

## Spreading HOPE across Devon

July 2023

### Welcome

Thank you for taking the time to read our HOPE in Devon Newsletter, where we provide all of our updates around everything HOPE. We apologise that it's been a while since our last one, but promise that you will now receive one on a quarterly basis. Enjoy!

### Liv is back from Maternity Leave!

Hi everyone, it is SO good to be back working with you all again. My little Lyla is turning 1 at the end of the month, it only feels like yesterday that I was going on maternity leave. It really is true when they say time flies!

Here she is...because who doesn't love a baby pic?!



### A very late introduction to Sarah Michie!

Hello everyone! I have been with the HOPE programme since June 2022 and have really enjoyed meeting many of you. I have learnt a lot about the value and demand for delivering this important and necessary programme. Despite a challenging year last year, we now have a great team spirit and shared ambition to significantly improve the roll out of face-to-face and virtual HOPE courses across the region and there is once again great HOPE for this hugely beneficial and inspiring course.

Sarah is the West Devon HOPE Programme Coordinator, but is also currently covering some of East and Mid Devon too.

### North Devon update from Julie

North Devon now have **10** newly trained HOPE Facilitators and are looking forward to kicking off with **7** new HOPE courses this summer. This summer's course booked are: Barnstaple, South Molton, Ilfracombe, Braunton, Bude, with one currently running in Bideford and one in the planning stage.



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



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### So, what have we got coming up?

#### Face to Face:

| Programme                                                                          | Dates & Times                                       | Venue                                                        |
|------------------------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------|
| HOPE Programme for people living with anxiety and/or depression                    | 19th July - 23rd August 2023,<br>10:30am-1pm        | The Amory Centre, South Molton, EX36 3BU                     |
| HOPE Programme for people living with Fibromyalgia                                 | 4th August – 8th September 2023,<br>1:30pm - 4pm    | The North Devon Hospice, Barnstaple, EX32 OHU                |
| HOPE Programme for people living with sensory loss                                 | 6th September - 11th October 2023,<br>11am-1:30pm   | Jasmyn House, Paignton, TQ4 5BD                              |
| HOPE Programme for people living with chronic fatigue, Fibromyalgia and Long Covid | 11th September - 20th November 2023,<br>10am - 12pm | Neetside Community Centre, Bude, EX23 8LB                    |
| HOPE Programme for people living with anxiety and/or depression                    | 13th September - 18th October 2023.<br>10:30am-1pm  | The Hub at College Surgery Partnership, Cullompton, EX15 1FE |
| HOPE Programme for people living with anxiety and/or depression                    | 10th November - 15th December 2023,<br>10:30am-1pm  | Exeter Central (Venue TBC)                                   |

#### Virtual:

|                                                                   |                                                     |                 |
|-------------------------------------------------------------------|-----------------------------------------------------|-----------------|
| HOPE Programme for people living with anxiety and/or depression   | 26th July – 30th August 2023,<br>10am - 12pm        | Microsoft Teams |
| HOPE Programme for people living with chronic pain and/or fatigue | 3rd August - 7th September 2023<br>10:30am-12:30pm  | Microsoft Teams |
| HOPE Programme for people living with Long Covid                  | 7th August – 11th September 2023<br>10:30am-12:30pm | Microsoft Teams |



