

Spreading HOPE across Devon

September 2021

Welcome

Firstly, a huge thanks!

What a year it has been! We hope that you are well and have managed to remain safe and in good health during what has been an incredibly challenging time (personally and professionally) for everyone.

Thank you to our wonderful facilitators who have dedicated their time to run HOPE courses during the pandemic – you know who you are! So far, we have run 50 virtual HOPE courses, 14 digital HOPE courses since the start of the pandemic. We couldn't have done this without all of your hard work, help and support.



Welcome to all of our newly trained facilitators!

We have trained up 33 new HOPE Facilitators across Devon since May 2021 and many of them have already starting running, or are booked in to run, their very first HOPE course. Thanks to our wonderful trainers Katie, Anja and Sharon we have been able to deliver two virtual facilitator training courses, and one in person.

Spring Facilitator Get Together...keep your eyes peeled



Back in March 2020 we hosted the 'HOPE Facilitator Jamboree' at the Lord Country Haldon Hotel in Exeter. We would love to do something similar in the Spring to celebrate all of your efforts over the past year and a half, and to also welcome our new facilitators to the team. Keep your eyes peeled for more information about this over the next few months. Cake and other goodies to be expected...if that hasn't sold it to you, we don't know what will!

Devon supporting Dorset to spread HOPE!

We are very excited to be sharing with you that we will be supporting Dorset to get up and running with the HOPE Programme. We are working in collaboration with Help & Care, a Dorset self-management service, and will be offering Virtual Facilitator Training on the 11th, 12th, 18th and 19th October to 9 staff members (including social prescribers, health and wellbeing coordinators, therapists etc.).

It's wonderful that we're able to share all of our rich learning and support the growth and spread of HOPE across other areas in the South West.



Be kind to yourself

During this very difficult time we 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.



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?

We are slowly (but surely!) starting to run more face-to-face courses, still ensuring that all necessary Covid safety precautions are in place so that our facilitators and participants are as safe and protected as possible.

Predominantly, however, our main mode of delivery remains 'Virtual HOPE' which is delivered live on Microsoft Teams.

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

Face to Face:

HOPE Programme (Generic)	13 th September – 18 th October 2021, 10:30am – 1pm	Rest A While, Tavistock
HOPE Programme for people struggling with their mental wellbeing	29 September – 3 November 2021, 9.30am – 12pm	Centre Peace, Paignton
HOPE Programme for Exeter Community Initiatives Staff & Volunteers	6 th October – 10 th November 2021, Times TBC	Co Lab, Exeter
HOPE Programme for Resilient Young Minds	6 th October – 10 th November 2021 Times TBC	Okehampton Community Hospital, Okehampton
HOPE Programme for people struggling with their mental wellbeing	7 October – 11 November 2021, 9.30am – 12pm	Centre Peace, Paignton
HOPE Programme for Men's Mental Wellbeing	3 rd November – 7 th December 2021, 11am – 1:30pm	Thrive Project, Paignton



Exciting Opportunity

We are excited to tell you that we have had confirmation of funding from the Ageing Well programme for 3 new HOPE coordinators, one each for North, East and West Devon, to work in collaboration with Olivia Weight in the South Devon area. We are looking to work with partners in the areas to recruit to these roles, which will support our spread of this wonderful program to all who may benefit.

Virtual:

HOPE Programme for individuals who have recently lost a loved one	13 September – 18 October 2021, 2pm – 4pm	Virtual via MS Teams
HOPE Programme for Parental Wellbeing (children aged 4+)	21 September – 9 November 2021, 11am – 12.30pm	Virtual via MS Teams
HOPE Programme for people living with anxiety and/or depression	29 September – 3 November 2021, 10am – 12 noon	Virtual via MS Teams
HOPE Programme for people living with COPD	4 October – 8 November 2021, 2pm – 4pm	Virtual via MS Teams
HOPE Programme for people who have had long-term hospital interventions	5 October – 9 November 2021, 10am – 12 noon	Virtual via MS Teams
HOPE Programme for Rheumatology	7 October – 11 November 2021, 2pm – 4pm	Virtual via MS Teams

Find us on Facebook



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

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HOPE for the Community

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HOPEPUNK exhibition in Coventry City of Culture



Submissions window now open! Hopepunk is a celebration of your creativity.

We are proud to see Coventry take centre stage as UK's City of Culture and want to give you, Hope Programme participants and facilitators, a chance to be at the centre of it!

Hopepunk will take place as an exhibition both online and in a physical space.

We simply ask - What does hope mean to you?

Send us stories, videos, visual artwork, creative writing (poetry, prose), crafts, photography or sculpture. Entries accepted by 14th November.

Find out more and how to enter: <https://www.hopecwr.h4c.org.uk/hopepunk>
Please share this opportunity on your courses and across your networks. Thank you!

SEPTEMBER TO NOVEMBER 2021		Upcoming free Hope Programme courses	
20/09/2021	05/10/2021	25/10/2021	03/11/2021
 Hope Programme for Parents of Children with IIH Location UK wide Delivery Online with weekly Hope cafe 20/09/2021	 Hope Programme for On-call Firefighters Location UK Wide Delivery Online with weekly Hope cafe 05/10/2021	 Hope Programme for Living with Cancer Location UK wide Delivery Online 25/10/2021	 Hope Programme for Living with Multiple Sclerosis Location UK Wide Delivery Online with weekly Hope cafe 03/11/2021
Book your place now: www.h4c.org.uk/courses			

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