

Transitions

Workshops and coaching on the practical and emotional challenges people encounter on a daily basis such as managing anxiety, budgeting and decluttering.

Transitions relaunched in August 2024 and, with just two part-time staff members, has already achieved a great deal in under a year. The project supports people through coaching, workshops, and community meet-ups, helping them gain skills, confidence, and a sense of belonging. Many participants describe Transitions as a place where they “found their tribe,” with workshops offering both practical tools and peer connection. The programme is steadily building collaborations, reaching wider audiences, and creating meaningful impact.

Impact

- 103 workshop participants across 34 workshops
- 27 community meet-ups providing safe and supportive spaces
- 115.5 hours of 1:1 coaching to 8 individuals

In less than a year since its relaunch, the Transitions Project has engaged 92 people through 34 workshops, 27 community meet-ups, and one-to-one mentoring, supported by 8 dedicated volunteers, and has provided a total of 3,218 hours of support, making a real difference in the community. Participants consistently report reduced feelings of isolation, stronger peer connections, and increased confidence. With loneliness affecting over 7% of adults in England, and poor mental health costing the UK economy £118 billion each year, Transitions plays a vital preventative role. Even if only 1 in 10 participants avoided deteriorating into moderate or severe mental ill-health, the project would represent £22,000 in annual NHS savings — equating to nearly £190 of value created per volunteer hour. This highlights both the social and economic case for sustaining and scaling Transitions.

“Coaching here wasn’t just helpful—it changed how I see my own strength.”



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Transitions hasn't just helped me rebuild my life — it's helped me believe in it again.

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hours of support work received from Transitions

Robert's Story

Rebuilding Confidence Through Transitions.

In his late 40s, following the breakdown of his marriage, the loss of his job, and fading friendships, one participant described feeling isolated and directionless:

“Just a short while ago, I found myself at one of the lowest points in my life.”

He discovered Transitions at Exeter Community Initiatives, starting with the HOPE workshop. “From the moment I arrived, I felt genuinely welcomed.

I could talk openly, listen to others, and start thinking differently.”

Encouraged, he joined further workshops — Just the Job and Connection Reflection — which helped him rediscover his strengths and sense of purpose. Supported by the ECI team, he began volunteering at workshops himself. “It wasn’t just about ticking a box — it was about rebuilding confidence and reconnecting with people.”

Now, he is exploring employment opportunities, building friendships, and looking ahead with optimism.

“Transitions helped me find my footing again—through small steps and safe support, I'm moving forward.”

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