

HOPE Programme for People Living with chronic pain/fatigue

North Devon



Do you want to enhance your resilience, rediscover strengths, increase your ability to cope and improve your general wellbeing?

This is a particularly stressful time for many people, and as someone who suffers with a long-term health condition, it is so important that you look after both your mental and physical wellbeing.

This course will allow you to connect with other people who are, perhaps, experiencing something similar to you.

Take this time for yourself to prioritise your own wellbeing.

All HOPE courses are FREE of charge

Venue: Barnstaple Library, Tuly Street, EX31 1EL

Tuesdays @ 13:00 - 15:30

14th January 2025

21st January

28th January

4th February

11th February

18th February

Many have said this course is therapeutic, but we must remind you that this course is not therapy!

Register your interest today!

To register or for more info, please email HOPE's North Devon Coordinator:

j.cotton@encompass-sw.org.uk

OR complete the online registration:

<https://myhealth-devon.nhs.uk/local-services/hope-programme>

or email South Devon hope.devon@nhs.net

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