

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!

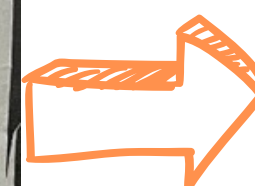


We're in the local newspaper!



We felt very honoured to be asked by the Torbay and South Devon NHS Foundation Trust's Communication's Team if we would feature in the Torbay Weekly and provide an article on the HOPE Programme...of course we had to say yes!!

You can read the full article on the website, please scan the QR code with your smart phone to read:



...& soon to be on the radio (eek!)

Liv and one of our wonderful volunteer facilitators will be going on to the new Good Morning South Devon radio show on **Riviera FM 107.9FM** on **Tuesday 21st May**. They will be chatting about everything HOPE and more specifically the wonderful volunteering opportunities it has to offer. The show runs from **10am-1pm**, please tune in if you get a chance!



Find us on Facebook

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May 2024
Olivia Weight

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

We had a really wonderful and uplifting afternoon celebrating all of our inspirational facilitators and the success of Devon in it's spreading of the HOPE Programme across the county. With nearly 50 of our facilitator's attending, it was a really enjoyable few hours of networking, interactive activities and guest speakers.



We also had our Digital Horizon's Team there who were exhibiting VR headsets for people to try out some mindfulness activities, which was great fun! All who attended were given a goodie bag along with a card of recognition. Our volunteer HOPE Facilitator's received a 'Shining Star' award as recognition of their dedication to the programme and continued support. We are So grateful for ALL of you!

A huge thanks to everyone that made it a really special day, including the wonderful Gabriela Matouskova (CEO of Hope for the Community CIC), who travelled all the way from Coventry especially. We are already so excited about next year's event.



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So, what have we got coming up?

Face to Face:

COURSE	VENUE	DATES	TIMES
Low level anxiety and depression	Buckland Community Centre, Newton Abbot	Tuesday 14th May - 18th June 2024	1-3:30pm
Low level anxiety and depression	Robins Nest, Bideford AFC	Thursday 16th May - 20th June 2024	10am-12:30pm
Chronic Fatigue/Fibromyalgia	Dunning Court Community Centre, Honiton,	Monday 3rd June - 15th July 2024	1:30-4pm
Carers (including parent carers)	Seachange, Budleigh Salterton	Tuesday 4th June - 9th July 2024	10am-12:30pm
Parental Wellbeing	St Edmund's, Torquay	Wednesday 5th June - 10th July 2024	10am-12:30pm
Chronic Pain	Pavilion, Okehampton	Wednesday 5th June - 10th July 2024	10:30am-1pm
Low level anxiety and depression	College Surgery, Cullompton	Tuesday 11th June - 16th July 2024	10am-12:30pm
Low level anxiety and depression	X Centre, Exeter	Monday 17th June - 22nd July 2024	1-3:30pm

Virtual:

COURSE	VENUE	DATES	TIMES
Low level anxiety and depression	Microsoft Teams	Friday 17th May - 21st June 2024	10am-12pm

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ENCOMPASS
Changing lives through inclusion



One Devon



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Spreading HOPE, sharing feedback and success stories!



HOPE in North Devon has had its ups and downs, with several Facilitators moving on, however during April 2024 we welcomed **10 newly trained Facilitators** to the fold and have two new courses booked to commence in May. The futures looking bright!!

Photo (left) of HOPE group for people who live with Fibromyalgia (March 2024) A small but very successful group.

Julie Cotton
(North Devon HOPE Coordinator)

Kate Harrison (East Devon HOPE Coordinator)

After a really successful HOPE course on anxiety and depression the group are meeting weekly for a cuppa and have a very active What App group offering support to each other. It is really lovely to see the connections being made and friendships being built. We have two more courses planned in the East Devon area, after the demand for the chronic fatigue and fibromyalgia course in Honiton another one has been planned for June.

Thanks to a chance conversation with a volunteer facilitator at the Celebration Event we will be delivering a course for carers in Budleigh Salterton. Thank you to David for volunteering to make the rather long journey to spread HOPE!

