



## Welcome to HOPE Zoom tea parties

Specifically for people who are feeling overwhelmed or who are in need of support with self-management during these uncertain period.

As another addition to our Wellbeing Mentors for Key Workers service we are offering forty minute on-line sessions with a HOPE facilitator in groups of 6 people, each session will be themed and you can choose which session you would like to access. A list of sessions will be advertised on our website from the 27<sup>th</sup> April as they become available.

Starting from next week 28/04/20 at 10am the theme is:

### **“Talking about Sleep”**

With a follow up session on the following week – 05/05/20 at 10am

We hope you will feel:

- More supported and enabled to share experiences with others to help them feel less isolated.
- Feel reassured
- Feel more confident in dealing with emotional issues such as: anxiety and uncertainty
- Feel more empowered to self-manage personal challenges.

You will need access to ZOOM on your phone or computer and be over the age of 18 years of age.

Please book with your name and contact details via email:

[hopecornwall@volunteercornwall.org.uk](mailto:hopecornwall@volunteercornwall.org.uk)

or telephone Volunteer Cornwall on: 01872 265305

### **Wellbeing Mentors for Key Workers**

if you would prefer a one to one Wellbeing session please email in confidence to [welfare@volunteercornwall.org.uk](mailto:welfare@volunteercornwall.org.uk) and we will find a Wellbeing Mentor to contact you within 48 hours.



## “Talking about Sleep”

Your host will be:

Alison Flanagan

Lifestyle Medicine Physician and Coach

I'm Alison Flanagan, a Lifestyle Medicine Physician and Coach. After many years working in the NHS as a GP I recognise the importance of having time and space for reflection and decision making. Whether this relates to health, work or personal issues, coaching can provide you with a safe space away from your busy life to consider what really matters to you and how to achieve it.

<https://www.alisonflanagancoaching.co.uk>

HOPE

For more information on the HOPE programme:

<https://www.volunteercornwall.org.uk/training-and-development/hope-programme>