

Spreading HOPE across Devon

January 2022

Welcome

Happy New Year to you!

We hope you had a wonderful Christmas with your loved ones, and we wish you a very happy, healthy and hopeful 2022.

Save the date!! HOPE facilitator get together

We are very excited to share that we are organising a HOPE facilitator get together in April. After a very tough couple of years we would like to the event to be a celebration of all your hard work and committment to HOPE. We really hope you can join us. If you haven't yet let Liv know if you can make it, please do! The venue is still TBC, but we are looking to hire somewhere in Exeter, as a central location for our facilitators across Devon.



FACILITATOR GET TOGETHER!

THURSDAY 7TH APRIL, 13:00-16:00,
VENUE TBC



RSVP to Olivia
hope.devon@nhs.net
01803 320600



Integrated Care System Devon

In June 2022, Devon's health and social care system will be transitioning into an Integrated Care System (ICS). All this really means is all the health and social care providers, Trusts and Devon CCG will all work more closely together towards meeting the same objectives. For more information visit: [icsdevon.co.uk](https://www.icsdevon.co.uk)

Other exciting things in the pipeline which we would like you to be aware of...

- It has just been agreed that the Digital HOPE for Long-Covid will be piloted as part of the South West Region's Long Covid response, initially offering the service to up to 1,000 people experiencing Long-Covid.
- We are exploring with Commissioners and South West Ambulance Service identifying people who call 111 or 999 frequently and offering them HOPE as part of their support offer.
- Falls in elderly frail people result in a significant number of our emergency calls. Across the Devon Integrated Care System, Torbay and South Devon have the greatest number and proportion of these calls. We are exploring with Commissioners, falls and frailty leads, identifying people who are at risk of a fall or who have fallen offering them HOPE as part of their support offer.

Introducing the Health Connect Coaching Programme

An exciting volunteer peer health and wellbeing opportunity whereby trained and supported volunteer health connect coaches with shared lived experience of living with a long-term condition, will be carefully matched to have health and wellbeing coaching sessions with a peer who is being challenged managing their condition and who would like some support in making positive changes. With partnership working between the health connect coaching programme and clinical team, individuals can have even better health outcomes and peer support. This programme is flexible to individual needs but is based on a 6-month intervention with a tapered off design to support its aim of improving the responsibility and action of self-management.

Please signpost any HOPE participants, clients, colleagues, friends and family you feel would benefit from accessing the programme (either as a volunteer coach OR peer!).

Watch a short video here:

<https://vimeo.com/601017813/36f670a2a1>



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

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So, what have we got coming up?

Due to the current high Covid rates, we are primarily focussing on offering virtual HOPE courses.

Here's what we've got coming up over the next couple of months:

Virtual:

Virtual HOPE Programme for carers	5 January 2022 – 9 February 2022, 1.30pm – 3.30pm
Virtual HOPE Programme for people living with anxiety and/or depression	7 February 2022 – 14 March 2022, 3pm – 5pm
Virtual HOPE Programme for people living with Long Covid	8 February 2022 – 15 March 2022, 11am – 1pm
Virtual HOPE Programme for people living with anxiety and/or depression	3 March 2022 – 7 April 2022, 6.30pm – 8.30pm
Virtual HOPE Programme for Health and Social Care Staff	6 April 2022 – 11 May 2022, 12noon – 2pm

As always, our waiting lists are growing! If you do have capacity & fancy co-delivering a HOPE Programme, please get in touch with Liv.

Facilitator Training

We have another two-day HOPE Facilitator Training Course coming up on the Tuesday 29th and Wednesday 30th March at the Exeter Community Centre. This is being delivered by two of our wonderful trainers, Vicki Sheen and Katie Chaplin - please help us to spread the word across Devon!

Trainer & Assessor Training

At some point over the next few months, we will be offering free training to HOPE facilitators interested in becoming a HOPE Trainer and Assessor. What is the difference in the two roles?

HOPE Programme Trainer

- Deliver two-day facilitator training programme to delegates
- Assess them as part of the training
- Decide whether they are in a position to PASS or if they need further training

HOPE Programme Assessor

- Observe a newly trained HOPE facilitator on their first course (normally at week 2!)
- Provide constructive feedback
- Decide whether they are in a position to PASS or if they need further training

To be eligible to enrol on this training, you must have delivered a minimum of two HOPE courses within the last year

DO YOU WORK IN HEALTH & SOCIAL CARE?

Would you be interested in training as a HOPE facilitator, delivering the programme as part of your current role?



To register your interest, please contact:
hope.devon@nhs.net / 01803 320600

What's in it for you?

- Personal & professional growth & development
- Supporting individuals in your local community to be the best version of themselves
- Additional training opportunities
- Meeting & working with a wide range of individuals from different backgrounds (staff & volunteers)



Find us on Facebook <https://www.facebook.com/HOPEProgDevon/>

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