IMPACT REPORT

FEBRUARY 2017 - JANUARY 2018
Welcome

We are an award winning social enterprise providing organisations with the tools to empower people to manage their health and wellbeing and to flourish in their working and personal lives.

Welcome to our social impact report sharing our work and achievements from 2017-18.

15 million people in the UK live with a long-term health condition. Poor mental health costs to UK employers are estimated at up to £42bn each year.

At Hope For The Community CIC we have co-created bespoke programmes based on positive psychology built on evidence from 20 years of our academic research.

We work with organisations to improve mental health and wellbeing of their clients.

We trade for social purpose, reinvesting our profits into our social mission including arts for health and wellbeing.

In 2018-19 we are looking forward to working with organisations to build resilience of their staff and to create positive workplaces.

Our VISION is for everyone to have the tools to lead a hopeful and flourishing life.

Prof Andy Turner
Co-Founder and CEO
New courses

The Hope programme is a bespoke, co-created face-to-face and online course for organisations that work with people living with and affected by a long-term condition.

In 2017/18 funding from NHS England has enabled the Hope Programme to be delivered across Torbay and South Devon.

A new course to help people to focus on themselves as a person, not as a long term condition was developed. It helps people to discover new strengths and rediscover old ones to keep themselves well. Group face-to-face Hope courses will be delivered by 25 newly trained health or social care professionals, alongside facilitators who have long term conditions from spring 2018.

Bethany’s Wish, a Coventry based charity founded in memory of Bethany who was 8 years old and lost her fight to Wilms tumour, have licensed the new online iHope course to support the emotional wellbeing of parents with rare childhood cancers. Online courses will begin from summer 2018.
Our reach

Our courses are licensed to partners across public and voluntary sectors.
This year, 308 courses were run and attended by 1,969 participants in 97 locations across the UK. 146 new facilitators were trained to spread Hope.

Our community art project The Gratitude Wall reached Mexico and Brazil.

Our courses helped people living with or affected by a long term condition to improve:
- DEPRESSION
- ANXIETY
- FATIGUE
- PAIN
- HOPE
- GRATITUDE
- MENTAL HEALTH
- CONFIDENCE

Our courses improve the quality of life
Macmillan Cancer Support license our Hope Programme.

2017 saw a 37% increase in Hope courses and 121 new facilitators were trained.

Hope is co-delivered by trained Health Professionals and Volunteers.

"The Hope course made me realise I was not on my own and that you can deal with cancer and hopefully come out stronger at the other end"
LEARN FROM YESTERDAY, LIVE FOR TODAY, HOPE FOR TOMORROW

extract from a poem by Sue Mason (cancer survivor and Hope facilitator from the Wirral)

A surge of anger, a cry for help, a sense of impending doom
A silent scream falls on deaf ears, as our fate enters the room
Is this real? Help me please? I shout but no one hears
Can anyone really help me, but they still try to allay my fears?

Going through the motions of my life, a life that I don’t know
Unrecognisable voices in my head, negativity begins to grow
I take a breath, I take a step, my thoughts weigh down on me
I feel I’m in this on my own, no ‘you’, no ‘us’, no ‘we’

Admitting we need help, doesn’t tell us that we’re weak
The strength it shows to step in this room to find the answers that you seek
Is perhaps the bravest step that you will ever take
And meeting your fellow comrades – friends you never thought you’d make

We talk, we laugh, we cry, we can’t believe the things we share
From the safety of our comfort blanket, our week one chosen chair
Empowerment and gratitude, an ever growing power
To see our Hope tree flourish as we place upon a flower

Dance like no one is watching, sing from the bottom of your heart
Tomorrow is the next day of your life – what a time to start
We wish for you good health and happiness and the ability to cope
And thanks for sharing your adventure, and to you we give you hope.
The Gratitude Wall is a community art project inspired by our research which has shown that the expression of gratitude improves positive wellbeing, resilience, and builds friendships.

Last year the Wall toured museums, schools, festivals, universities and workplaces. We have even taken the concept as far as Mexico and Brazil!

