

Spreading HOPE across Devon & Cornwall

Celebrating our 10th HOPE podcast

We recently filmed a very special episode of the HOPE Programme podcast – our tenth episode – and marking this milestone with Christine Peace felt particularly fitting.



Christine is one of our volunteer facilitators and has lived with agoraphobia for over 40 years. In this episode, she speaks openly and honestly about her journey, the challenges she has faced, and the courage it has taken to keep moving forward. Christine shares how the HOPE Programme has played a pivotal role in helping her rebuild confidence, reconnect with others, and reimagine what is possible for her life.

“I went from only existing...to living!”

For Christine, HOPE has been more than a programme – it has been a turning point. Hearing her reflect on the positive changes she has experienced, and now facilitating the programme herself to support others, is a powerful reminder of the impact of peer support and lived experience.

This tenth podcast feels like a celebration not just of HOPE, but of resilience, connection, and the quiet determination of people like Christine who continue to grow, contribute, and inspire. We are incredibly grateful to her for sharing her story and for the compassion and insight she brings to the HOPE community.

A heartfelt thank you to Julie, Sarah and Kate



The Devon HOPE Coordination Team is going through a period of change as we say goodbye to Julie (North Devon), Sarah (West Devon) and Kate (East Devon) who has made a valued contribution to the HOPE service, supporting people with compassion and dedication while strengthening relationships across their local communities.

Their commitment has helped shape HOPE across Devon and will leave a lasting legacy. We thank Julie, Sarah and Kate for all they have given and wish them every success in the next stage of their journeys.

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April 2026
Olivia Weight

A Warm Welcome to our New HOPE Coordinators!

We're really pleased to welcome three new faces to the Devon HOPE Coordination Team.

Zoe joins us as Coordinator for East, Mid Devon and Exeter, **Teresa** takes on West Devon, and **Vicki** covers North Devon. Each brings their own experience, energy and passion for supporting people in their communities.

Change brings new opportunities, and we're excited to have Zoe, Teresa and Vicki on board as we continue to work together, support one another, and strengthen HOPE across Devon.

Welcome to the team — we're looking forward to what we'll achieve together.

Teresa Sheehan - West Devon HOPE Coordinator



I joined the HOPE Coordination Team in November 2025, supporting people across West Devon, South Hams and Plymouth.

I've been a HOPE Facilitator since 2023, and I can honestly say this is a programme I truly believe in. It helps build confidence and resilience and help the individual to think about what really matters to them and feel more able to manage long-term health conditions, symptoms.

Alongside HOPE, I also work as a Social Prescriber, and what I love most about this programme is how it supports people as individuals — not as a diagnosis. I've seen first-hand the positive difference HOPE can make to people's confidence, wellbeing and everyday lives.

"This programme really does change how you feel about yourself and I am looking forward to supporting volunteers in accessing training to become facilitators as well as looking at suitable venues to deliver The HOPE Programme - to empower individuals to make small changes that make a big difference"

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Zoe Flockhart - East, Mid Devon & Exeter HOPE Coordinator

Involve have now broadened their area to cover East Devon as well, which means I have the pleasure of covering Mid Devon, East Devon and Exeter areas. As I get to know our facilitators in these areas, it is clear that we have a wonderful group of people who are passionate about reaching as many people as possible with the HOPE Programme!



Since Christmas, 5 courses have taken place in these areas, with another 3 planned for May start dates, which is amazing! As always, we are looking for more facilitators and venues to host the course and keep the momentum going for the next year.

I would especially like to thank the existing coordinators from HOPE Devon for their support during my transition into new areas, I am thoroughly enjoying being part of the team! Keep your eyes peeled for more locations and more courses over the next few months, and spread the word about becoming a facilitator or HOPE star in your area!

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Vicki Hawkrige - North Devon HOPE Coordinator

Hi, I'm Vicki and I'm thrilled to be joining the HOPE programme in April 2026 as coordinator for North Devon. I spent over 20 years working in account management and business development within the property sector; I have always enjoyed building and nurturing relationships, and leading a team gave me extensive experience in mentoring, pastoral care and supporting people through challenging experiences. Neurodiversity and mental health are both also very close to my heart. Last year, driven by my passion for helping people, I decided on a career change and joined the VCSE sector with Encompass Southwest... and I haven't looked back!



