

## Spreading HOPE across Devon

January 2025  
Olivia Weight

**Wishing you a happy, healthy & HOPEful 2025!**

# 2025

To kickstart 2025, we would like to share some positive data with you. In 2024, we ran an astonishing **62** HOPE courses across Devon - our most EVER!! There was also a **49% increase** in enquiries and a **92% increase** in the number of people completing the programme.

Isn't that just incredible!! We're very much looking forward to working with you all as a team this year and continue to contribute to this positive change across Devon.

**NEW!**

### **NEW Volunteer HOPE Star Support Role!**



**NEW**  
VOLUNTEERING  
OPPORTUNITY WITH THE  
HOPE PROGRAMME!

**HOPE STAR  
SUPPORT ROLE**

**Volunteer with us**

NHS  
Torbay and South Devon  
NHS Foundation Trust

the hope programme

Would you like to support the delivery of the HOPE Programme across Devon and develop your skills?

- ★ Support HOPE Facilitator's
- ★ Refreshment + Paperwork distribution
- ★ Promote equality, diversity + rights
- ★ Signposting
- ★ Offer 1:1 support



**01803 320600**  
**HOPE.DEVON@NHS.NET**

This is a brand new, exciting role that we are very pleased to announce in 2025! This is a brilliant opportunity for people who would like to volunteer for the HOPE Programme in some capacity, but don't want or don't quite feel ready to volunteer as a HOPE Facilitator.

It can be used as a stepping stone to becoming a HOPE Facilitator, so that you can build your confidence and skills before committing to the role.

Please help us to promote this role and spread the word!



**Find us on Facebook**

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

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### Funded Peer Support Session's for Teignbridge HOPE courses

Often, once a HOPE Programme has finished, people turn to us and ask,

# “What next?”

Whilst HOPE is all about supporting individuals to better self-manage and take control of their health and wellbeing, we also recognise the importance and key role that peer support has to play. We are really pleased to be working collaboratively with Elaine Musgrave who leads on the community and voluntary peer support project delivery across Teignbridge. This will enable us to fund a venue and refreshments for HOPE participants who would like to continue meeting and building on the connections and friendships made during the course. Elaine will be coordinating this and is currently looking at possible venues in Newton Abbot, which is super exciting...watch this space!



# BBC RADIO DEVON

A huge thanks to the  
wonderful Erica for  
making this possible!

### Catch us on BBC Radio Devon!

We are very excited to announce that we have been invited to join not just one, but two show's on BBC Radio Devon!

Liv and two of our wonderful HOPE Volunteer Facilitators, Erica and Steve, will be chatting to Anoushka Williams on **Monday 24th March** at **18:10pm**, all things HOPE! Erica Sherratt (one of our amazing Volunteer Facilitator's) will also be on the 'New Beginning's' show, hosted by Anoushka, on **Monday 28th April at 19:00pm**.

We are also in the process of planning a date for Jo Loosemore (another BBC Radio Devon presenter) to come along to a follow on HOPE Peer Support Session to chat to some of our participant's who have been through the programme. We are very excited to demonstrate the positive impact HOPE is having on individuals across Devon.



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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             |
|-------------------------------------------------------------------|------------------------------------------------|-------------------------------------------|-------------------|
| Low level anxiety and depression                                  | Pembroke House Surgery, Paignton               | Saturday 25th January - 1st March 2025    | 10:00am - 12:30pm |
| Long-term pain conditions and/or low level anxiety and depression | X Centre, Exeter                               | Monday 3rd February - 3rd March 2025      | 13:00pm -15:30pm  |
| General (Volunteering in Health)                                  | Bitton House, Teignmouth                       | Thursday 13th February - 20th March 2025  | TBC               |
| Chronic pain, fatigue and low level anxiety and depression        | Newton Abbot Library, Newton Abbot             | Tuesday 18th February - 1st April 2025    | 13:00pm - 15:30pm |
| Chronic pain and fatigue                                          | Holsworthy Hospice, Holsworthy                 | Wednesday 26th February - 23rd April 2025 | 13:15pm -14:45pm  |
| Learning Disability                                               | Hollacombe Community Resource Centre, Paignton | Thursday 20th March - 8th May 2025        | TBC               |
| General (Volunteering in Health)                                  | The Triangle, Chudleigh                        | Thursday 10th April - 15th May 2025       | TBC               |
| Communication Impairments                                         | Paignton Library, Paignton                     | Tuesday 15th April - 20th May 2025        | 13:00pm -15:00pm  |