Supported by funding from Coventry University and Arts Council England, the project is now run by volunteers.

The Gratitude Wall is a visual reminder that there is always something to be grateful for, however big or small.

"I thought the gratitude wall is mucho favorite" Romina, student, La Salle University, Mexico City
WENDY AND CHRISTOPHER'S STORY

As a single mother to Christopher who was diagnosed with autism at an early age, Wendy often found it difficult to make time for herself. With limited support, things often got stressful. In 2014 Wendy signed up for a course to help parents of children with Autism ran in Coventry. The positive psychology techniques and group discussions had a profound impact on Wendy and she decided to get fully trained to become a tutor on the programme to help parents in similar situation.

The Hope programme gave Wendy renewed focus on her own needs: “I found it helped me personally to take time for myself and think about my own health and wellbeing. It is really good to talk to other parents who know what you are going through. Sometimes you can feel really isolated, so it is good to see you are not alone.”

Since becoming a volunteer Hope tutor and facilitator, Wendy has delivered over 20 courses to 300 parents in Coventry and Warwickshire. “I wanted to share the tools I learnt with as many people as possible.” Wendy was one of the original founders and directors of H4C. She continues to run our volunteer led face to face courses and to spread hope amongst parents of children with complex needs.

Parents of children with autism

We have been delivering Hope for Parents of Children with Autism in partnership with Carers Trust Heart of England since 2014. The courses are led by parent volunteers with first hand experience of caring for children with ASD or ADHD.

“We have enjoyed a lot of laughter and some sadness – to meet others with similar issues has been a good thing"
Outstanding Social Enterprise Innovation
UnLtd HEFCE SEE Changemakers award

In June 2017 we won a highly commended award for our approach and delivery of self-management programmes for people living with long-term health conditions.

The Social Entrepreneurs' Exchange awards are led by UnLtd and backed by the Higher Education Funding Council and took place at the University of Oxford.

Attended and judged by social entrepreneurs, support networks and university staff championing social enterprise activities, the awards celebrate good practice and new initiatives happening throughout the Higher Education sector.

"The SEE Change award is a great recognition of the hard work Tina, Wendy, Vicky, Dave and Andy have done to grow H4C and helping communities"

Keith Jeffrey
CUSE, Managing Director

Research

Our products and services are rooted in 20 years of scientific research from the disciplines of positive psychology, health psychology, cognitive behavioural therapy and mindfulness led by our Co-Founder and director Prof Andy Turner at Coventry University. We continue to grow the evidence base and academic rigour for our work. Last year we published a book chapter:

Spreading Hope

Highly valuable programme

The evidence-base and ownership by Coventry University and Hope For The Community CIC helps stamp a seal of academic rigour, authenticity and confidence in the efficacy of the programme. The public, need little persuading that the Hope Programme is a highly valuable and welcome programme.

Helen Davies-Cox, Change Lead for Whole Population Personalised Care, Torbay and South Devon NHS Foundation Trust

The Hope course was excellent

It enabled me to meet other people in similar situations to myself. It made me realise I was not on my own and that you can deal with cancer and hopefully come out stronger at the other end. The support from the two tutors was wonderful. As cancer survivors they understood all the emotions you go through and could often need support. They also showed there is life after cancer.

Peter, living with and affected by cancer

I have learned something from everyone

Including how to be more positive and set goals to achieve more. We have enjoyed a lot of laughter and some sadness – to meet others with similar issues has been a good thing.

Lucy, parent of child with autism

I now appreciate all I have in life

I came into the course feeling negative, vulnerable, scared, isolated, depressed and very lonely. I am now a positive, confident and grateful person. Unfortunately I cannot control my illness but I can control how I live my life.

Christine, breast cancer patient

I am a parent myself, I understand

Parents find it extremely difficult to deal on a day to day basis. Being a parent of a child with autism, I am aware of the struggles that go on and this course helps parents to try to get through everyday in the best way they can.

Wendy Dingley, Hope Facilitator
HOPE FOR THE COMMUNITY CIC

contact@h4c.org.uk | www.h4c.org.uk | @HOPE4TC