



Introduction



OUR STORY FROM A
COMMUNITY
HOSPITAL >NHS >HUB
>SEACHANGE



WHAT IS A HUB?



OUR MISSION AND VALUES



WHAT ACTUALLY DO WE DO?



OUR IMPACT



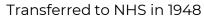
Seachange Budleigh Salterton East Devon





Our History









The original building of the Cottage Hospital 100 years ago

Seachange Mission and Vision

- To reduce social isolation and loneliness
- Boost Health and Happiness
- To enhance the wellbeing of our community through accessible health services, education and support
- To provide a 'warm and welcome space' for all ages
- Enable all members of our community to live, longer better lives





Support

- Signposting, HOPE, Seasupport, cooking on a budget
- Groups: chronic pain, carers, dementia, Parkinson's, bereavement, weight management, brain boost, arthritus
- Lottery Project, community transport
- Seaconnections Café
- Nursey
- Community space



Support Impact

- Virtual Wards Project with RDUH
- Covid Response
- "I wouldn't move anywhere"







Social and Wellbeing Opportunities

Social and Wellbeing:

 Activity Club, Memory Café; CST, Cycling, Eco-Therapy, Film Club, Table Tennis; Scrabble Groups, Self-Care, Sew and Save, Singing, Blokes on Buses, gardening for health, health & nature walks, allotment, book club, scrabble, volunteering

Social Impact

- "Calm in a stormy Sea"
- Kevin
- William T



MONDAY	TIME
Circuits Weekly	8.30am - 9.15am
Table Tennis Weekly	9.30am - 11.30am
Strength & Balance	
Weekly	9.30am - 10.15am
EXMOUTH Cycling 23rd	
Meet by Phear Park cafe	10.00am - 1.00pm
Strength & Balance	
Weekly (Also online)	10.30am - 11.15am
Health & Nature Walks	
Weekly	10.30am - 12 noon
SeaConnections Cafe	
Weekly	11.00am - 1.00pm
Gym Induction Sessions	
Please contact us to book	11.30am - 12.30pm
Sew and Save	
9th	1.30pm - 4.30pm
Calming Yoga	
Weekly	3.00pm - 3.45pm
Onion Bereavement Group	
2nd & 16th	3.00pm - 4.00pm
Mind & Body Fitness	
Weekly	5.00pm - 5.45pm

TUESDAY	TIME
Kettlebells	
Weekly	7.45am - 8.30am
Hula Hoop (Outdoors)	
Weekly	8.45am - 9.30am
Movement 4 Life	
Weekly	9.45am - 10.30am
Walking for Health - 3 mile walk	
3rd & 24th - Contact us	9.30am - 12.30pm
Community Gardening	0.70 12.70
Weekly	9.30am - 12.30pm
Memory Cafe	10.70 7.70
Weekly	10.30am - 3.30pm
Strength & Balance Weekly	10.45am - 11.30am
Hatha Yoga Weekly	12 noon - 12.45pm
Joint Pain Programme Weekly	1.00nm 2.1Enm
Pain Cafe	1.00pm - 2.15pm
Weekly for 5 weeks starting 3rd	1.30pm - 4.00pm
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Refresh Carers' Drop-in Monthly 3rd	2.00pm - 3.30pm
Circuits	2.00piii 0.00piii
Weekly	5.00pm - 5.45pm

WEDNESDAY	TIME
Bootcamp (Outdoors) Weekly	8.15am - 9.00am
Core & Stretch Weekly	8:45am - 9:30am
Stretch Weekly EXMOUTH Library	9.15am - 10.00am
Gym Induction Sessions Please contact us to book	10.00am - 11.00am
Memory Cafe Weekly	10.30am - 3.30pm
Strength & Balance Weekly EXMOUTH Library	10.30am - 11.15am
Seated Pilates Weekly EXMOUTH Library	11.30am - 12.15pm
Scrabble Club Weekly	2.00pm - 4.00pm
Singing for Wellbeing with Naomi Blundell 4th	2.15pm - 3.45pm
Wellbeing Run Club Weekly	3.00pm - 3.45pm
HIIT Weekly	5.00pm - 5.45pm





These activities are correct at time of printing but may change, please check our website for latest times and dates. Please book all classes before arrival to the venue

