
New online support course available to unpaid carers in Devon

Life as a carer can be stressful, tiring and incredibly lonely at the best of times, but no more than ever in these unprecedented times during COVID-19.

The HOPE Programme is a course that was created for people with a long-term health condition but is also available to carers using the same registration. The online version of the HOPE Programme provides virtual support for carers helping them to cope better, feel more in control, and be more resilient in these difficult times.

The 6-week online course starts 17th July to 21st August 10am-12pm each week.

They are looking to support people who are in a wide range of caring roles.

There is a single form at <https://www.torbayandsouthdevon.nhs.uk/services/hope-programme/book-onto-a-hope-course/> where you can register your interest using the online form, but please make sure you write that you are a carer under the 'Additional Information' section. Alternatively phone 01803 210493 or email hope.devon@nhs.net