



### Feedback about Transitions:

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

*"The training was really good and I think it's excellent for people who volunteer as a way of getting work experience." (volunteer)*

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

*"[I learned]...to set up goals in smaller steps as a positive opportunity for learning rather than a great big leap into the unknown. I've learned some science about anxiety and some helpful techniques to try." (workshop participant)*



## Contact Us

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Registered Company No. 2844870  
(England)



# Transitions:

Wellbeing Coaching  
Guided Self-help  
Connecting with others



Exeter, Teignbridge, East &  
Mid Devon



## What is Transitions?

Transitions works with people who are socially isolated, experiencing vulnerability and/or in recovery.

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

We can support you through a period of change such as moving home, stopping or starting work, or coping with life events; and you want to make some positive changes to improve your overall wellbeing.

## Who can use Transitions?

You can apply to Transitions if you are:

- on a low income
- **AND** you have clear goals that you want to achieve, to improve your wellbeing
- **AND** you are ready, willing & able to tackle the barriers that might be getting in your way
- **AND** you are likely to continue your development independently within 6 months.

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

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.

Volunteer coaches 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 and/or via 1-1 volunteer support.

### 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.

**Both workshops and coaching are offered in-person, on-line or by phone.**

## How does it work?

You can apply direct or be referred by a professional worker. Contact us and we will send you a form, or download it from our website. If forms are difficult for you, we can meet informally and complete it together. We will ask for further information from other professional 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 or meet-ups.

See <https://transitions.eci.org.uk> for more details.

Find us on facebook: **transitionsdevon**



Laura



Estelle