

# NEWTOWN AND ST LEONARDS COMMUNITY BUILDER NEWSLETTER



Hello! As lockdown eases have you been getting out and about or taking part in online activities? A few of the ladies from Newtown crochet and knitting group have been meeting at Belmont Park when the weather allows and Central Exeter WI group (women's institute) is planning a programme with outside activities in small groups and online meetings. Please get in touch if you would like information on either of these groups.



My colleague Ebbie and I enjoyed a couple of lovely afternoons in Belmont Park listening to residents' thoughts around lockdown using the four 'R's'. Things people would like to return to include: the library; family activities; human contact; school; shared food; hugs and singing. Things to retain included green walks; quieter roads; wildlife and community spirit. Shopping for things we don't need was suggested as something we should resist and ideas for radical included more cycle routes; addressing racial inequality and climate change and community space in towns. I would love to hear what you think.

Do you have an idea for your street or community? Maybe you have a talent in identifying bird song or painting and would like to share your skills and / or informally meet up with likeminded others in the community. Whatever your idea, you may be eligible for funding if your project / idea needs this to progress.

The grants programme is looking slightly different at the moment but you can still apply for funding if your idea: Meets urgent needs within your community; helps people to stay connected and informed or supports mental health and wellbeing. The community associations are usually happy to hold funds for you if you don't wish to become a formal group. I am happy to discuss any ideas you may have. <https://exeter.gov.uk/people-and-communities/grants/exeter-grants-programme/>

If you would like to meet up for a walk or for a cuppa and chat in a small group (socially distanced of course) please get in touch.

Jayne

Jayne Leaver, Community Builder in Newtown and St Leonards

Tel: 07933 776 210 Email: [newtownstleonardscb@gmail.com](mailto:newtownstleonardscb@gmail.com)

Facebook: <https://www.facebook.com/CBNewtownStLeonards/>

<https://www.wellbeingexeter.co.uk/community-building/>

## Freemoovement

Freemoovement is back! Belmont Park, Tuesday and Thursday evenings at 6.30pm. If you want to join and get active then you will need to complete the registration form and book your place: <https://freemoovement.com>

## Exeter Seed Bank Community Exhibition - Belmont Park

(see poster on final page)

Exeter Seed Bank is holding a community exhibition over a number of dates (see poster) around how the park changed during lockdown. Bring a drawing for the community gallery and receive a free packet of seeds. On these dates Exeter Seed Bank will provide paper to add drawings, but everyone will need to bring their own pencils, crayons, etc because of Covid-19 restrictions. To find out more visit the Exeter Seed Bank FB group: <https://www.facebook.com/groups/291311165255163>

## Exeter Scrapstore, Gordon Road

The scrapstore is open again! Opening times will be limited initially, starting with Fridays 11am-4pm & Saturdays 10am-1pm with a limit on the number of people in the building at any one time, so please be prepared to wait outside. There will be hand sanitiser available and a one way system in place and it asks that you shop as speedily as possible to avoid queues. Please bring a face covering, your own scissors and your membership card if you are a current member. No cash payments for the time being please. If you were a member during the closure period additional free months will be added when you renew. New Members Welcome! In the meantime funding has been applied for to develop new services identified in the recent customer survey.

## Yoga - Belmont Park

Yoga sessions at Belmont Park on Sunday mornings 10.30am to 12noon (near graffiti wall) and Monday evenings (near sensory garden) 6.00pm to 7.30pm. £5 suggested donation, bring your own mat. For further details or to check the session is on email Fran: [fran@derekthedog.co.uk](mailto:fran@derekthedog.co.uk)

## Merry Go Round Toy Library

Merry Go Round Toy Libraries is a small charity based in Exeter Scrapstore. It has reopened with an online site after both the toy libraries closed because of Covid-19 restrictions. You can now become a member, book toys and arrange collection and return times in a contactless way. All returned toys are quarantined for at least 72 hours before being checked, cleaned and put back on the shelf. There is a huge selection for you to choose from. Anyone can browse toys using the categories in the menu, but to borrow them you have to become a member (family membership is £6 per year and group membership is £15 per year).

## Art Club Exeter - request for paper

To prepare free art packs for isolated and vulnerable people, the club always needs interesting paper particularly: used/new wrapping paper; magazines (gardening, interior, lifestyle, gossip etc.) and any mindfulness colouring books. E: [artclubexeter@gmail.com](mailto:artclubexeter@gmail.com) if you have donations for them.