Most recently I have worked as a caseworker, helping high intensity users of A & E to access the services and support they need. Alongside my role with HOPE, I work with the System Change Action Alliance – a fantastic partnership of people from the voluntary, health and public sectors across Northern Devon.

Having moved to Devon (from Hertfordshire) in 2023, I appreciate the more gentle pace of life, not to mention the stunning coastlines, moorlands, waterways, woodlands and wildlife (all of which I love to explore with my two miniature dachshunds, Albie and Bob!). I also enjoy family time with my teenage son and daughter and playing tennis.

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

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An update from Steve Pearse - H4C Community Voice

Hi everyone, and welcome to 2026. I thought I would give a newsletter update on what has been happening in my role as “Community Voice”, Non-Executive Director, (NED) at Hope for the Community (H4C). Since the last newsletter in September 2025, there have been some exciting H4C events and I have been attending South Devon meetings to get myself known to the local Hope coordinators and stakeholders.

The H4C 10 year celebration event that I attended in November last year was a fantastic opportunity for me to meet my H4C colleagues in person. It was lovely to meet such a dedicated group of people, and I can now recognise why the Hope programme has been such a success over the past 10 years. It was a long journey up to Coventry by train, but I cheekily upgraded my ticket to first class, (at my own expense) as I wanted to enjoy the occasion and spend some time celebrating my own journey from Hope participant to Facilitator and now NED for the Community Voice. I had the pleasure of Liv Weight as my travelling companion on the return journey and despite the trains running very late, we had an amazing conversation and chatted the whole journey home to Devon. (Sorry Liv!!)

H4C also had a Blue Monday event in January, this was an all-day wellbeing event online that was very well attended. There were around 200 people that signed up for the event which was an amazing achievement. The staff at H4C and the people running the workshops did a fantastic job and the feedback from the participants was encouraging and inspiring. The event link is “here” if anyone would like to see what went on.
Insert event link.

For one reason or another last year, I didn’t manage to do as much facilitating as I would have liked. I was trying to start a new business at the ripe age of 62 and was also training as a volunteer Health Connect coach, in Torbay. Thankfully, I managed to put time aside at the start of this year and re-engaged as a facilitator, delivering a Virtual HOPE Programme to people the way that Hope was delivered to me in 2018.

I am so lucky to have enjoyed my Hope journey and never imagined I would have come so far. But I do also realise that Hope has been the “thing” that has changed me and I look forward to working with all the amazing people in the Hope community for quite some time yet.

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HOPE Train -the-Trainer Opportunity

We'd love to see every area of Devon supported by its own HOPE trainers. At the moment, there are only five to six people actively delivering this role, and we're keen to grow the network.

If you've been a HOPE facilitator for some time, have delivered a few programmes, and feel confident in how the programme runs, this could be a great next step for you. The train-the-trainer course is a half-day session, available either online or in person.

If you'd like to have an informal chat to find out more, please email:

hope.devon@nhs.net

REMINDER - Facilitator Re-assessment

A friendly reminder to anyone currently delivering the programme: if it has been two years since your first assessment, the HOPE programme requires you to be re-assessed.

Re-assessments can be completed online or in person during week two of your programme. Typically, an assessor will join your session (with camera and microphone off if online), and your assessment report will then be sent to you by email for signing.

Please get in touch to arrange this.



Welcome to Our New HOPE Facilitators!

Since the beginning of 2026, we are delighted to have trained 14 new HOPE facilitators across Devon. Many of our newly trained facilitators have already hit the ground running, delivering HOPE courses both online and in person.

It's fantastic to see their enthusiasm, commitment, and the positive impact they are already making in their local communities. We look forward to supporting them as they continue this important work.

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So, what have we got coming up?