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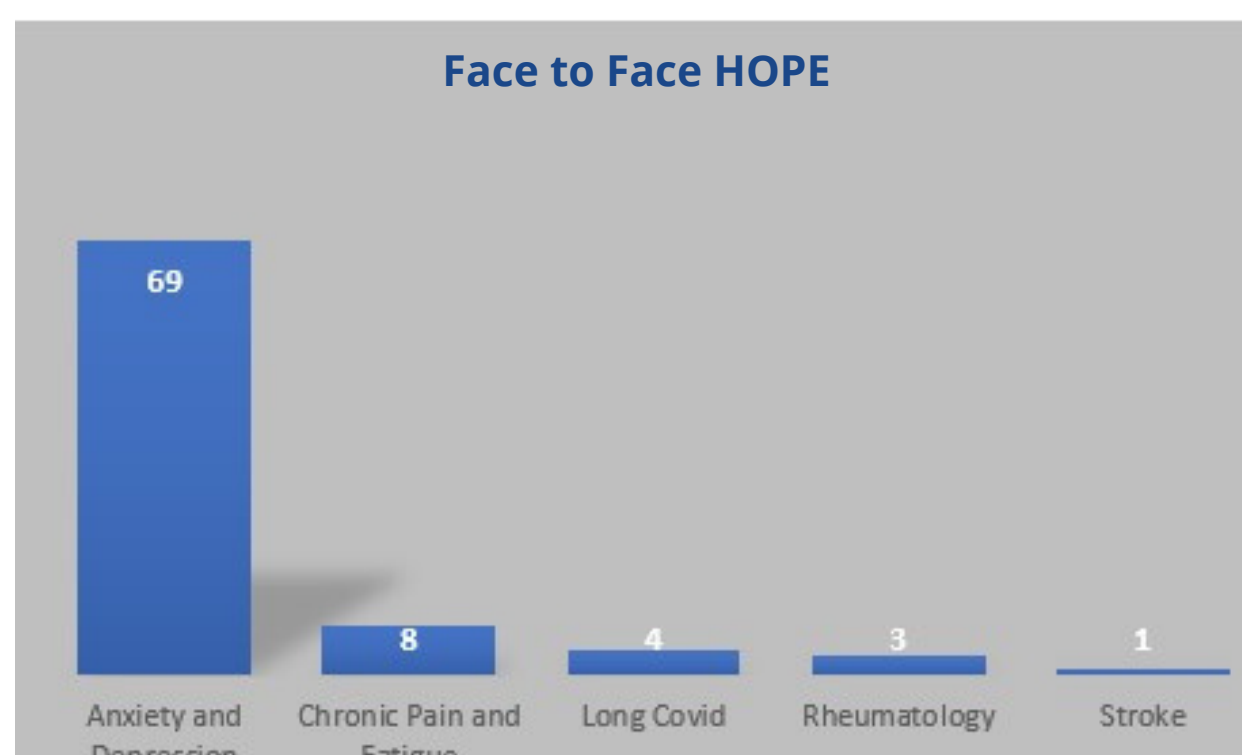
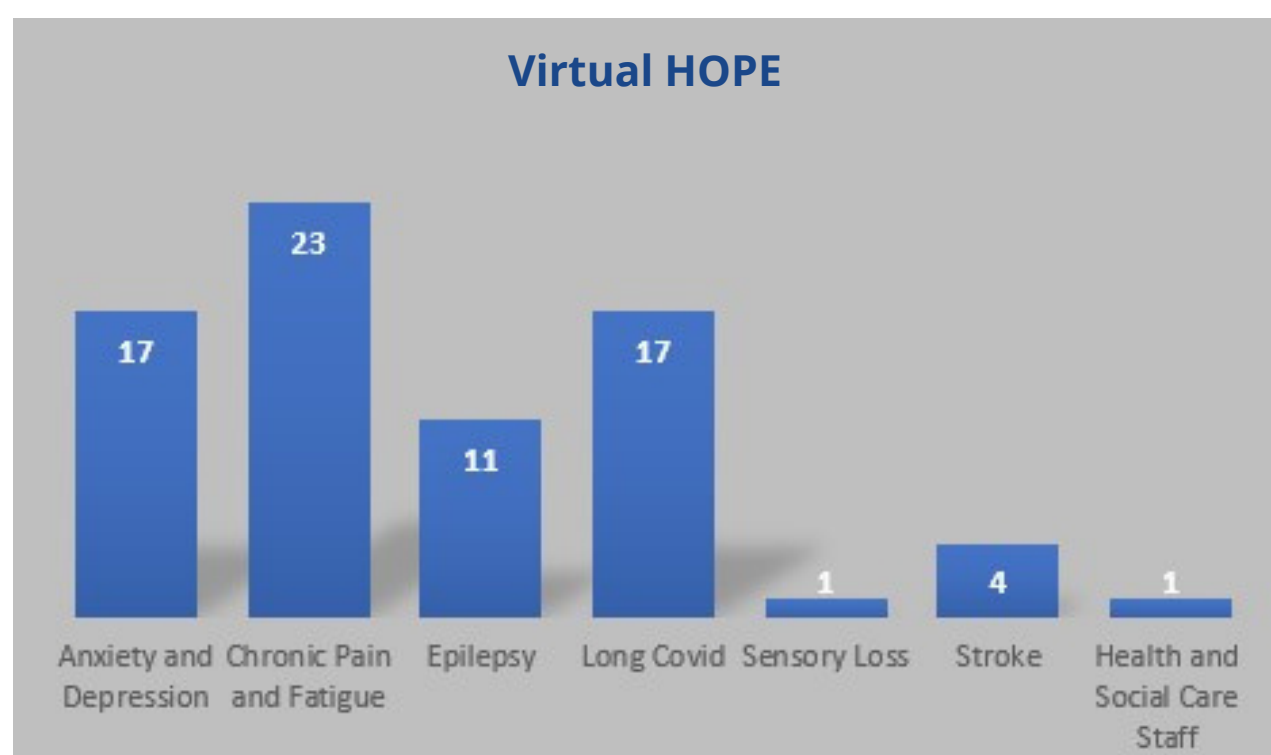
**<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme/>**

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### Calling ALL HOPE Facilitators!