## Let's Move!

Devon's Biggest Ever Community Movement Challenge! Let's Move Devon provides an opportunity for you to join and support your community whilst being active. People of all ages from all backgrounds and abilities are invited to take part. All "moving minutes" will contribute to your team's overall effort, with teams moving up and down the leader board as a result. There are a range of prizes available. Team up with your town, village, city, or ward  
[https://devon.sportsuite.co.uk/tracker/challenges/lets\\_move](https://devon.sportsuite.co.uk/tracker/challenges/lets_move)

## Sport England Tackling Inequality Fund

The Tackling Inequalities Funding aims to support targeted groups in communities who have been most affected by the conditions lockdown has created, which has seen their activity levels dramatically affected. Active Devon is requesting applications from organisations who can help reduce the negative impact of COVID-19 and the widening of the inequalities in sport and physical activity.

<https://www.activedevon.org/apply-with-active-devon-for-inequalities-funding-to-help-targeted-groups>

## Fix your bike voucher scheme

Do you have a bike that needs fixing? The government is offering up to two members of each household a £50 repair voucher. To find out more visit: <https://fixyourbikevoucherscheme.est.org.uk/>

## Local Pubs

The Clifton Inn's Bakery is now open from 11.30am Wednesday to Sunday. Home-made Pete's pies / sausage rolls, artisan breads, baguettes, delicious cakes, tea and coffee. Eat In / Take Away or Delivery. The pub has a new beer garden too. Both the Clifton Inn and the Mount Radford are taking part in the Government's 'Eat Out to Help Out' campaign.

## News from Newtown Community Preschool

The children were keen to return to preschool for the Summer Term after a long break away. We have encouraged lots of outdoor play in our fantastic garden and playground, enjoying mud pies aplenty from the mud kitchen and dinosaur adventures in the long grass. Spaces are available for 2-4 year old children from September. To come and see our amazing preschool please contact us on [office@newtowncommunitypreschool.co.uk](mailto:office@newtowncommunitypreschool.co.uk) or call 07794 317462.

## Family Foodbank

St Matt's church has set up a pop-up foodbank to help local families that may be struggling to buy food at the moment. It's currently offering food parcels to families who live in postcodes EX1 - 4. Families can sign up for a parcel here: <https://www.stmattsexeter.org/lyn>



## Alleyway Gardening

One of the best things about my job is listening to people's stories. Pat Lenton, a Newtown resident, showed me the vegetable plot and garden that neighbours had created with permission from the council. There was so much to look at and it was evident that a lot of hard work had been carried out. Pat told me that she had bought a second hand planter but when the person delivered it and discovered it was for a community garden he gave it to her for free.



I was also told about shells that were donated by a diver and how produce is shared with neighbours. Pat said the plot had been an 'absolute life saver during lockdown.' If you live locally and would like to get involved contact Pat via Nextdoor or send me an email and I will pass on your contact details to Pat.

## Mount Radford Lawn

The St Leonards Neighbourhood Association report that the Mount Radford Lawn has been listed by Exeter City Council as an "Asset Of Community Value". This does not come with any guarantees of its future, but it is an important step along the way to keeping the playing field as a playing field. For more information visit the SLNA website: <http://www.slna.org.uk>

## News from St Leonards Pre-school

Topics this term have included under the sea and transport. Check out our video, showing you what our lovely pre-school looks like! Please enquire if you would like to find out more. We have spaces for September. <https://www.facebook.com/watch/?v=884710138690313>

## Newtown-On-Sea - Wish you were here?

I was chatting with a Newtown resident recently and she joked that she was heading back to Newtown-On-Sea. She explained that due to the recent hot weather, residents at the flats where she lives had been avoiding sitting outside as there was no shade. She had a lightbulb moment and decided to cover the rotary washing lines with sheets providing shade. People are now sitting outside and enjoying a chat she said.

## St Leonards Neighbourhood Newsletter

This newsletter is produced by the St Leonards Neighbourhood Association and distributed every other month to over 3,000 homes by local volunteers. If you would like to contribute to the newsletter send your contribution to the editor, Norman: [ilovelatinbaby@hotmail.com](mailto:ilovelatinbaby@hotmail.com) by the 15th of the month prior to publication. The next newsletter will be distributed in September.

## Studio 36 'Get On Board'

Following the opening on 18th July, Veronica and I want to thank you for your support and brilliant contributions for the board. July's board is an amazing collection of pieces and we hope you & your friends have all managed to come and have a look!

