

Life as a carer can be stressful, tiring and incredibly lonely at the best of times, but now more than ever.

If you're currently self-isolating/shielding and trying to cope, let us introduce you to the Virtual HOPE Programme.

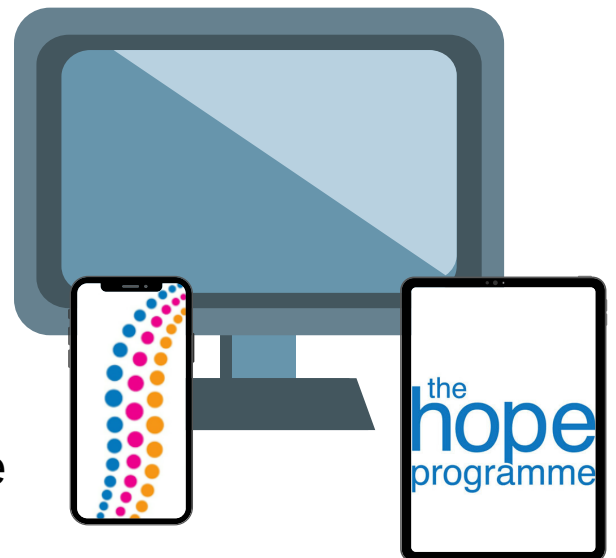
The online version of the HOPE Programme provides virtual support for people helping them to cope better, feel more in control, and be more resilient in these difficult times.

We are looking to support people who are in a wide range of caregiving roles.

To attend this course you will need:



- Access to the internet
- Access to Microsoft Teams
- A Webcam and Microphone
- A PC, Laptop, Tablet or Smartphone



Register your interest today!

To register or for more info, please call [01803 210493](tel:01803210493) or email hope.devon@nhs.net

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