Our waiting lists continue to grow, and unfortunately this means that we're currently not meeting demand. Moving forward we need to ensure that we're running as many HOPE courses as possible, both virtual and in person, to support the people living in our local communities. Here is what our waiting lists (Devon wide) are currently looking like:



Please get in touch with your availability, remember it can take a 2-3 months to book in, advertise and recruit participants, so even if you don't have capacity to facilitate right now, it is still helpful for us to know your availability for the rest of the year.

**A gentle reminder that you are required to deliver a minimum of two HOPE programme's a year.**

### A huge welcome to our newly trained facilitators!

Welcome to the HOPE Family! It is great to have you join us, and continue to spread HOPE across Devon.

If you have any questions or need any support, please get in touch with your local HOPE Coordinator.



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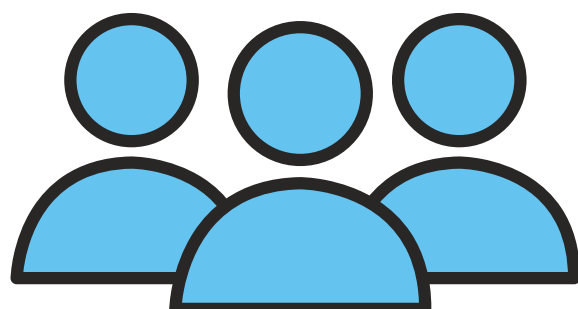
July 2023

### Peer support for HOPE Facilitators, Trainers & Assessors

The wonderful Katie Chaplin from Teignbridge CVS will be offering and setting up peer support sessions for our HOPE facilitators, trainers and assessors. Katie does lots of the training for HOPE and has been involved with the programme since it began in Torbay in 2017. There will be two virtual peer support meetings a year where you will be given the opportunity to ask any questions you may have, chat to other facilitators/trainers/assessors, and receive (& offer!) peer support. Please keep your eyes peeled, as Katie will be in touch with the dates of this soon.



### Would a HOPE refresher training course be helpful to you?



We will be offering a HOPE refresher training course to all of our HOPE facilitators on **Thursday 14th September 2023, 9:30am-1pm** on Microsoft Teams.

Perhaps you did your training a while ago and haven't yet delivered a programme, or it's been a while since you last delivered a course and a refresh would be useful?



Register your interest now:  
[hope.devon@nhs.net](mailto:hope.devon@nhs.net) / 01803 320600



