

Transitions

Transitions supports adults who are experiencing isolation, vulnerability or significant life changes. Through workshops, coaching, peer support and opportunities to connect with others, the project helps people build confidence, develop life skills and take positive steps towards their goals.

159

People supported

141

People took part in workshops

156

Hours of one to one coaching

Transitions creates different ways for people to connect and build confidence. During the year, **85 people took part in buddying, meet-ups or peer support**. The project delivered **71** workshops, providing **177.5** hours of workshop support, alongside **156** hours of one-to-one coaching. Participants were supported to access opportunities beyond Transitions, with **89** people attending workshops run by other agencies. Our partners this year have been Exmouth CMHT, Step One, Exeter PCN, Honiton PCN, Amicus (Tiverton PCN) and YMCA.

126

Felt less likely to need social care after attending workshops

A woman smiles outdoors, photographed against a leafy background.



A man smiles outdoors as he listens, photographed against a leafy background.

58

People increased
their life skills

The difference we made

For people experiencing isolation or facing a period of change, having someone alongside them can be the first step towards reconnecting with themselves, their community and their future.

Without Transitions, adults experiencing isolation or significant life changes could be left without the support, confidence or connections they need to move forward. They may miss out on opportunities to develop life skills, manage their wellbeing and build meaningful relationships, leaving them feeling more isolated and less able to take positive steps towards their goals.

"Meeting people who share the same difficulties makes you feel less isolated. I have found it very helpful and I wish I had had something like this a long time ago."

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

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