

Seachange is a charity that promotes good health and happiness for all ages in our community



We aim to make it easier to become more physically active, help combat loneliness, improve mental health and encourage involvement in our local community

Please support us with a donation



As a charity, we rely on the generosity of our community to keep Seachange running

A small donation from you can go a long way

Please scan to make a donation

Booking activities at Seachange

You can find more information about each activity and the times on our website www.seachangedevon.org/whats-on

Call us to book a session or email help@seachangedevon.org



SEACHANGE
HEALTH & HAPPINESS FOR ALL
Call 01395 446896
www.seachangedevon.org

Seachange,
East Budleigh Road,
Budleigh Salterton
EX9 6HF



Charity number: 1196379

What's on Timetable of classes and activities



- Fitness
- ◆ Health
- ◆ Activities
- Support

Make the change. Seachange.

www.seachangedevon.org

MONDAY	TIME



SEARCHANGE
HEALTH & HAPPINESS FOR ALL



These activities are correct at time of printing but may change, please check our website for latest times and dates. Please book all classes before arrival to the venue

Book your space call 01395 446896

Some activities are subject to a fee,
please ask when you book

www.seachangedevon.org/whats-on

TUESDAY	TIME



THURSDAY	TIME