



# HOPE PROGRAMME FOR LONG COVID

PEER SUPPORT SELF-MANAGEMENT OFFER ACROSS THE SOUTH WEST

**LIVING  
WITH LONG  
COVID?**

**YOU ARE  
NOT  
ALONE**





**3** GOOD HEALTH  
AND WELL-BEING



## OVERVIEW

The HOPE programme for Long Covid aims to reduce the negative impact of COVID-19 by empowering people across the South West to self-manage their health and wellbeing, develop social connections and peer-support opportunities.

Funded by the NHS, the programme for Long Covid builds on an existing evidence-based self-management intervention called the Hope Programme.

## OBJECTIVE

The project will deliver 50 free online courses to support 3000 people. Aimed in particular at those living with long-COVID.

Anyone from across the South West is able to book on. With online courses available now.



# HOPE

## PROGRAMME

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### HOPE: Help Overcoming Problems Effectively

The **Hope Programme** is a free self-management course designed to empower you to discover your strengths and find new ways to cope with whatever life throws at you.

Delivered online, you choose what works best for YOU.

Supported by trained facilitators, meet others in the same situation and learn new skills that will help you on your journey to feeling better and more hopeful.

Co-designed with users, healthcare professionals and researchers at Coventry University, nearly 16,000 people across the UK have benefitted from the Hope Programme to date.

**Coventry**  
University





LIFE CAN GET  
HARD AND  
LONELY  
SOMETIMES.

IT CAN TAKE  
A TOLL ON  
YOUR  
WELLBEING.



**Meet others in the same  
situation, feel less tired, less  
stressed and more in control.**





## **HOPE PROGRAMME FOR LONG COVID DATES 2022-23**

01.06.2022

21.09.2022

29.06.2022

19.10.2022

27.07.2022

09.01.2023

24.08.2022

06.02.2023

**BOOK NOW**

**[HTTPS://WWW.H4C.ORG.UK/COURSES](https://www.h4c.org.uk/courses)**

**PHONE: 024 7736 0153**

**EMAIL: [CONTACT@H4C.ORG.UK](mailto:CONTACT@H4C.ORG.UK)**



**SCAN ME**

# HOPE PROGRAMME FOR LONG- COVID

FREE SELF-MANAGEMENT COURSE,  
TO HELP YOU COPE WITH FATIGUE,  
ANXIETY AND BRAIN FOG.



## ARE YOU, OR A LOVED ONE, LIVING WITH LONG-COVID?

**Would you like to learn tips  
to help manage and cope  
with fatigue, anxiety and  
brain fog?**

**Meet others in the same  
situation and build your  
skills to help you cope  
better.**

**This 8 session course is  
delivered online via our  
platform.**

- Available 24/7 on any device
- Sessions released weekly
- Learn at a time and pace that suits you
- An option to remain anonymous

**BOOK NOW**

**WWW.H4C.ORG.UK/COURSES**

**EMAIL: HOPE@H4C.ORG.UK  
OR PHONE: 024 7736 0153**



**SCAN ME**

## START DATES

<b>01.06.22</b>	<b>21.09.22</b>
<b>29.06.22</b>	<b>19.10.22</b>
<b>27.07.22</b>	<b>09.01.23</b>
<b>24.08.22</b>	<b>06.02.23</b>



# HOPE STORY

POSTMODERN  
PAINTING. Stella  
alternately paints in  
oil and watercolor

## RACHEL'S HOPE STORY

### HOPE PROGRAMME FOR LONG COVID



Rachel was working full-time as a primary school teacher when she caught Covid-19 in December 2020.

At first, she had only quite mild symptoms, but kept getting worse. *"It was horrendous. I couldn't work for so long"*. She eventually returned to work in September 2021 on reduced hours.

The online format of the Hope Programme for Long COVID suited Rachel well, as she could fit it in around work. *"I could just do small manageable chunks. Five minutes at a time. I could go backwards and forwards over bits that I liked. It gave me the freedom of being able to explore a bit. The site itself is really easy to use!"*

Rachel also liked the fact that the facilitators understood that not all of the course will suit everyone. *"I could just take what I need. If something's not my cup of tea – that's OK"*.

Rachel found the positive thinking and gratitude activities the most helpful.

*"It sounds silly, but something so small can have a BIG impact. When I've had a bad day – what good things can I see? And there are some!"*

As well as using Gratitude in her everyday life, Rachel hopes to pass this simple but effective life-skill on. *"I might try to bring it into the classroom, to share it with the children. My Year Six (10-11 year olds) would understand it and I think it's simple enough even for my Year One (5-6 year olds)"*.

But the best part of the Hope Programme for Long COVID for Rachel was the weekly Zoom cafes. *"There was no pressure to join in, you didn't have to put your camera or microphone on. You could just sit and watch. The facilitators were really welcoming."*

***"That whole social aspect of Hope was fantastic. Being with people who really understood."***

Rachel was pleased to find that there were other people like her, wanting get back to work and get on with life. *"That whole social aspect of Hope was fantastic. Being with other people who really understood the frustration. Being able to connect with them."*

But did she ever get as far as putting her camera on? *"Yes, I did – they all eased me in but I was never pressured. So I was asking questions and joining in with the discussions by the end!"*

# HOPE PROGRAMME FOR LONG- COVID

FREE SELF-MANAGEMENT COURSE  
TO HELP YOU COPE ON YOUR  
RECOVERY FROM LONG COVID.



Not alone  
#hopeprogramme



SCAN ME

## START DATES

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## MEET OTHERS IN THE SAME SITUATION AND TRY RANGE OF INTERACTIVE ACTIVITIES

- ✓ goal setting
- ✓ gratitude
- ✓ mood, activity and symptoms tracking
- ✓ journalling
- ✓ online forum

### Optional weekly Zoom sessions:

Hope Cafe - a chance to meet others

### Hope Question time:

Recorded Q&A sessions with long COVID experts including GP, long COVID clinical lead and physios

## This 8 session online course covers topics such as:


- Self management for long COVID
- Managing long COVID symptoms e.g. brain fog, fatigue and breathlessness
- Pacing and focussing on what matters to you
- Coping with stress, change and shifting your thinking
- Getting better sleep and mindfulness
- Communication and relationships
- Eating well and moving better
- Managing setbacks
- Using your strengths to make you happier

The course is delivered online via our platform.



Available 24/7 on any device - Sessions released weekly -  
Learn at a time and pace that suits you - Remain anonymous





**ON THE HOPE  
PROGRAMME  
YOU ARE NOT  
ALONE**