



## Our Future Plans

We are delighted to have recently been offered a grant from Sport England which means that our Activity Programme at Alice Cross is now fully operational (see inside page)



We are hopeful of receiving a Research Grant from The NHS Torbay Medical Research Fund with assistance from Dr Felix Gradinger (MA, MSc, PhD) to show that this voluntary led initiative is reducing obesity locally and reducing NHS costs.

**Our Next Steps** subject to resources:

- Roll out to local employers, schools etc to train their staff to run Trim Teign (TT) programmes
- Identify more volunteers, instructors and venues to roll out further in surrounding area
- Work with GPs and other organisations to refer clients to us
- As a non profit organisation created within VIH most surplus goes there although we reserve the right to retain 25% as a fund to help residents who cannot afford the modest TT fees and/or provide a free community facility eg Trim Trail or outdoor gym equipment



Who	Charity Benefit	£ pa
If <b>You</b> join us to lose a stone in 3 months	100% of your £15 goes to charity	£45
If <b>You</b> join a Weekly Class	At least £1 of the £4 fee is donated	£48
If <b>You</b> are a <b>Fitness Instructor</b>	We can help you get a new group started and £1 of £4 pw pp goes to charity	£480
If <b>your Company</b> sponsors a TT programme	The £500 cost of training a facilitator is donated	£500
If <b>Your GP</b> or <b>Community organisation</b> can offer a room or refer	A new group can share the benefits raising £1000 with just 10 participants	£500
If <b>You Volunteer</b> to assist TT	Your time or donation could enable the formation of a new group	£1000

But it is the **Participants** set to benefit the most by improving their own **Health and Wellbeing**

To refer someone, help or join us:  
Please email [TrimTeign@gmail.com](mailto:TrimTeign@gmail.com)  
Or phone VIH helpline: 01626 771695



Helping People **Lose Weight**  
And/or **Get Fitter**  
**Affordably**

While supporting **Local**  
charities **Dedicated to**  
providing **Independence**  
and **Wellbeing in**  
**Teignbridge**



## Do You Want to Lose a Stone in 3 Months?

Join us any time to **lose 1 lb** per week for only **£1** per week and every **£** goes to charity



You register for £5 then pay £1 each weigh in or make a £15 donation with nothing further to pay over the 3 month programme. If you pay tax, we can claim more for charity via Gift Aid

Over 100 have joined to date and many are still with us. The average weight loss is from 5 lbs in 3 months but our maximum has been 22 lbs!

**Drop in 1.30-2.30pm any Monday at Alice Cross**  
**Or 11-12 any Thursday at VIH, Teignmouth Hospital**



### Our Trim Clubs provide

- \* A Welcome Pack with booklets, personal Tracker and one to one discussion about your ideal weight and target
- \* A weekly Weigh in and support
- \* A weekly email to all members providing feedback on average group weight loss, member achievements, factsheets and weight loss tips
- \* All information is based on NHS Healthy Eating Guidelines and anyone above ideal weight can join
- \* An opportunity to join any of the TT exercise classes or workshops from £0-£4pw

## Do You Want to Get Fitter?

Our current programme (Term time from Oct 18)

Time	Class	Location	Cost
Thurs. 11.15	Group Fit	Meadows	£3.50
Mon 1.30	Chair Fit	Alice Cross	£3.50
Mon 2.05	Group Fit	Alice	£3.50
Mon 3.30	Zumba Gold	Alice	£4
Mon 2.45	Walk Group	Alice	Free
Mon 3.30	Chair Yoga	Alice (Rm2)	£3.50
Mon 4.45	Mat Yoga	Alice	£4

We have other activities at Alice Cross on Mondays to help with Wellbeing but booking is essential  
**Tel: 01626 778039** 1-3 Bitton Park Road

Time	Activity	Detail	Cost
Mon 12.30	Munch & Move - Transport poss	Lunch and Chair Fitness	£7 +£3 Tr
Mon 1.30	Cookery Workshop	Prepare a healthy meal	£2.00 Inc.
Mon 2.00	Step Challenge 10000 a day	Using activity trackers	£4 +dep
Mon 2.30	Takeaway	Today's meal	£2.00
Mon/Thu	Group Fit Taster	On joining Trim Club	Free
Any time	1 to 1 personal training	Trainer Rob will devise	From £10

We are always looking for new activities so please contact us [TrimTeign@gmail.com](mailto:TrimTeign@gmail.com) if you have any ideas or can offer a new location or instructor.

**One member says** 'low fees, exercise, friendly non-judgmental support and my money going to charity gives me more motivation than ever to lose weight. I am loving the new me – Thank you'

## Trim Teign Background

Trim Teign was formed when VIH Volunteer, Pauline Janin, was asked to find a way to get locals to use their Coastal Information Centre newly moved into Teignmouth hospital.

With a background as HR Executive (FCIPD) and successfully introducing wellbeing initiatives in the Workplace and Community, offering a weekly weight loss group seemed ideal to increase the footfall and get people fitter.

**It worked!** ...and has now been extended and rolled out to Alice Cross Centre too. Over **£1000** has been raised since launch in Sep. 2017

### Our Charities



VIH provides various services to help people live independently for as long as possible. Main activities are Transport for medical appointments, Home Help, Befriending Service, Memory Café and signposting to other services. It is reliant on nearly 200 volunteers and works closely with NHS



The Alice Cross Community Centre, a local charity, encouraging the over 50's to have more socially inclusive & active life through fun activities, developing new interests, staying fit, enjoying fresh lunches and making lasting friendships