading HOPE, sharing feedback and success stories!

Julie Cotton (North Devon HOPE Coordinator)

After having 10 newly trained Facilitators for North Devon in April 2024, we got off to a flying start.

Barnstaple low-level anxiety and depression HOPE course, led by Esther and Catherine concluded in June 2024 with some lovely feedback of how the participants gained confidence, felt normal, felt relaxed in the space and able to open-up, feelings that anxiety was lessening throughout the course. Well done Esther and Catherine!!



Bideford low-level anxiety and depression HOPE course also concluded in June 2024 and was led by Verity and Justine. Again, some really good feedback from the participants, well done to both of you for making the group so successful!!

Excellent, very useful, better than I expected, lots of support & achievable exercises.

Thank you for the help and to recognise my good qualities. Very helpful.

Absolutely lovely ladies - supportive, empathy, sharing their own stuff. Thank you x

Excellent course - learnt a lot about myself and got myself motivated again!

Holsworthy is currently holding a HOPE course for people who live with chronic pain, fatigue, fibromyalgia, led by Helen and Alison. This course is running for 9 shorter session weeks and due to conclude November 2024. This group has really jelled and are enjoying each other's company, view and opinions. Well done Helen and Alison for making it such an inviting atmosphere for the group!

The summer season is difficult to run well attended HOPE courses, due to staff annual leave and participant holidays, so a big thank you to all involved with these three courses. October 2024 will see a new HOPE course in Bideford for people living with chronic pain, fatigue, fibromyalgia to be led by Rae and Sophie. We already have 8 participants of that list so I am looking forward to supporting you both in the coming weeks!

We have a few other courses on the horizon for North Devon; one for Barnstaple, one for the Cancer Service in Barnstaple and one for Devon MIND with the district yet to be arranged. I look forward to working closely with you all to get your participants registered and venues booked up.

If any other Facilitators in North Devon has a HOPE course topics in mind, and would like to talk it over, please don't hesitate to get in touch with me, I am here to support you!

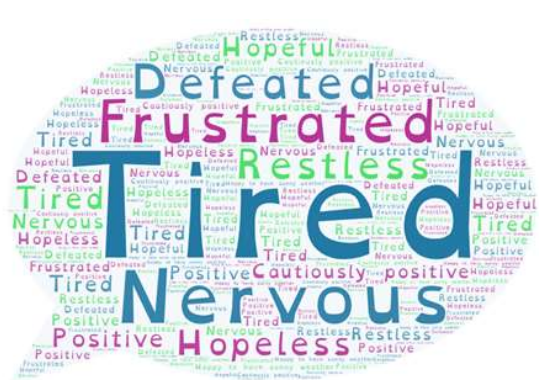
**Call: 01803 320600 or Email: hope.devon@nhs.net
<https://myhealth-devon.nhs.uk/local-services/hope-programme>**

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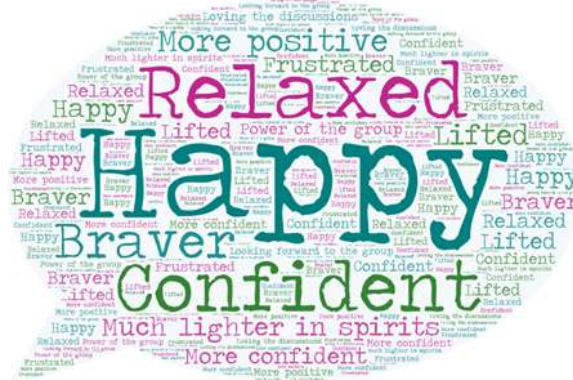
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We have had two really successful Chronic Fatigue and Fibromyagia courses completed in the East Devon area, I think the work clouds speak for themselves!!



Week 1



Week 5



Kate Harrison
(East Devon HOPE Coordinator)

We have just added three new facilitators to the area, so things are looking up! Courses planned for the next quarter are Chronic Fatigue and Fibromyalgia – Clyst St Mary, Low Level Anxiety and Depression – Exmouth, we are also looking at one for parent carers linking in with Esteen Team and another linking with Living Options Devon, so exciting times ahead.

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Sarah Michie
(Mid/West Devon HOPE Coordinator)



We had three HOPE courses running in June:

1) HOPE for people suffering with Fibromyalgia and other Long-term pain conditions (The Pavilion-Okehampton)

8 participants completed the course, below are a few of the feedback comments

"Gained new friends and knowledge"

"Amy and Marion were lovely and put us at ease"

"Having a better self-image regarding my illness"

"Learnt to try and pace myself"

2) HOPE for those affected by low-level anxiety and or depression (College Surgery – Cullompton)

A successful and well attended course (10 participants who attended every session). Facilitated by the brilliant Laura and Lauriel who have organised a follow up session in Mid-September for participants to check in, reunite and have a reminder of the tools they have learnt which is a great idea!

