

SEACHANGE

HEALTH & HAPPINESS FOR ALL



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



WHY ISN'T EVERYONE
DOING IT?

Seachange Budleigh Salterton East Devon



Our History

Cottage hospital built in 1887

Closed in 2014

Rebranded to 'Seachange' in 2021

1887

1948

2014

2018

2021

Transferred to NHS in 1948

Reopened as a 'health and wellbeing Hub' in 2018 (Budleigh Hub)



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





What Actually Do We Do?



Support

- Signposting, HOPE, Seasupport, cooking on a budget
- Groups: chronic pain, carers, dementia, Parkinson's, bereavement, weight management, brain boost, arthritis
- 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 Weekly	9.30am - 12.30pm
Memory Cafe Weekly	10.30am - 3.30pm
Strength & Balance Weekly Hatha Yoga Weekly	10.45am - 11.30am 12 noon - 12.45pm
Joint Pain Programme Weekly	1.00pm - 2.15pm
Pain Cafe Weekly for 5 weeks starting 3rd	1.30pm - 4.00pm
Refresh Carers' Drop-in Monthly 3rd	2.00pm - 3.30pm
Circuits 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



SEACHANGE
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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

THURSDAY	TIME
Studio Cycling Weekly	8.15am - 9.00am
Kettlebells Weekly	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

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

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 fitness (Starting 2 nd June) Moderate intensity class for full body toning and gentle meditation

Tuesday

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

Wednesday

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 you 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

8.30-9.15am Seachange with Candice	Gentle Yoga Holistic class with slower, flowing movement to work on balance, coordination and mobility.
9.30-10.15am Seachange with Candice	Gentle Yoga Holistic class with slower, flowing movement to work on balance, coordination and mobility.
10.00-10.45 Palmer House with Finley	Strength and Balance Low intensity seated or standing class to build strength and stability
10.30-11.15 Seachange with Candice	Strength and Balance Low intensity seated or standing class to build strength and stability
11.00-11.45 Palmer House with Kara	Seated Yoga 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

-  Low Intensity
 -  Moderate Intensity
 -  High Intensity
 -  Holistic
- (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



I love this photo



Thank You

Q&A

More Information: www.seachangedevon.org