




Use of Community Hospitals as a Progressive Hub to Provide Community Support, and Health and Happiness

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[Seachange](#)

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?
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- A large teal triangle is positioned in the bottom right corner of the slide, pointing towards the top right.

Seachange Budleigh Salterton East Devon



Seachange Video

- [Seachange Video click here](#) (You might have to sign into Vimeo, but it will be worth it!)

Our History

- Cottage hospital built in 1887
- Transferred to NHS in 1948
- Closed in 2014
- Reopened as a 'health and wellbeing Hub' in 2018 (Budleigh Hub)
- Rebranded to 'Seachange' in 2021



The original building of the Cottage Hospital 100 years ago



What is a Hub?

No single recognised format:

- NHS led including hospitals and GP practices [Bromley by Bow](#)
- Council led [Livewell](#)
- Voluntary Sector led (Our model) [Seachange](#)

Drivers:

- Political: austerity and localism
- Legal: H&SC Act 2012, Care Act 2014 local authority obligations re social care
- Policy: prevention, integrated care, social prescribing, personalisation
- Commissioning Trends: wellbeing no longer stigmatised, placed based commissioning

Our Model



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 space' for all ages
- Enable all members of our community to live, longer better lives

What Actually Do We Do?





Support

- Signposting; HOPE; Seasupport; Transport; Dementia/Parkinson's Carers; Bereavement; Seaconnections Café Launchpad Café





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; Volunteering



Social Impact

- “Calm in a stormy Sea”
- Kevin
- William T





Fitness

- Circuits; Pilates; Yoga; Teen Gym; Spinning; Functional Fitness

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

Wendy Video

- [RDUH Seachange Video](#)

Loneliness

400 Seachange users are estimated as chronically lonely

£6,000 cost to health and other local services per person over ten years

60+ social groups at Seachange bring people together

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

£140,000 saving a year to health and other local services from helping chronically lonely recover.



Physical Activity

200 serious falls expected within Seachange user group

£1,906 cost to NHS per serious fall

22 different types of exercise classes, plus the gym, help with balance and mobility

54% falls prevented through regular physical activity

£206,000 saving a year to the NHS from falls prevention through physical activity

Case Study:

Physiotherapy for musculoskeletal issues

“These are amazing facilities. I feel I can offer my clients a better service in the Seachange Hub than anywhere else.”

Dominic Hazell, MSK Physio, Seachange Hub

PHYSIO AT THE HUB - THE MULTIPLIER EFFECT

1 physio appointment =

GYM AND EXERCISE CLASSES

30%
reduction in falls,
depression and dementia

25%
reduction in joint
and back pain

ESCAPE-PAIN SESSIONS

reduction
in pain

SOCIAL PRESCRIBING

75% of people report
improved wellbeing

VOLUNTEERING OPPORTUNITIES

Increase in wellbeing
68% of volunteers feel less isolated

SOCIAL GROUPS AND ACTIVITIES

reduction
in loneliness

Source: NCVO, Public Health England, NHS England, Versus Arthritis, Social Prescribing Network



Financial Impact



- Loneliness: £240,000 a year saving to health and social care sector
- Falls Prevention: £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 15,000hrs a year
- 42,000 footfall 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