**Hope Zoom tea parties**

Specifically for people who are feeling overwhelmed with their health issues or who are in need of support with self-management.

We can offer a forty minute on line session with a HOPE facilitator in groups of 6 people, each session will be themed and people can choose which session they would like to access.

Themes:

* Mindfulness
* Managing stress and anxiety
* Managing fatigue and sleep

We hope people 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.

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

People can self refer themselves via email to : [Deborah.onyons@nhs.net](mailto:Deborah.onyons@nhs.net) or Telephone Volunteer Cornwall on : 01872 265305