

Take a positive approach to looking after yourself

**Do you want to rediscover
your strengths?**

**Increase your ability to cope
and help support long term
health conditions such as
Diabetes and Hypertension**



**This free six session
course covers topics
such as:**

Managing stress, fatigue
and getting better sleep

Mindfulness

Dealing with setbacks

Communication and
relationships

Getting active, creative
and eating well

Using your strengths
to make you happier

*"I feel I am now armed with a toolbox kit – full of
techniques and strategies to help me cope better"*

*"From nerve racking, fear of the
unknown, sad and scared to happy
joyful, pleasant, hopeful and positive"*

*Quotes from
attendees of
Blandford Hope
Course 2023*

FREE SIX SESSION COURSE

DATES: Thursdays -
29th January, 5th, 12th, 19th, 26th February
5th March

TIME: 10.00am - 12.30pm

VENUE: Ferndown Village Hall, Church Road,
Ferndown BH22 9ET

To book your place please contact:

0300 111 3303

or email: hope@helpandcare.org.uk



The Hope Programme
has been developed
by Coventry University
and is delivered under
current valid licence
from Hope for the
Community, CIC.