This display will remain until Thursday 20th August. The next display will hopefully open on Saturday August 22nd. We have already received some great pieces, for this. As this project is at an early and experimental stage it would be encouraging, helpful, and interesting to get together a positive group of board contributors and neighbours to decide how best and even ingeniously to use the board in future months.



We could, for instance, have themes, invite certain categories, such as schools, shopkeepers, surgeries, care homes and so on to contribute so that this board can become something of a creative and fun mouthpiece for our community.

Another idea that has been put forward is to produce a book to include the artwork along with short written pieces on people's inspiration for their work during lockdown. A couple of you have already kindly submitted some words and it would be great if others felt they would like to as well. It would make a lovely record of our community during this unusual time. Currently we are not sure how we will produce the book so if any of you work or know somebody who works in the printing industry and would be able to help us, do let us know!

Gemma Corps, Project Administrator

Studio 36,  
36 Denmark Road, Exeter, EX1 1SE  
01392-256206  
gallery36exeter@gmail.com  
[www.studio36exeter.co.uk](http://www.studio36exeter.co.uk)

## Support

Chat Health: you may have **health and wellbeing concerns** about yourself or a family member and be unsure how to get the help you need. <https://chathealth.nhs.uk/>

YoungMinds: <https://youngminds.org.uk/> Information on **child and adolescent mental health**. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Time to Talk: support for people who have a **long term health condition or disability**  
<https://www.livingoptions.org/support-help/time-talk>

**Devon Mind** Tel 01752 512280 The mental health charity has put together a page of resources <https://www.devonmind.com/covid19>

**NHS Five Ways to Wellbeing** <https://www.dpt.nhs.uk/resources/recovery-and-wellbeing/five-ways-to-wellbeing>

**Andy's Man Club** (mental health support) - online meet ups  
<https://www.facebook.com/Andys-Man-Club-Exeter>

**Devon Recovery Learning Community online courses:**  
<https://www.facebook.com/DevonRLC>

Exeter Library is offering a **free Book Delivery Service**. Tel 01392 407027 or email [exeter.library@librariesunlimited.org.uk](mailto:exeter.library@librariesunlimited.org.uk)

Those who have been shielding can get support accessing **supermarket delivery slots** at Tesco or Iceland. Contact the Exeter Community Wellbeing Hotline: 01392 265000.

## Stay Connected and Updated

Exeter Friendship and Community Group:  
<https://www.facebook.com/groups/412669522480320/>

Newtown and St Leonards Community Builder Facebook Page:  
<https://www.facebook.com/CBNewtownStLeonards>

Newtown and St Leonards Community Facebook Group:  
<https://www.facebook.com/groups/NewtownStLeonards>

Newtown Community Association Facebook Page and Website:  
<https://newtowncommunity.org.uk/>  
<https://www.facebook.com/NewtownCommunityAssociationCommunityEvents/>

St Leonards Neighbourhood Association Website: <http://www.slina.org.uk>

Nextdoor is an online neighbourhood hub for connections and exchange of information, ideas, groups and services: <https://nextdoor.co.uk/>



Exeter Seed Bank presents a pop-up Exhibition  
**'BEFORE THE LAWN MOWER'**

Where?

Belmont Park Children's Area

When?

Friday 28th August (3 - 5)

Saturday 29th August (10 - 1)

Friday 4th September (3 - 5)

Saturday 5th September (10 - 1)

Friday 11th September (3 - 5)

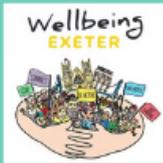
Saturday 12th September (10 - 1)

How did the Park change during lockdown?



Bring your own drawings for our community gallery and choose a free packet of flower seeds.

# What are Community Builders (CB's)?



The Exeter Community Builders (workers) are employed by Exeter Community Initiatives as part of the Wellbeing Exeter Project. There's a Community Builder for each of the 13 wards of Exeter. You can find your community builder by using the interactive map on the Wellbeing Exeter website <https://www.wellbeingexeter.co.uk/map/>

CB's map what resources (community spaces, skills, groups, people) exist in an area. We create new networks, connecting people and opportunities. We support people to grow their own ideas & try new things that bring people together, improve their wellbeing and make the community a better place to live. This is called Asset Based Community Development (ABCD). We don't organise & run events & groups for people.



Our work is based on the 5 ways to wellbeing. scientific studies have shown that if we connect with others, keep learning, take notice of what is around us, give something back to our community and stay active, our happiness and overall wellbeing will increase. If you have any ideas or would like to find out more about what's happening in your area please get in touch.

