



Champion Wellbeing in Devon

BeWell@StepOne:

Changing Lives, One Step at a Time



Registered charity number: 235434

Registered address: X Centre, Commercial Road, Exeter EX2 4AD

Introduction

Every day people across Devon struggle with anxiety, depression, grief, and loneliness, often behind closed doors. Many people live in rural areas, far from services, or face long waits for help. For some, the choice is between coping alone or losing hope entirely.

The BeWell@StepOne programme exists to change that.

Delivered by Step One Charity, which has supported mental health and wellbeing in Devon for over 85 years, BeWell provides evidence-based in-person activities, peer support groups, and online psycho-educational courses and workshops - all designed to give people the tools, confidence, and community they need to recover and thrive.

BeWell receives no statutory funding and is sustained entirely through voluntary donations and grants - every pound we receive goes directly into delivery, reaching those who need it most.

If you'd like to make a difference to people in our local communities who are struggling with their mental health and wellbeing, we invite you to join us to achieve a shared purpose.

What BeWell@StepOne offers

BeWell is a free community-based programme that empowers adults (18+) to take positive, proactive steps towards better mental health and wellbeing.

Combining clinical insight, peer support, and community connection, BeWell delivers real and lasting impact, helping people rebuild confidence, strengthen relationships, and rediscover hope.

At the heart of BeWell is a simple but powerful belief - that healing and growth happen within relationships and community. Many of the people who come to Step One have experienced trauma, exclusion, or periods of disconnection from others and sometimes from themselves. That's why every session is designed to nurture emotional safety, self-expression, and mutual respect, laying the foundations for resilience and recovery.



BeWell's Impact

Since launching in 2021, BeWell has grown significantly, reaching 647 people in 2024-25 (up from 232 in our first year). Participants overwhelmingly (95%) rate sessions as 'Excellent' or 'Good', and report improved coping skills, greater confidence, and reduced anxiety and depression.

Post course surveys show measurable improvements in hope, self-esteem, and social connection.

"I always say that BeWell saved my life really."

Our core aim is to improve mental wellbeing and reduce social isolation for adults experiencing challenges such as anxiety, low mood, and disconnection from community life. We want participants to feel more confident, more resilient, and better able to manage their own mental health.

Specifically, our work aims to:

- Improve mental health by providing access to early support.
- Build social connection by creating safe, supportive environments where people can form friendships, and feel part of something.
- Develop confidence and resilience through structured opportunities to face challenges and experience achievement.
- Offer accessible psychoeducation to help people learn coping strategies, and feel empowered to manage their wellbeing.
- Sustain delivery through recruiting and training volunteers to support facilitation and programme delivery.



Your support makes this possible

Join us in making Devon a place where no one faces mental health challenges alone.

By becoming a BeWell sponsor, you'll help fund vital wellbeing activities that bring people together to heal, learn, and thrive. Your support will make a real and lasting difference, helping people access free, local support when they need it most.

In return, your organisation will be aligned with Step One Charity, a trusted and respected local organisation that has championed mental health and wellbeing in Devon for more than 85 years.

Sponsorship Opportunities

The BeWell Champion

Be a leading partner and support wellbeing across the entire BeWell programme - £10,000 (12 months)

Your support will help to deliver 12 months of BeWell activities reaching over 750 people through:

- 14 courses and 24 workshops delivered online
- 144 Wellbeing Walks across Exeter, Torquay and Paignton
- 96 Wellbeing Craft Groups in Exeter and Paignton
- 50 Wellbeing Climbing Groups
- 144 online peer support groups

As a top-tier sponsor you'll receive:

- Premium logo placement on BeWell materials
- Regular social media recognition
- PR to announce your sponsorship
- Recognition in our annual Impact Report
- Regular updates about the impact of your sponsorship
- Volunteer opportunities for your team
- 2 days of Wellbeing@Work sessions tailored to your specific needs
- Complimentary use of the X Centre (up to 12 hours)
- Community engagement opportunities
- Invitations to meet our service users and see our work in action
- Access to impact data and half-yearly reporting



The Community Connector

Sponsor a series of wellbeing activities and see your support in action - £5,000 (12 months)

You can choose to sponsor:

- BeWell's Online Courses & Workshops: over the next 12 months we will deliver 14 courses and 24 workshops reaching 180+ people
- Wellbeing Walks: weekly walks in Exeter, Torquay and Paignton, delivering 144 walks across 12 months, reaching around 30 individuals each week
- Wellbeing Craft Groups: weekly craft groups in Exeter and Paignton, delivering 96 sessions (12 months), reaching over 25 people each week
- Online Peer support Groups: 3 weekly groups, delivering 144 sessions (12 months) to 30 people each week

In return, you'll receive:

- Your logo on marketing materials promoting the activity you sponsor
- Regular social media recognition
- PR to announce your sponsorship
- Recognition in our annual Impact Report
- Updates about the impact of your sponsorship
- Volunteer opportunities for your team
- 1 day of Wellbeing@Work sessions tailored to your specific needs
- Complimentary use of the X Centre (up to 6 hours)
- Invitations to meet our service users and see our work in action



Participant story - Chrissie's Journey

Chrissie, a long-term participant, exemplifies BeWell's transformative impact. Having lived in near-total isolation for over 40 years, she initially joined online courses quietly. Gradually, she began to engage, sharing experiences and gaining confidence as she felt safe and understood. Today, Chrissie is training as a volunteer to support BeWell facilitators in delivering online sessions.

"My confidence level has gone from zero to way up here. I always say I've gone from existing for 40 odd years to living now."

Chrissie's story shows how BeWell restores not just wellbeing, but hope and belonging.

The BeWell Supporter

Sponsor a single activity and make a direct impact where it's needed most
- from £1,000 (12 months)



You can choose to sponsor:

- A series of BeWell Online Courses or Workshops
- A Wellbeing Walk - choose from Exeter, Torquay or Paignton
- A Wellbeing Craft Group - choose from Exeter or Paignton
- A BeWell Online Peer Support Group - choose from our Creative Writing Group, Wellbeing Wednesday, or the BeWell Social Group

In return, you'll receive:

- Your logo on marketing materials for the activity you sponsor
- Regular social media recognition
- PR to announce your sponsorship
- Recognition in our annual Impact Report
- Updates about the impact of your sponsorship
- Volunteer opportunities for your team
- A Wellbeing@Work workshop tailored to your specific needs
- Invitations to meet our service users and see our work in action

Join Us in Making a Difference

We would love to explore how we can work together to make a lasting difference for people across Devon.

By partnering with BeWell@StepOne, your organisation can help ensure that no one has to face mental health challenges alone. Together, we can create stronger, more connected communities where people have the support, confidence, and opportunity to thrive.

Champion wellbeing with us – one step at a time.

To discuss sponsorship opportunities or find out more, please contact us at:

Email: fundraising@steponecharity.co.uk

Call: 07856 916703

www.steponecharity.co.uk



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