They also have a couple of people in mind who may be interested in becoming volunteer HOPE facilitators 😊

3) HOPE for those affected by low-level anxiety and or depression (The X-centre, Exeter, by kind courtesy of Step One)

5 participants completed the course. One of the participants told me that participating 'completely transformed' her life, she was incredibly isolated and lonely. To have been able to share her story with others who listened and understood, was a life saver.

This course was a wonderful collaboration between Davinia Allbrook (Recovery practitioner at Step One and Laura Calloway from the Mental health and Wellbeing team at St Leonards Practice).



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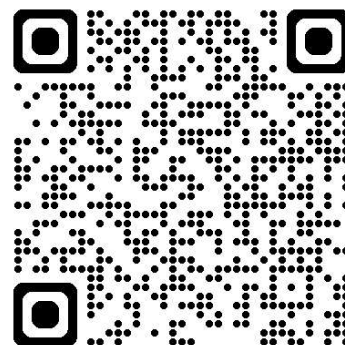
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Digital HOPE Programme

Please take a look on the H4C website to see the upcoming digital courses:

<https://www.h4c.org.uk/courses>

...or scan the QR code



HOPE PROGRAMME FOR LONG COVID

FREE SELF-MANAGEMENT COURSE
HELPING YOU TO TAKE CONTROL AND
MEET OTHERS IN A SIMILAR SITUATION

START DATES

12.09.24
24.10.24



ARE YOU OR A LOVED ONE LIVING WITH LONG COVID?

Would you like to learn tips to
help manage and cope with
fatigue, anxiety and brain fog?

Meet others in the same situation
and build your skill; to help you
cope better.

The Hope Programme has been co-designed with
people living with a long covid to help connect socially,
reduce isolation and improve wellbeing.

BOOK NOW
WWW.H4C.ORG.UK/COURSES



EMAIL:
CONTACT@H4C.ORG.UK
OR PHONE: 024 7736 0153

SCAN ME

This 8 session course is delivered
online via our platform.

- Available 24/7 on any device
- Sessions released weekly
- No need to be online at a set time
- Learn at a time and pace that suits you
- Remain anonymous
- Post course online community



HOPE PROGRAMME FOR LONG TERM CONDITIONS

FREE SELF-MANAGEMENT COURSE
HELPING YOU TO TAKE CONTROL AND
MEET OTHERS IN A SIMILAR SITUATION

START DATES

12.09.24
24.10.24

"It was great to have access to
this course in my own home at
my own pace so I could do as
little or as much as I wanted to
each day."



Are you living with a long term condition such as diabetes?

Do you want to meet others
in a similar situation,
rediscover your strengths
and increase your ability to
cope and live well?

The Hope Programme has been co-designed with
people living with a long term condition to help
connect socially, reduce isolation and improve
wellbeing.

This 6 session course is delivered
online via our platform.

- Available 24/7 on any device
- Sessions released weekly
- No need to be online at a set time
- Learn at a time and pace that suits you
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Training & Peer Support for our Facilitators

We have recently trained another 8 new facilitators in the East/South areas of Devon so welcome to them 😊. Hopefully there will be another training course for new facilitators in South Devon and Torbay in the Autumn. Contact Liv if you would like to go on the list to attend this: o.weight1@nhs.net

There will be a virtual HOPE refresher course taking place online on **15th August** from 12:00pm - 14.30pm . Please email Anja if you would like to attend. This will be particularly useful for new facilitators who may like to run online HOPE programmes in the future or for old (!) facilitators who need reminding of how to adapt the programme to online delivery: anja@teigncvs.org.uk

If you have delivered at least 2 HOPE programmes and are interested in becoming a HOPE trainer (training new facilitators) there is a half day online training on **18th September** 10.00am – 13.00pm. This includes a session on how to assess new facilitators during their first delivery. Let me know so I can send you the booking link: services@teigncvs.org.uk



The dates for the next HOPE facilitators peer group meetings are **31st October** and **30th January** 12.30pm – 1.30pm. These are an opportunity for you to meet other facilitators and your local HOPE Coordinators and discuss any issues, ask questions. They are short, informal sessions over lunch time. Put the dates in your diaries and I will send reminders and meeting links nearer to the time.

Katie Chaplin
(HOPE Facilitator Training Coordinator)



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As always...be kind to yourself!

From time to time, we all need to be reminded that self care is ever so important.

Learning to accept ourselves, and being kinder to ourselves when things go wrong or we experience setbacks, increases our enjoyment of life, resilience and our wellbeing.

The HOPE Programme would like to encourage you to *Give Yourself a Hug* and show yourself the kindness you would show a family member or friend if they were in need of a squeeze.

Please feel free to print this newsletter, cut out the card below and share it with anyone else you may feel needs it.



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