

Spreading HOPE across Devon

January 2024
Olivia Weight

Welcome

Thank you for taking the time to read our HOPE in Devon Newsletter, where we provide all of our updates around everything HOPE.

Wishing you a happy, healthy and hopeful 2024

Feels a lot longer than a month ago that we had Christmas doesn't it!? We hope you have had a really positive start to the New Year and wish you a happy, healthy and hopeful 2024!

2024



Kate Harrison

kate.harrison@seachangedevon.org
01395 446896

A huge welcome to Kate - our new East Devon Coordinator!

HOPE is spreading in East Devon!

We have three HOPE courses planned for the East Devon area, two on anxiety and depression and one on chronic fatigue and fibromyalgia. The courses seem to be received well, and the advertising is generating a lot of enquiries. Really positive meetings have been held with various members of the Health and Social Team, and Mental Health Team. They all seem to be excited by the programme and what it can offer their patients. Obviously, the sector is really stretched, so finding time out of their busy schedule to facilitate courses will be challenging. But in theory a lot of them are keen, so I am keeping my fingers crossed!

If you are interested in facilitating a HOPE course in East Devon please do get in touch.



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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HOPE Celebration & Facilitator Get Together - Thursday 25th April @ Sandy Park!

We are VERY excited about this, it has been a long time since we last got together and celebrated everything HOPE! We hope to see as many of you there as possible, please RSVP at your earliest convenience: o.weight1@nhs.net and let me know of any dietary requirements.



Join us

HOPE CELEBRATION & FACILITATOR GET TOGETHER

When?
Thursday 25th April,
2023
12-3pm

Where?
Chiefs Suite,
Sandy Park,
Exeter

Please RSVP to Liv:
o.weight1@nhs.net

- Catch up with friends
- Sharing stories & feedback
- Buffet lunch & plenty of refreshments
- Goodie bags!
- Awards
- Guest Speakers



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HOPE in DEVON Newsletter



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So, what have we got coming up?

Face to Face:

COURSE	VENUE	DATES	TIMES
HOPE Programme for people living with anxiety and/or depression	Seachange, East Budleigh Road, Budleigh Salterton, EX9 6HF	19th February - 25th March 2024	10.00am - 12.30pm
HOPE programme for people living with Fibromyalgia	Northam Burrows Country Park, The Burrows Centre, Sandymere Road, Northam, Bideford, EX39 1XS	19th February – 25th March 2024	10:30am – 1pm
HOPE Programme for people experiencing isolation and low level anxiety and depression (particularly during the Winter months)	Follaton Community Hall, 47 Whiteley Avenue, Totnes, TQ9 5FQ	26th February – 25th March 2024	1pm - 3pm
HOPE Programme for people living with low level anxiety and/or depression	Buckland Community Centre, Gilbert Rd, Newton Abbot, TQ12 4HS	19th March – 23rd April 2024	1pm-3:30pm
HOPE Programme for people living with Chronic Pain and/or Fibromyalgia	Honiton CUB (Community Use Building) School Lane, Honiton EX14 1QW	8th April - 20th May 2024	1:30pm - 4pm
HOPE Programme for people living with sensory loss	Paignton Library, Great Western Road, Paignton, TQ4 5AG	17th April – 22nd May 2024	11am-1:30pm

Virtual:

COURSE	VENUE	DATES	TIMES
Virtual HOPE Programme for Carers	Microsoft Teams	1st March – 12th April 2024 (course not running on the 29th March),	10am-12pm
Virtual HOPE Programme for Anxiety and Depression	Microsoft Teams	4th March – 15th April 2024, (the course will not run on the 1st April due to it being Easter Monday, we will re-commence the following week on the 8th April)	10am-12pm

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ENCOMPASS
Changing lives through inclusion



One Devon



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Digital:

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

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



the hope programme

LIVING WITH MULTIPLE SCLEROSIS?
FREE SELF-MANAGEMENT COURSE
TO HELP YOU COPE
THAT FITS AROUND YOUR LIFE.

This 6 session online course covers topics such as:

- Managing fatigue and getting better sleep with mindfulness
- Stress management, goal-setting and gratitude
- Getting active, creative and eating well
- Using your strengths to make you happier
- The course is facilitated by people with lived experience of MS

HOPE PROGRAMME FOR MS

Would you like to feel less tired, less stressed and more in control?

Meet others in the same situation and build skills to help you cope better.

