

# Background

The Help Overcoming Problems Effectively (HOPE) programme is a **free course** that supports you to manage your health & wellbeing and to explore what is important to you.

In Devon the course is delivered in 3 ways, **face to face**, **virtually** online using Microsoft Teams or **digitally** using an online platform.

## What can you expect?

The programme covers a variety of topics including:

- Mindfulness
- Goal Setting
- Gratitude Diaries
- Stress Management
- Healthy Eating
- Dealing with setbacks
- Fatigue Management



### Virtual HOPE



- Available to anyone living in Devon
- Small group (6 - 15people)
- Delivered online using Microsoft Teams
- Live course (set dates & times)
- Can only access course at set times
- Commitment of 2 hours per week for 6 weeks (times and duration of the course may differ)
- Delivered by at least 2 facilitators
- Live communication using audio and webcam

### Face to Face

- Available to anyone living in Devon
- Small group (8 - 20people)
- In person course (set venue, dates & times)
- Commitment of 2.5 hours per week for 6 weeks (times and duration of the course may differ)
- Delivered by at least 2 facilitators

### Digital HOPE

- Available to anyone living in the South West of England
- Delivered online via iHOPE
- Self-Paced over 6 weeks
- Access 24/7 for the 6 weeks
- Recommended commitment of 2 hours per week
- Delivered by at least 2 facilitators
- Online chat, group forums, private messaging
- Option to upload media

# Why are the courses different?

To help participants get the best out of the programme, you will notice that courses are designed around a specific condition or group of people. For example, People living with Chronic Pain or Parents with young children.

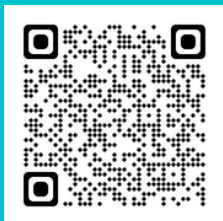
# How do I book a free course?

For information on all our available courses please contact our HOPE coordinator on:

**Phone:** 01803 320600

**Email:** [hope.devon@nhs.net](mailto:hope.devon@nhs.net)

**Website:** HOPE Programme ([myhealth-devon.nhs.uk](http://myhealth-devon.nhs.uk))



We welcome self referrals for people who feel this will be of benefit to them. Please note that the HOPE programme does not replace medical care, it is not therapy but is therapeutic!



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



# Help Overcoming Problems Effectively

Take a positive approach to looking after yourself