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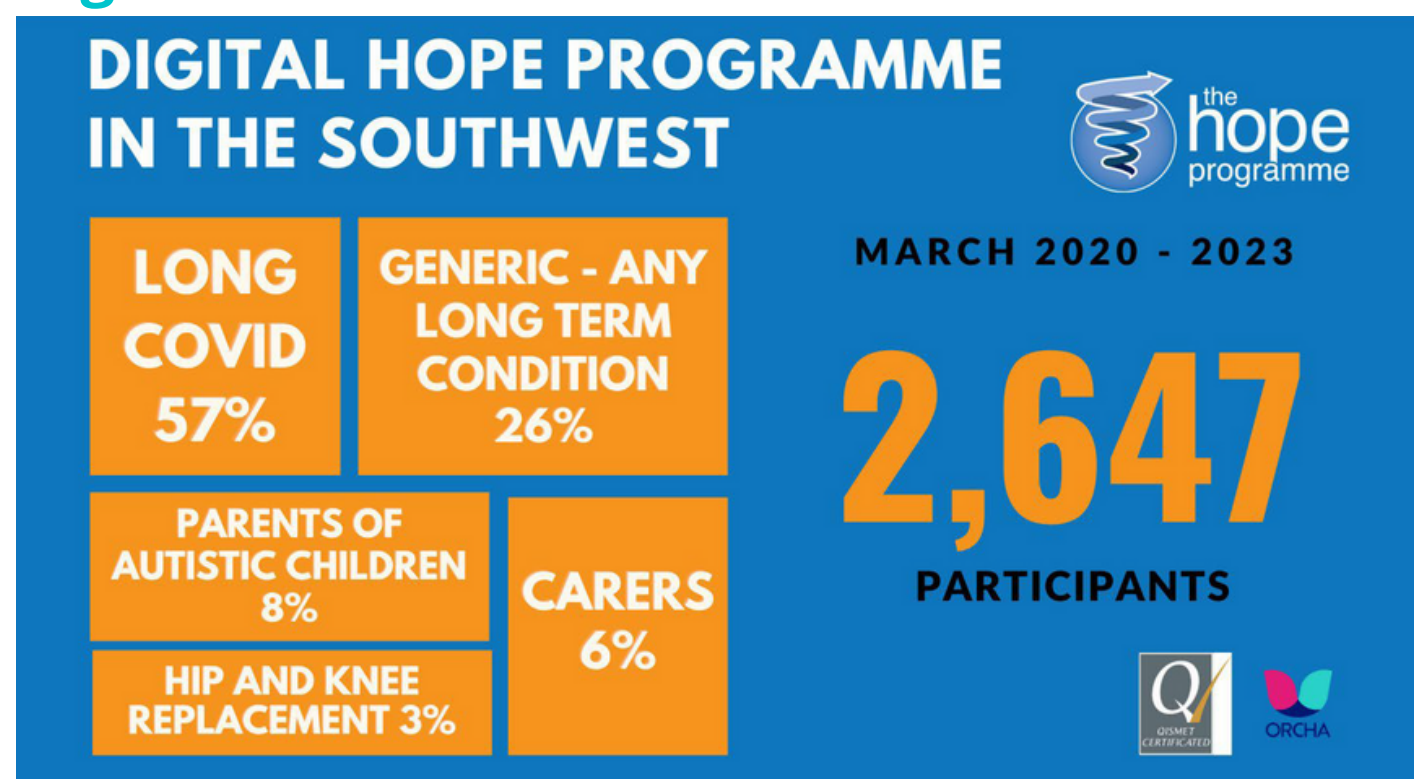
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### Digital HOPE



### Coming up...

#### July '23

- Thursday 13 July '23 - HOPE Programme Hip and Knee Replacement
- Thursday 20 July '23 - HOPE Programme for Long-Covid