Book your space call 01395 446896

Some activities are subject to a fee, please ask when you book

www.seachangedevon.org/whats-on

Weekly	5.00pm - 5.45pm
THURSDAY	TIME
Studio Cycling Weekly Kettlebells Weekly	8.15am - 9.00am 9.15am - 10.00am
Activity Club Weekly	10.00am - 2.00pm
Sew Easy Seeds for Beginners Bookable course starts 19th	10.00am - 12 noon
Seated Circuits Weekly (Also online)	10.15am - 11.00am
Functional Fit Weekly	11.15am - 12 noon
Film Club, Bank of Dave 2 Monthly 5th	2.00pm - 4.00pm
Fibro Friends Monthly 19th	2.30pm - 4.00pm
Parkinsons Wellbeing Class Weekly	2.30pm - 4.00pm
Book Club Monthly 12th	2.30pm - 4.00pm
Diabetes Support Group Monthly 26th	4.00pm - 5.30pm
Yoga Flow Weekly	5.00pm - 5.45pm

Weekly	5.00pm - 5.45pm
FRIDAY	TIME
Gentle Yoga Weekly	8.30am - 9.15am
Gentle Yoga Weekly	9.30am - 10.15am
Strength & Balance Weekly EXMOUTH Palmer House	10.00am - 10.45am
Strength & Balance Weekly	10.30am - 11.15am
Brain Boost Club Weekly	10.30am - 12.30pm
Seated Yoga Weekly EXMOUTH Palmer House	11.00am - 11.45am
Wellness in Motion Weekly	11.30am - 12.15pm
Seated Kettlebells Weekly (Also online)	12.30pm - 1.15pm
Seated Pilates Weekly Pilates Weekly	1.30pm - 2.15pm 2.30pm - 3.15pm
Garden Party for Carers Please let us know you are coming	2.00pm - 3.30pm
Full Body Strength Weekly	4.00pm - 4.45pm



Fitness

 Circuits, Pilates yoga, gym, spinning, functional fitness, personal training, run club, HIIT, kettlebells, falls prevention, exercise referral

Fitness Impact

Youth Gym

A mother's unwavering fight for her teenage son's wellbeing. Her son, deeply affected by a serious incident, was withdrawn and forced to leave mainstream school. Her son found a safe space at the gym.

She recalls, "After about 4/5 weeks, my son began to feel a little better, and he showed a smile that I hadn't seen in a long, long while."

Beyond physical training, Alex and Fin provided crucial emotional support. "They ask me how my day is and then stick around to wait for the answer,". "They show they care, and a good rapport with someone is important to feel safe and happy."



Health and Wellbeing Classes

 Parkinson's wellbeing, relaxation, strength and balance, seated kettlebells and Pilates, postural stability, better balance movement for life, get up get down, wellness in motion, mind and body fitness

Monday

Tuesday

Wednesday

8.30-9.15 Seachange With Finley

Circuits

High intensity class using various equipment to increase all over body strength

9.30-10.15 Seachange With Finley

Strength and Balance

Low intensity seated or standing class to build strength and stability

10.30-11.15 Seachange/ online With Finley

Strength and Balance

Low intensity seated or standing class to build strength and stability

11.30-12.30 Seachange with Finley

Supervised Gym

Gym session with an expert where you can ask for tips and advice

14.00-15.00 Seachange with Finley

Supervised Gym

Gym session with an expert where you can ask for tips and advice

15.00-15.45 Seachange with Sam

Calming Yoga

Holistic gentle class that includes breathing exercises and mindful meditation

17.00-17.45 Seachange with Ellie Mind and body filmess (Starting 2nd June)

Moderate intensity class for full body toning and gentle meditation

7.45-8.30 Seachange with Candice

Kettlebells

High intensity class using kettle weights to increase all over body strength

8.45-9.30 Seachange (Outdoors) with Candice

Hula Hoop

Moderate intensity cardiovascular class using hula hoops

9.45-10.30 Seachange with Diane

Movement 4 Life

Low intensity cardio, flexibility, strength and balance class seated or standing to music

10.45-11.30 Seachange with Diane

Strength and Balance

Low intensity seated or standing class to build strength and stability

12.00-12.45 Seachange with Emma

Hatha Yoga

Holistic class, slower paced yoga where postures are held for longer periods

13.00-14.30 Seachange with Candice

Joint Pain Programme

exercise and support class for those with joint pain e.g. arthritis

14.00-15.00 Seachange with Finley

Supervised Gym

Gym session with an expert where you can ask for tips and advice

17.00-17.45 Seachange with Finley

Circuits

High intensity class using various equipment to increase all over body strength

8.15-9.00 Seachange (outdoors) With Finley

Bootcamp

High intensity class using various equipment outdoors to increase all over body strength

