



The HOPE Programme – (Help Overcoming Problems Effectively)

Hope is a new programme developed to help local people who are struggling with long-term health conditions.; build confidence and learn how to manage their condition.

Typical courses are focused on either; mental health, anxiety, stress, depression, persistent pain, fibromyalgia, stroke, to name but a few...

The 6 week self-management, self-help, course will focus on you as a person and not as a long-term health condition, with the aim to help you discover new strength and rediscover old ones, to keep yourself well.

It also aims to boost your self-confidence and resilience, to help you cope better emotionally, psychologically, and practically with your condition.

It is important to remember that HOPE is not Therapy
but it is Therapeutic.

As HOPE is new to the North Devon area, we are looking at enrolling Facilitators to lead the courses.

Please have a look at the details below to find out if Facilitating appeals to you?



As a HOPE Facilitator you will need to commit to:

- Attend two-day HOPE Facilitator Training Programme.
- Helping to facilitate a six-week course, a minimum of twice a year.
- Arriving at least 30 minutes before to set up, as well as leaving at least 30 minutes at the end of the session to clear up and reflect.
- Ensuring relevant paperwork is completed by yourself and the participants attending, and that this is returned to the HOPE Coordinator promptly and securely.
- Responding to relevant communications (emails, meeting invites, telephone contact).
- Providing up-to-date contact details.
- Ensuring all information shared during the programme remains confidential.
- Looking after yourself and your wellbeing and to raise any issues/concerns that you may have to the HOPE Coordinator.
- Informing the HOPE Coordinator of any disclosures and/or perceived safeguarding issues.
- Keeping up-to-date / 'in the loop' with what is going on regarding HOPE – please read all emails and newsletters sent to you.
- Ensuring you've got a HOPE Facilitator Manual and to bring this to each to each session. If your manual is lost or damaged – to inform the HOPE Coordinator so that you can be provided with a replacement.

Being a HOPE facilitator is voluntary so it is our hope that you are working within a Wellbeing Service or something similar, to enable you to bring your professional approach to the programme.

You will be reimbursed for your out-of-pocket expenses e.g. (travel, parking, any additional resources bought).



Please register your interest on the central website: myhealth-devon.nhs.uk or click [Can I become a HOPE facilitator?](#)

Or for further information about the HOPE Facilitator role please email: hope.devon@nhs.net

Additional 'lived experience' Volunteers also required:

If you have recently completed a HOPE Programme yourself as a participant and now wish to train as a HOPE Facilitator, you will need to be registered as a Volunteer with the Torbay and South Devon NHS Foundation Trust. Volunteer Application and Recruitment Process:

You will need to indicate your interest in the 'Lived Experience' role as a Volunteer HOPE Facilitator with the HOPE Programme via email: hope.devon@nhs.net

1. The volunteer application form and role description/role profile will need to be read, signed and returned.
2. A HOPE Coordinator will forward your application and/or role description to the Torbay and South Devon NHS Foundation Trust (TSDFT) volunteer service for processing.
3. The Volunteer Services Team will be in touch to arrange an interview via Microsoft Teams (a space for you, the volunteer service and coordinators to meet, find out more about you/the programme).
4. Successful interview – volunteer service will complete documentation needed and sign you onto mandatory training.
5. A HOPE Coordinator will be in touch regarding training for the role once confirmation has been received from the Volunteer Service Team of application process completion.
6. Attend two-day HOPE Facilitator Training Programme.

If this sounds like something you would like to be involved in, or if you have any questions about the role, please get in touch:

