



Feedback about Transitions:

"It's been really good and helped me a lot. I think it does depend on having the right volunteer though, and being prepared to put in the effort yourself." (client)

"It has been a great experience working at transitions. The training was really good and I think it would be excellent for people who volunteer as a way of getting back to work." (volunteer)

"My volunteer helped me organise clutter and paperwork. She does not pre-judge and is not biased. This shows that she cares. Without her help I would have struggled a lot longer." (client)



For more information:

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Transitions is a project of:



148-149 Fore Street

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EX4 3AN

Registered Charity No. 1026229

Registered Company No. 2844870

(England)



Transitions

Improve confidence

Reduce isolation

Gain independent living skills



What is Transitions?

Transitions aims to help you improve your confidence, connect with others and find strategies to become more resilient and independent.

We can help you if you're going through a period of change such as moving home, coping with health conditions or life events, looking for work or claiming new benefits.

Who can use Transitions?

You can apply to Transitions if you are on a low income and:

- you are moving out of supported or temporary accommodation and are ready to live independently
- **OR** you have been receiving 'floating support' or similar and are ready to make the next step towards managing on your own
- **OR** you are already living independently and need support to resolve a temporary problem
- **AND** you would like to become more independent.

Transitions is funded through charitable trusts and donations. We may ask for a small contribution for some activities to cover additional costs.



What kind of support is on offer?

Wellbeing Coach/ Mentor

We match you with a volunteer who can help you decide what you want, set goals and take actions to achieve them. You will meet regularly to review progress and decide on further action.

Mentors are not there to give advice or to solve your problems, but to encourage and motivate you to find solutions for yourself.

Guided self-help workshops & resources

We provide information about common self-help strategies for managing your health & wellbeing, and the opportunity to identify and practise the techniques that work best for you. This can be via small group workshops or via 1-1 support from a volunteer.

Creating social and support networks

We can link you in with sources of support in your community, social activities and other facilities you might need, and help you gain skills, knowledge and confidence to manage better without ongoing support.

We offer a range of opportunities to meet others who may face similar challenges, either in small groups, 1-1 or 2-1.

We offer "Connection Reflection" - a workshop in social and life skills and making the most of your social groups.

How does it work?

You can apply direct or be referred by a support worker. Phone the number overleaf and we will send you a form, download it from our website or drop in and pick one up. If forms are difficult for you, we can meet informally and complete it together. We will ask for further information from other support workers (if you have them) to help work out if Transitions is the right project for you.

We will then meet with you (and your keyworker if you wish) to find out what your needs are and what you would like to achieve.

If Transitions is right for you, you will then be matched with a suitable volunteer when one is available and/or be offered a place on one of our workshops.

See <https://transitions.eci.org.uk> for more details. Find us on facebook: [transitionsdevon](#)



Laura



Estelle