START DATE
06.03.2024
6 WEEKLY SESSIONS

BOOK NOW
WWW.H4C.ORG.UK/COURSES
OR PHONE 024 7736 0153

SCAN ME



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Training



Some of our facilitators attended training delivered by Joanne Overton-Pitts on Qwell on the 9th February, a platform supporting people over the age of 18. Qwell provide a safe, confidential online mental health and wellbeing service. The platform includes options for:

- Text-based counselling via live chats, booked chats and messaging
- Self-help tools and online magazine articles
- Online journal
- Community/peer support via forums where you can talk about issues that affect you and provide advice and support to others

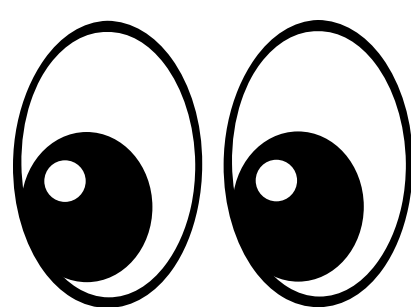
One Devon has commissioned Qwell.io across Devon, Plymouth and Torbay. This service provides online mental health support for everyone aged 18+ across the area and is immediately accessible for your patients and staff.

A huge thanks to Jo - a really useful and informative session!

Basic Life Support (BLS) & Mental Health First Aid Training

We are in the process of arranging BLS training, as well as Mental Health First Aid Training for our HOPE Facilitators.

Please keep your eyes peeled - further info to come soon!



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Training



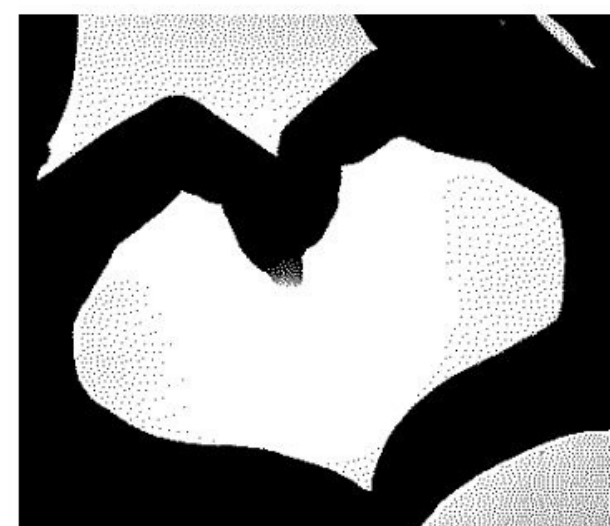
HOPE
Facilitator Training
Barnstaple !!



The Help Overcoming Problems Effectively (HOPE) Programme is a free self-care, self-management programme that is delivered across Devon. HOPE supports individuals to consider “what is important to me?” and to build the confidence and resilience to better manage their condition, symptoms and challenging experiences that may arise. HOPE was developed by the University of Coventry and is an evidence-based, accredited programme, which is delivered under license from Hope for the Community (H4C). The HOPE Programme is a long-term health condition, peer support, self-care, self-management course that aims to bring groups of people together who are going through something similar.

The programme covers a variety of topics including:

- Mindfulness
- Goal Setting
- Gratitude Diaries
- Stress Management
- Healthy Eating
- Dealing with Setbacks
- Fatigue Management



The 2-day accredited Facilitator training is free to all wellbeing sector staff and will be held at:

The NODE Cowork, 1, Enterprise Road, Roundswell, EX31 3YB

Time: 9:00 - 17:00

Dates: Mondays 15th & Tuesday 16th April 2024.

