



HOPE Programme Long-term Pain



HOPE Programme for people living with long-term pain, including: Fibromyalgia, Long Covid, M.E. and Chronic Fatigue

Do you want to enhance your resilience through these difficult times, rediscover strengths and increase your ability to cope?

It is so important that we look after both our mental and physical wellbeing. This course will allow you to connect with other people who are experiencing something similar to you.

Take this time for yourself to prioritise your wellbeing, increasing your sense of control and your resilience.

The course will be held at: All Saints Church Hall, 4 Market Street, Okehampton, EX20, 1HN. It will run from 10:30am-1pm on the following dates:

Wednesday 24th January 2024
Wednesday 31st January
Wednesday 7th February
Wednesday 14th February
Wednesday 21st February
Wednesday 28th February

**Scan the QR code
to book online**



Call - 07719 065125

Email - sarah.michie2@nhs.net

Website:

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



ENCOMPASS
Changing lives through inclusion



One Devon