#### August '23

Wednesday 16 August '23 - Hope Programme for Long-Covid

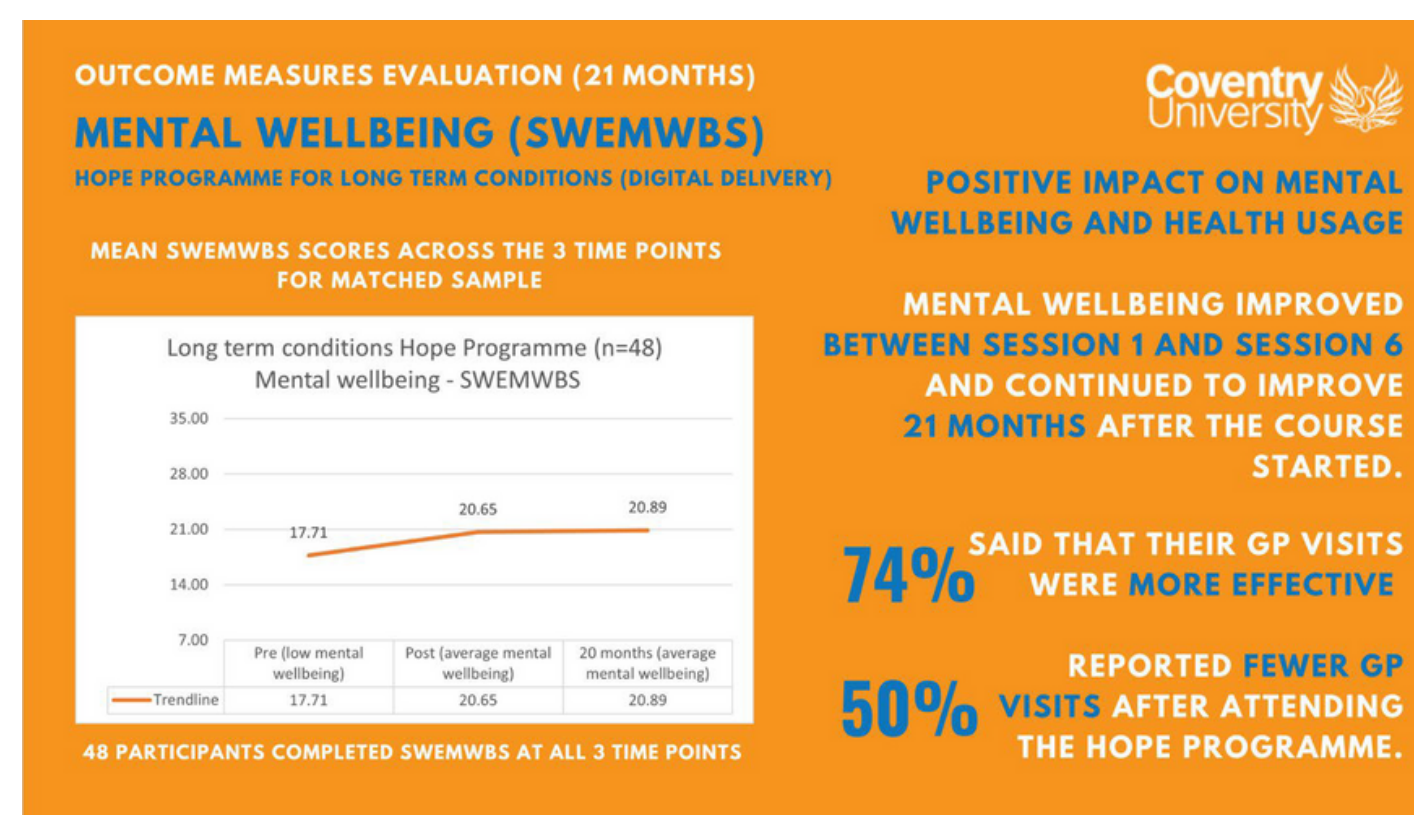
#### September '23

- Thursday 7 September '23 - HOPE Programme for Long-Covid
- Tuesday 12 September '23 - HOPE Programme for Parents of Autistic Children
- Wednesday 20 September '23 - HOPE Programme for Long-Covid

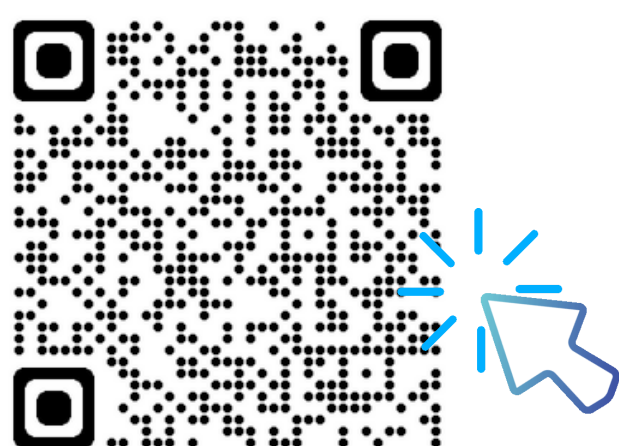
#### October '23

Thursday 19 October '23 - HOPE Programme for Long-Covid

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



### HOPE on the MyHealth Devon website



HOPE was launched on the MyHealth Devon website in June 2022. Previously it was hosted on the Torbay and South Devon NHS Foundation Trust website, but seeing as the programme has been spreading county wide for some time, it only felt right that the website reflected this. As with anything new, there have been some minor teething issues which we are working through!

The website is still being developed now, and we would really appreciate any feedback and guidance about how it can be improved, what you feel is missing and any other amendments you feel are necessary. So...please take some time to visit the website and share your thoughts with us!

You can scan the QR code here, or here is the link to the website:

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



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

Hannah Hewson (HOPE Facilitator) has kindly shared this wonderful feedback from a HOPE course that ran in Paignton in June/July.

"The HOPE Programme final session for these attendees for our network of GP surgeries. (Corner Place Surgery, Old Farm Surgery and Mayfield Medical Centre)

Unfortunately, some weren't able to attend the last session, but what a fantastic group, and such appreciation and positive feedback back about the difference attending the HOPE programme has made to their lives. They will all be staying in touch and meeting up next week for a walk and coffee with the aim of meeting up weekly to help them to continue in their positive journey."



**A huge thanks to  
Hannah & Hannah  
for sharing!  
Please continue to  
share any feedback  
and helps us spread  
HOPE**

Week 1

Week 5

HOPEFUL  
HAPPY  
EXCITED  
STRONG  
EMPATHETIC  
ANXIOUS  
WORRIED  
TENSE  
NERVOUS  
HOPELESS  
TIRED  
FATIGUED  
GRATEFUL  
APREHENSIVE  
UNCOMFORTABLE  
EMOTIONAL

HAPPY  
STRONG  
CALM  
OPTIMISTIC  
SUPPORTED  
POSITIVE  
POSITIVE  
ELATED  
HOPEFUL  
GRATEFUL  
ENTHUSIASTIC  
CONFIDENT  
EMBRACED



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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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