



Join us as a HOPE Facilitator in Cornwall

Join us and train to be a HOPE Programme® facilitator?

The HOPE Programme® is a health and wellbeing intervention. Would you like offer support to people to become more confident and cope better emotionally, psychologically and practically ? If so, this may be for you.

Do you have some spare time to volunteer to help others? You may be supported by your employer as part of their Corporate Social Responsibility/ Employee volunteering programme or volunteer in your own time.

Join our HOPE family!



What is the HOPE Programme®?

The **H**elp to **O**vercome **P**roblems **E**ffectively (**HOPE**) **P**rogramme® supports individuals to manage their health and wellbeing and to explore what is important in their lives. It can be offered to those living with any long term condition. The Hope for the Community programme was co-created with the users of services and based on scientific evidence.

The HOPE Programme® is being re launched in Cornwall and we invite everyone to start afresh with us.

The 6 week course is free to attend and takes place at various times and locations throughout Cornwall.

Each weekly session lasts for 2½ hours and is run by trained HOPE Facilitators using a tried and tested programme.

What can you expect from delivering a HOPE programme?

There are between 8 to 12 people on each course and time is spent in facilitating discussions, small group activities, information sharing and ideas at each session.

You will be facilitating a group in a warm, friendly, non-judgmental atmosphere with support when both they and you need it.

Mindfulness



Goal Setting



Fatigue Management



Stress Management



Identify Personal Strengths



Gratitude Diaries



Dealing with Setbacks



Challenging Unhelpful Beliefs



Healthy Eating



Physical Activity





Why become a facilitator?

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“I found it uplifting and felt comfortable and accepted the Hope course gave me positivity and hope for the future – community.”

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As a Volunteer HOPE Facilitator you will be expected to:

- Help facilitate a six week course, preferably at least two times a year (contact us to discuss options).
- Arriving at least 30 minutes before to set up, as well as leaving at least 30 minutes at the end of the session.
- Ensure all information shared during the programme remains confidential.
- Inform the lead facilitator of any disclosures and/or perceived safeguarding issues.
- Keep up-to-date / ‘in the loop’ with what is going on regarding HOPE.
- Adhere to Hope for the Community and Volunteer Cornwall’s policies & procedures.
- Let us know if you are no longer available.



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www.volunteercornwall.org.uk/hope

Please note that the HOPE Programme® does not replace medical care – it is not therapy but is therapeutic!