8.45-9.30 Seachange with Sam

Core and Stretch

Holistic class to improve core strength and flexibility

9.15-10.00 Exmouth with Siobhan

Stretch

Holistic class to improve flexibility

10.00-11.00 Seachange with Finley

Supervised Gym

Gym session with an expert where vou can ask for tips and advice

10.30-11.15 Exmouth with Siobhan

Strength and Balance

Low intensity seated or standing class to build strength and stability

11.30-12.15 Exmouth With Siobhan

Seated Pilates

Holistic class seated focusing on core stability and full body strengthening

17.00-17.45 Seachange with Anna

HIIT

High intensity, high impact class to increase all over body strength and cardio fitness

Thursday

8.15-9.00 Seachange with Finley

Studio Cycling

High intensity class on static bikes, working on cardio & stamina

9.15-10.00 Seachange with Anna

Kettlebells

High intensity class using kettle weights to increase all over body strength

10.15-11.00 Seachange with Anna

Seated Circuits

Low intensity Seated class to improve full body strength and mobility

11.00-12.00 Seachange with Finley

Supervised Gym

Gym session with an expert where you can ask for tips and advice

11.15-12.00 Seachange/ online with Anna

Functional Fit Moderate intensity class to help with real life functional movement

14.30-16.00 Seachange with Candice

Parkinson's wellbeing

class/group for those with Parkinson's to meet, exercise and get advice

17.00-17.45 Seachange with Candice

Yoga Flow

Holistic class with faster paced movement, flowing from one posture to the next

Friday

Seachange with Candice

8:30-9:15am Gentle Yoga

Holistic class with slower, flowing movement to work on balance. coordination and mobility.

with Candice

9.30-10.15am Gentle Yoga

Seachange Holistic class with slower, flowing movement to work on balance, coordination and mobility.

10.00-10.45 with Finley

Strength and Balance

Palmer House Low intensity seated or standing class to build strength and stability

10.30-11.15 Seachange

Strength and Balance

Low intensity seated or standing with Candice class to build strength and stability

11.00-11.45 with Kara

Seated Yoga

Palmer House Low intensity class seated to improve mobility and strength

11.30-12.15 Seachange with Candice

Wellness in Motion

Moderate intensity class seated, standing or mat based to music

12.30-13.15 Seachange/ Online with Finley

Seated Kettlebells

Low intensity seated class using kettlebells to improve full body strength

13.30-14.15 Seachange with Deborah

Seated Pilates

Holistic class seated focusing on core stability and full body strengthening

14.00-15.00 Seachange

Supervised Gym

Gym session with an expert where you can ask for tips and advice

14.30-15.15 Seachange with Deborah

Pilates

Holistic class focusing on core stability and full body strengthening

16.00-16.45 Seachange with Finley

Full body strength

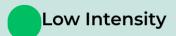
Moderate intensity class using weights to increase strength



2025 Exercise Class Timetable

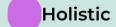
Inclusive health and fitness services for the community. Open to All.

Class intensity key



Moderate Intensity





(To help you find the class that's right for you)



Make the change at Seachange. www.seachangedevon.org

Call: 01395 446896 Email: help@seachangedevon.org

Loneliness

400 Seachange users are estimated as chronically lonely

£9,000 cost to health and other local services per person

60+ social groups and activities at Seachange bring people together

60% of Seachange users surveyed have reduced feelings of social isolation and loneliness

£240,000 saving a year to health and other local services



Physical Activity

200 serious falls expected with Seachange user group

£2,600 cost to NHS per serious fall

32 different types of exercise classes

54% falls prevented through regular physical activity

£280,000 saving a year to NHS from falls prevention through physical activity



Financial Impact

- Loneliness: £240,000 a year saving to health and social care sector
- Falls Prevention: £280,000 a year
- Carers Hours: £280,000 a year
- £500,000 money into local economy
- £2M saving compared to a community hospital
- £20,000 cost of living support given away







Added Value

- Carer respite time 14,000hrs a year
- 96,000 visitors a year
- 115 volunteers
- 1067 transport users
- Catalyst for friendships & long-term relationships
- Modelled behaviours
- 150 voluntary sector relationships

Why Isn't Everyone Doing It?



Money, money, money:



NHS PS inflexibility, high startup costs, NHS concentrate on solving this year's budget hole, wooden money



Beds, beds, beds



Community ignorance and League of Friends intransigence







Thank You

Q&A

More Information: www.seachangedevon.org