Register today: j.cotton:encompass-sw.org.uk

Call: 01803 320600 or Email: hope.devon@nhs.net

<https://myhealth-devon.nhs.uk/local-services/hope-programme>

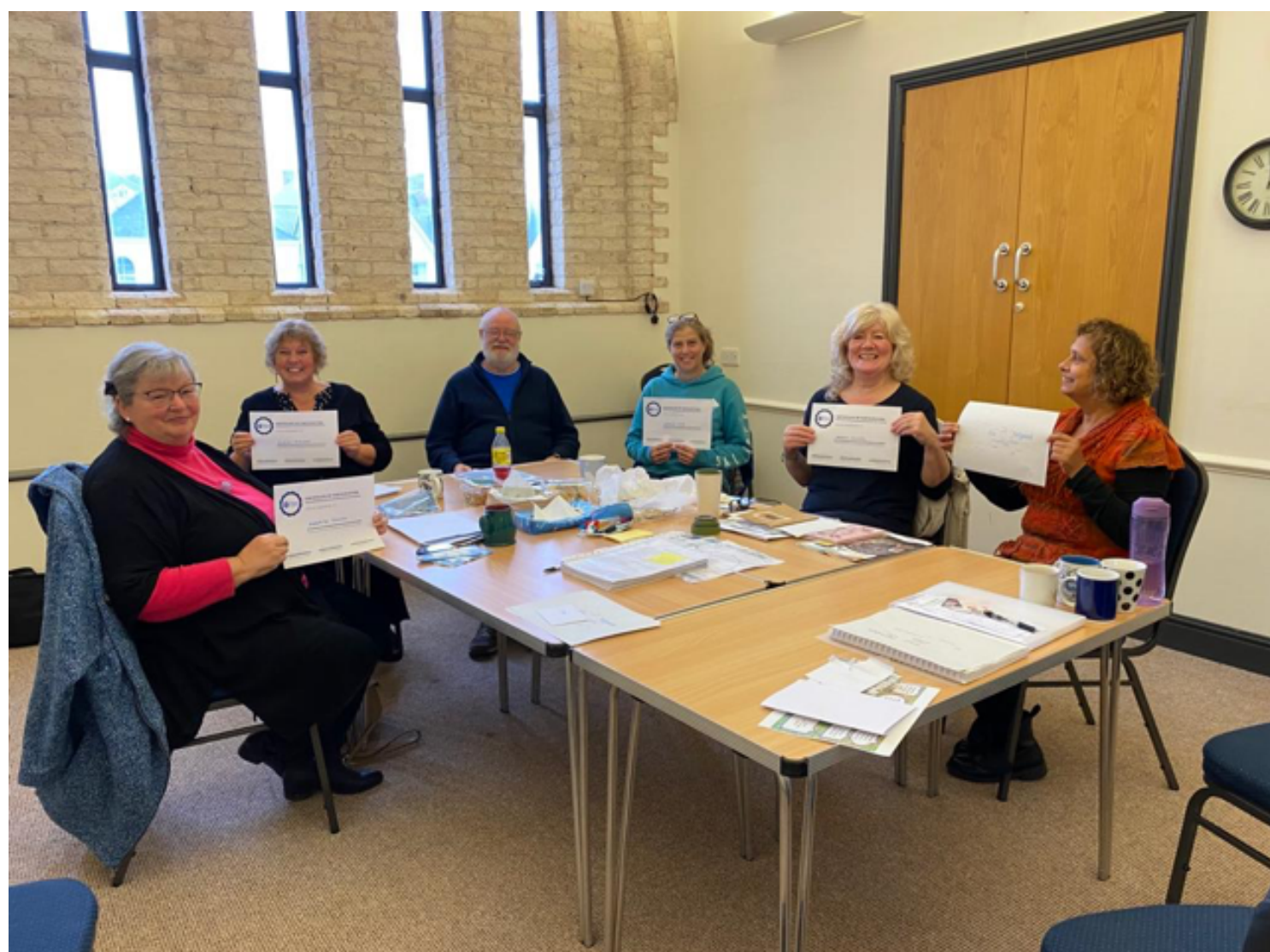
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Spreading HOPE, sharing feedback and success stories!

"I've learnt to pace myself and do the things that are important to me first. I am really grateful to be invited to the HOPE course and wish there was a follow up course too. I've met some lovely people who suffer the same as I do and we are meeting up before Christmas and ongoing in the future, we hope".

Mandy, Bude HOPE course, November 2023



Delivering HOPE courses in North Devon has encountered a few challenges recently with some facilitators moving/changing jobs, therefore not being available to facilitate, but we are hopeful that the facilitator training course in January 2024 will provide some newly trained facilitators to offer many more courses in the near future

Julie (North Devon HOPE Coordinator)

Hello All,

We have had a very good last quarter here in West and Mid Devon, particularly in Mid Devon where we have run five face-to-face courses which have all been well attended and from which we have received some fantastic feedback 😊

We have courses running in Hemyock and Tavistock for Anxiety and Depression at present and a course for people who are suffering with long-term pain starting in Okehampton at the end of February.

I want to thank all the amazing Wellbeing/ Social Prescribers who take the time to facilitate these courses and do such a brilliant job in helping us to deliver HOPE to those who are most in need of this support within the community.

Sarah (Mid/West Devon HOPE Coordinator)

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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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