

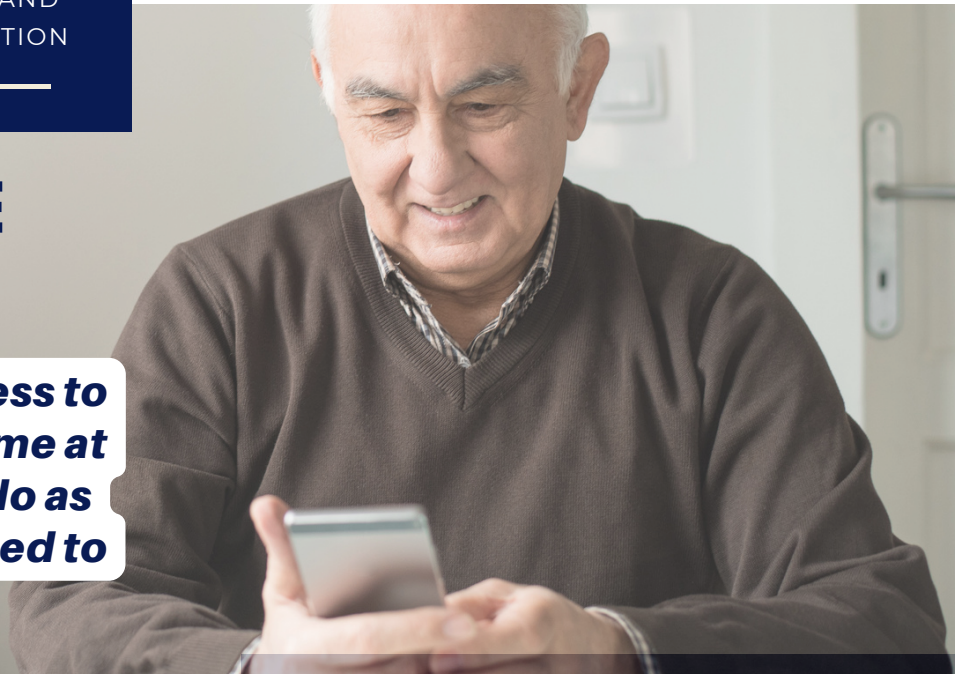
# HOPE PROGRAMME FOR LONG TERM CONDITIONS

FREE SELF-MANAGEMENT COURSE  
HELPING YOU TO TAKE CONTROL AND  
MEET OTHERS IN A SIMILAR SITUATION



## START DATE 26.10.23

*"It was great to have access to this course in my own home at my own pace so I could do as little or as much as I wanted to each day."*



## Are you living with a long term condition?

**Do you want to meet others in a similar situation, rediscover your strengths and increase your ability to cope and live well?**

The Hope Programme has been co-designed with people living with a long term condition to help connect socially, reduce isolation and improve wellbeing.

**This 6 session course is delivered online via our platform.**

- Available 24/7 on any device
- Sessions released weekly
- No need to be online at a set time
- Learn at a time and pace that suits you
- Remain anonymous

**BOOK NOW**

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

**EMAIL: HOPE@H4C.ORG.UK**

**OR PHONE: 024 7736 0153**



**SCAN ME**



IN PARTNERSHIP WITH