#### Virtual:

| COURSE                   | VENUE           | DATES                                       | TIMES             |
|--------------------------|-----------------|---------------------------------------------|-------------------|
| Chronic pain and fatigue | Microsoft Teams | Wednesday 22nd January - 26th February 2025 | 18:30pm - 20:30pm |



ENCOMPASS  
Changing lives through inclusion



One Devon



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### Training & Peer Support for our Facilitators

# WELCOME

On the 28th and 29th January, Katie Chaplin and Vicki Sheen trained up 12 new HOPE Facilitators at the Kenn Centre in Exeter. With more volunteers and voluntary/community sector staff than has ever been on a training course before! Our wonderful new facilitator's are dotted all across Devon. A really warm welcome to you all! We are so pleased that you are joining us on our mission to spread hope across Devon!

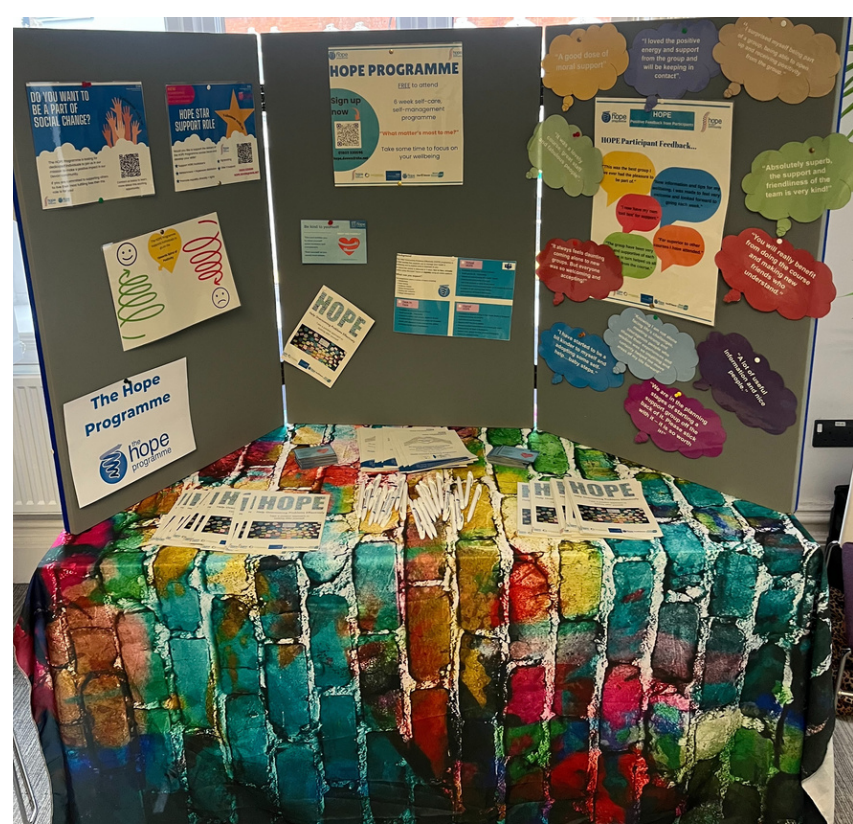
### Annual Devon HOPE Get Together

Last April we had a fabulous day at Sandy Park in Exeter celebrating HOPE in Devon and our facilitators across the South West. We really hope to offer something similar this year as a way of saying thanks, welcoming new facilitators and an excuse for a bit of cake and a natter!

Please keep your eyes peeled for more details on this!



### Spreading HOPE, sharing feedback and success stories!



### Spreading HOPE & Networking

We were very pleased to be invited to the Health and Wellbeing Fair at Newton Abbot Library on Wednesday 29th January.

It was a great opportunity to promote the programme and network with other services who are supporting our local communities with a wide range of incredible and empowering offers. It was lovely catching up with past and present HOPE facilitators/volunteers.

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### Spreading HOPE, sharing feedback and success stories!



**Julie Cotton**  
(North Devon HOPE  
Coordinator)

North Devon face-to-face HOPE courses have really started to flourish. We have five booked for this quarter; two started in January and three are planned to commence in February 2025.

I would like to say a huge shout out to all the North Devon Facilitators, who are brilliant, and a special thank you to Justine, who recently stepped in at very short notice to support a course in Northam!

Thank you all for being so enthusiastic and ready to help your local community of people living with long-term health conditions!! The feedback suggests you are changing lives!! We are also currently considering a face2 face course for people who live with learning disabilities to take place in the Bideford area, so watch this space.