Face to Face:

COURSE	VENUE	DATES	TIMES
Chronic Pain, Fatigue and Low Level Anxiety and Depression	Buckland Community Centre, Newton Abbot	Tuesday 28 th April - 9 th June 2026	1:00pm-3:30pm
Long Term Health Condition	Phoenix Hall, Bovey Tracey	Wednesday 29 th April - 10 th June 2026	12:30pm-3:00pm
Chronic Pain, Fatigue and Low Level Anxiety and Depression	The X Centre, Exeter	Monday 11 th May - 22 nd June 2026	1:00-3:00pm
Chronic Pain, Fatigue and Low Level Anxiety and Depression	Salvation Army, Toruqay	Thursday 14 th May - 18 th June 2026	1:00-3:30pm



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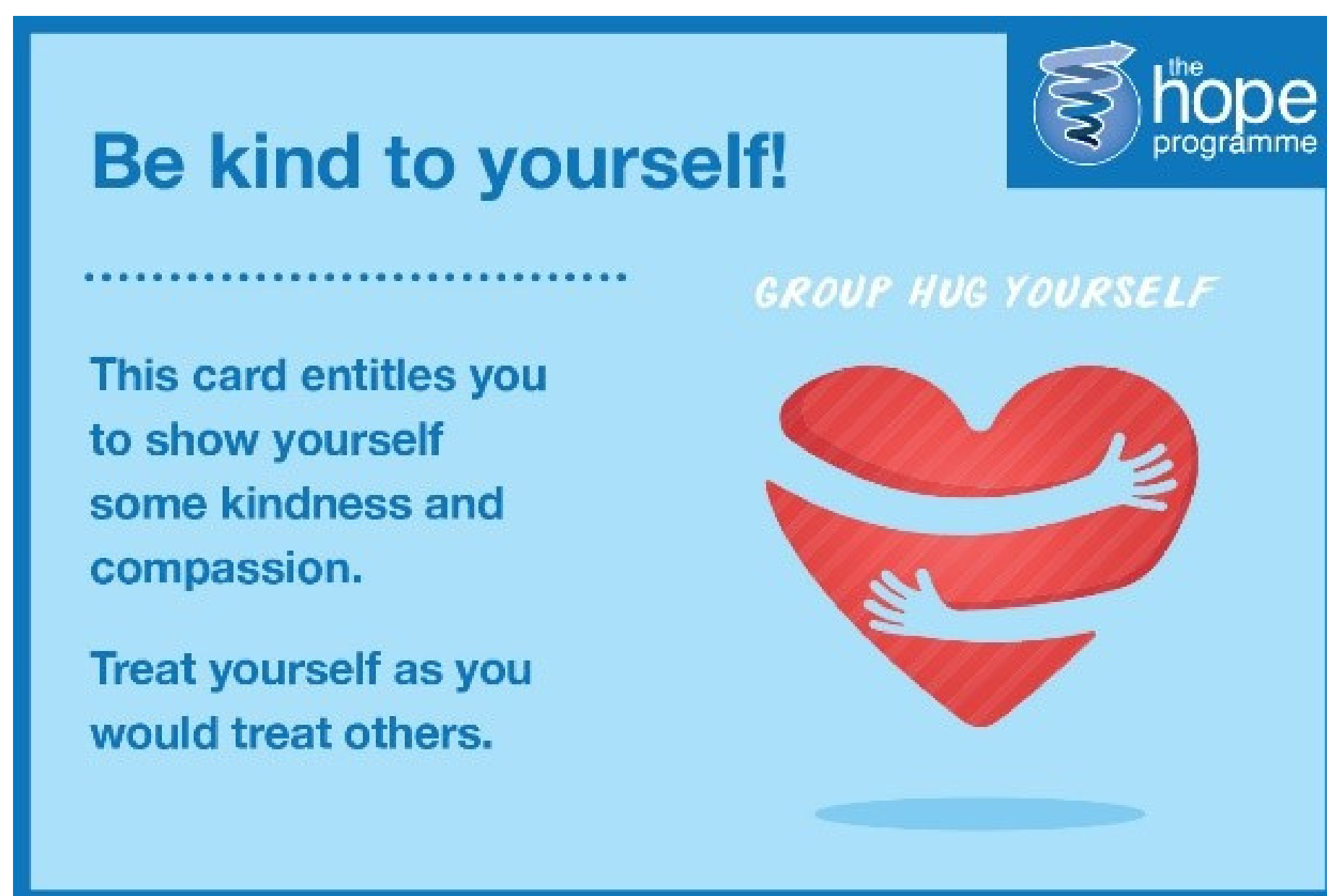
As always...be kind to yourself!

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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