Also a big thank you Liv and Julie for all your hard work in putting on the Celebration Event. I particularly enjoyed hearing from Gabriela and the facilitators who spoke, their passion for the project really shone through. I am still actively doing everything I can to spread the word about HOPE and encourage facilitators to come on board, so if you know anyone that would be interested in facilitating a HOPE course in East Devon please do get in touch.



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Spreading HOPE, sharing feedback and success stories!

Sarah Michie (Mid/West Devon HOPE Coordinator)

Many thanks again for the commitment and professionalism of the facilitators (they know who they are!) in Mid and West Devon who have once again come up trumps and delivered another three successful face - to- face courses since January!

I would like to share a few of the feedback comments from the course participant as I think this is a valuable reflection of the facilitators hard work and what the course content can deliver:

"Given confidence, support, companionship, friendship, and acceptance. Delivered with understanding, consideration, and kindness".

"It has helped me see potential solutions to my problems. I think the facilitators were excellent, they brought humour and warmth to our sessions"

"I surprised myself at how I become part of the group, it has helped me be kinder to myself and adopt some self-help baby steps"

"I am now a lot more confident with meeting people and feeling better at talking to people. When I am spoken to, I no longer take it as criticism"

"Given me a great community of likeminded people who have shared their own experience on the back of topics covered in the course. The facilitators have been so lovely and supportive of us all. The mix of worksheets, talking and life experiences shared has been so beneficial".

"A lot of useful information, nice people both instructors and course members"

We have three more courses starting in June; another one for Long-term pain conditions at the Pavilion in Okehampton. A course for Anxiety and depression at The College Surgery Hub in Cullompton (who are kindly allowing us to use this space free of charge!) and a course in Exeter also for people suffering with Anxiety and depression for which Step One are kindly allowing us to use their wonderful facilities at the X-centre by the river for free! So many thanks for all the help and support offered 😊



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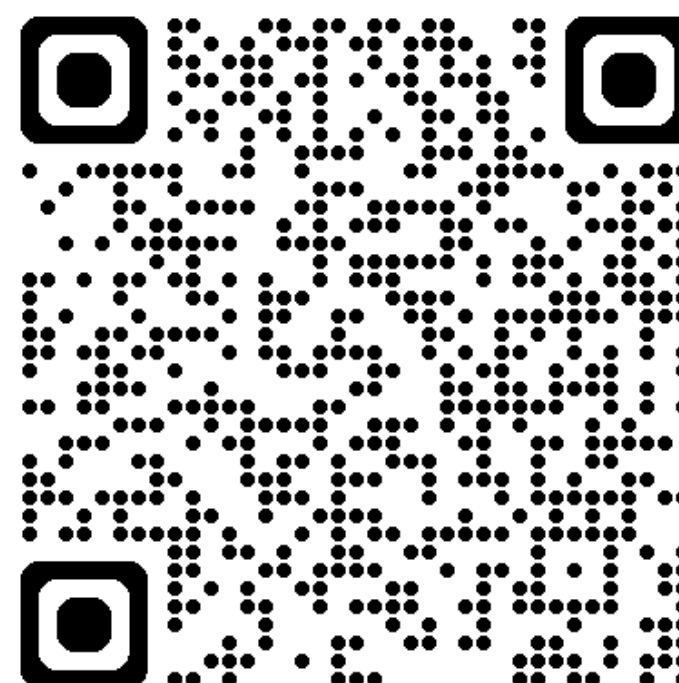
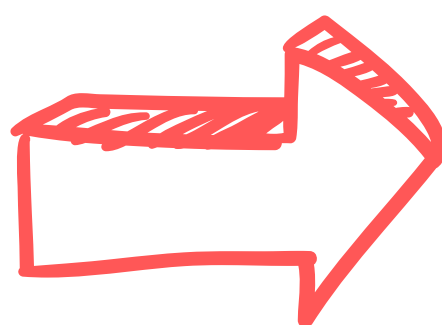
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Digital HOPE Programme