We've received some lovely feedback from recent courses to say how attending a HOPE course and being supported by the Facilitators has changed their lives:

**"Very empowering to be in a group of people who really understand."**

**"Excellent course. Learnt a lot about myself and got myself motivated again."**

**"You can always find little nuggets of new advice and support even living with your condition for over 20 years!"**

**"Great sessions, really enjoyed it and definitely have some new ideas about living positively with fibro!"**

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### Spreading HOPE, sharing feedback and success stories!

For this newsletter I would like to concentrate on peer support, feedback and thanks!

I have recently been asked to complete a yearend report, in doing this I realised just how much peer support has come out of the courses we have delivered in the East, I'd like to share that with you:

The anxiety and depression cohort from Seachange support each other in a WhatsApp group and 6 of the participants regularly meet for a "cuppa" and a chat. The group in Honiton arranged a meet up to introduce two chronic pain and fatigue groups, this larger group keep in touch and arrange adhoc meet ups. As well as this, one of the participants arranges three face to face meet ups a month and manages WhatsApp and Facebook support groups, supporting 70 people! In Budleigh Salterton, thanks to funding from the local carnival club "Fibro Friends PLUS" a monthly peer support group to support those living with fibromyalgia and other chronic pain conditions, will be starting in February. This will be led by two former HOPE participants.

We have had some amazing feedback from participants!



**Kate Harrison**  
(East Devon  
HOPE Coordinator)



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### Spreading HOPE, sharing feedback and success stories!

**Sarah Michie**

**(Mid/West Devon HOPE Coordinator)**



Last Autumn two HOPE courses were delivered in the beautiful surroundings of the X-centre. Both of which were expertly facilitated by Davinia Allbrook who worked with Gillian Amos (who completed her training in August) and Sarah Berry from Exeter Community Initiatives.

Both courses had good attendance and some wonderful feedback from the participants.

**“More determined and optimistic to achieve my own goals.”**

**“It was a safe space to discuss our experiences and problems, whilst looking for solutions/ positives.”**

**“I’ve learnt that we all have burdens, and we all find ways to go forward. The HOPE course has been like a door for me – I will go on to look for further help.”**



Congrats Gillian for such a successful first course. Gill is currently facilitating her next HOPE course for Anxiety and Depression at the Beacon Community Centre in Exeter alongside her colleague Verity Woodgate who also completed the training last summer.

Another successful course was also delivered for those living with LTP conditions and/or anxiety & depression in Tiverton, expertly delivered by the two Emma’s. Emma Cottington who is an experienced facilitator and the lovely Emma Jones (a volunteer facilitator who trained in January last year) and thoroughly enjoyed facilitating her first course, many thanks for your time, Emma. The course was very well attended and they received some amazing feedback.

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### Digital HOPE Programme

## A decade of Impact: Celebrating 10 years of HOPE



The 20th January 2025 marked the 10 year anniversary of Hope 4 The Community CIC Social Enterprise - WOW!! That feels like a huge milestone. The Hope 4 The Community Team created a incredible (and quite emotional!) video which captured the progression of the HOPE Programme over the last 10 years, it includes some of our facilitators and participants.

A huge thanks to Gabriela, Andy and the rest of the H4C Team...without you there wouldn't be HOPE! Here's to another 10 years and beyond.



Scan the QR  
code to watch  
the video!



**“Hope wouldn’t be what it is today without you. I am grateful to our founders, funders, partners, supporters and participants. Your belief, passion, and commitment have been at the heart of everything we have achieved.”**

**— Gabriela Matouskova, CEO Hope 4 The Community CIC**

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### Digital HOPE Programme

#### DATES FOR UPCOMING ONLINE HOPE PROGRAMMES

| HOPE PROGRAMME (Region)             | DATE       |
|-------------------------------------|------------|
| Fire & Rescue Service (UK wide)     | 25.02.2025 |
| Long-COVID (South West)             | 26.02.2025 |
| Long-Term Conditions (South West)   | 26.02.2025 |
| Multiple Sclerosis (UK wide)        | 26.02.2025 |
| People Living with IIH (UK wide)    | 19.03.2025 |
| Parents/Carers of IIH (UK wide)     | 19.03.2025 |
| <b>Self Directed Courses</b>        |            |
| Long Term Conditions (South West)   | Start now  |
| Hope Programme for Cancer (UK Wide) | Start now  |



### Sign up now!

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

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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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