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

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

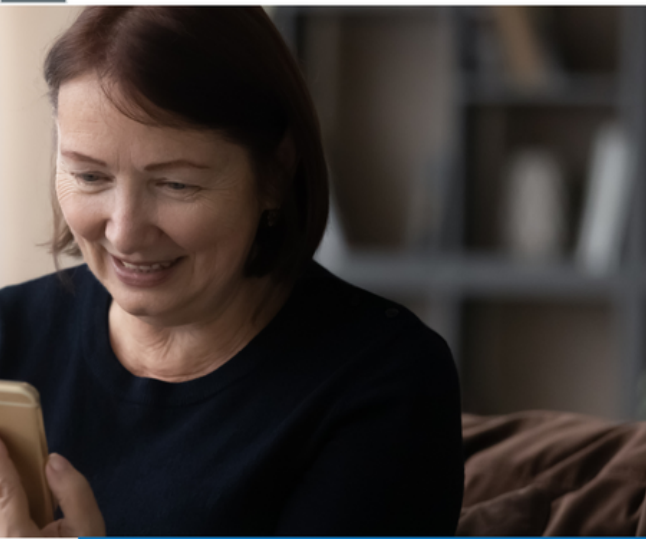
...or scan the QR code



HOPE PROGRAMME FOR LONG COVID

FREE SELF-MANAGEMENT COURSE, TO HELP YOU COPE WITH FATIGUE, ANXIETY AND BRAIN FOG.

START DATES
06.06.24
18.07.24



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 skills 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.

This 8 session course is delivered online via our platform.

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous

BOOK NOW
[WWW.H4C.ORG.UK/COURSES](https://www.h4c.org.uk/courses)

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



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IN PARTNERSHIP WITH
NHS
England
South West



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Training

Basic Life Support

Six of our HOPE Facilitator's attended Basic Life Support First Aid Training on Thursday 18th April at Torbay Hospital. The training covered what to do if somebody went into cardiac arrest or were choking. It was a really useful couple of hours and we all left feeling much more confident about what to do if a situation like that was to arise.

A huge thanks to Philip McEwan for putting this on for us!

If you are a Devon HOPE Facilitator and would be interested in doing this training in the future please get in touch with the HOPE Team.



Mental Health First Aid Training

Jacqui Bamford from the Torbay and South Devon NHS Foundation Trust is offering Mental Health First Aid Training to our HOPE Facilitators on the following dates:

ONLINE:

Community Suicide Awareness

Tuesday 14th May and Thursday 23rd May (9:15am-1pm)

Emotional Resilience

Thursday 16th May & Tuesday 21st May (9:15am-1pm)

FACE-TO-FACE:

Mental Health First Aid

Thursday 18th & 25th July (8:45am-4:30pm) - 2 full days!
Torhill House, Torquay



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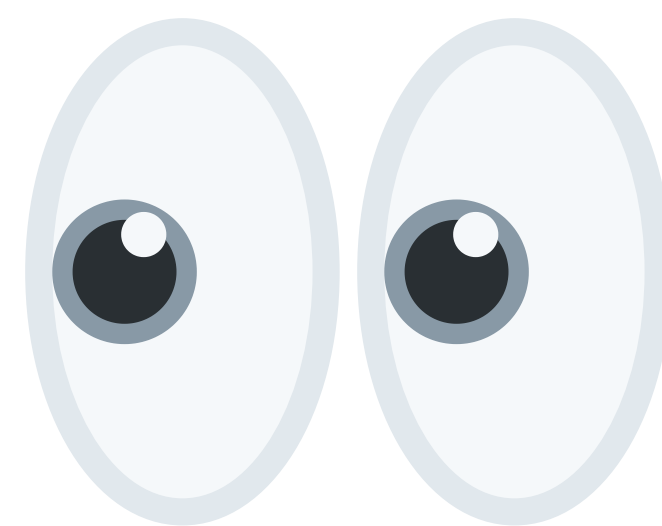
Peer Support for our Facilitators

Virtual Peer Support Session

We will be hosting an online peer support session for our HOPE facilitators (Devon wide) in July, please keep your eyes posted as Katie will be in touch soon regarding a date for this!.

This will be an opportunity to connect with other facilitators across Devon, share what is going well, as well as the things that could be improved or that you need some support with. An open, safe space for all.

We are offering this as a drop-in session, so even if you only have 5 minutes free, please do come along!



Joining our Digital HOPE Facilitator's!

We have very kindly been invited to join the South West Digital HOPE Facilitator's who meet on MS Teams every other month and have a self-guided drop-in session for their facilitators to discuss all things HOPE Facilitator and HOPE related, which they have very kindly invited us to join. This will take place on the first Tuesday of the month (12:30-1:15pm). You should have all received an email regarding this, along with a link to join the session's.

Please email Liv if you would like this to be resent to you!



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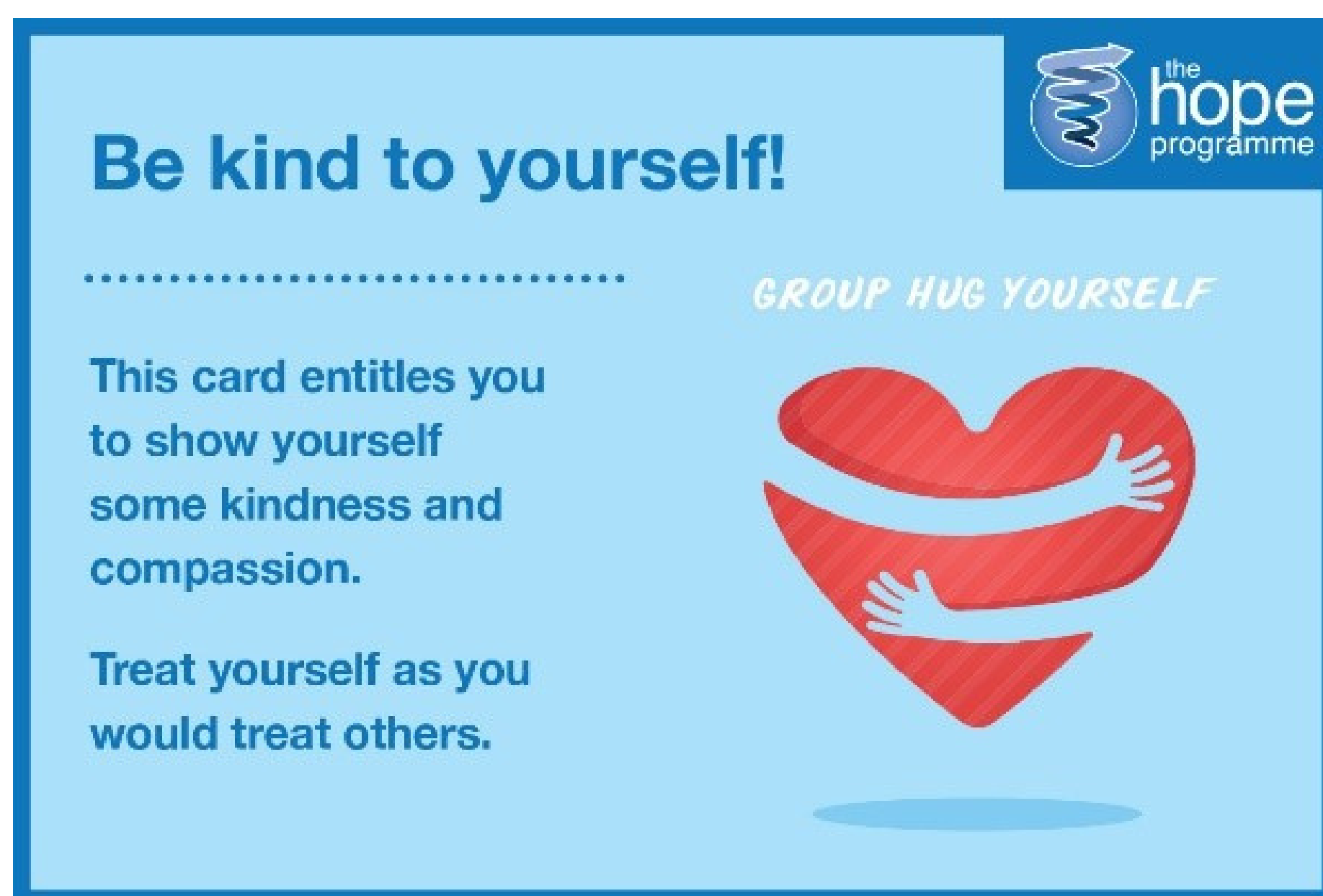
As always...be kind to yourself!

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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