

NEWTOWN AND ST LEONARDS COMMUNITY BUILDER NEWSLETTER



Hello!

How do we encourage better opportunities for adults to play outside and have fun?

This question was posed during an Eden Project Communities webinar. Many opportunities are structured or you may need to book and/or pay. I recently posed this question on my Facebook page and it got people talking. Some suggested that they would like to see adult jungle gym equipment at local parks. What do you think?

No ball games?

This was another interesting Facebook discussion around why the 'no ball games' signs were introduced around outside spaces. Originally posted by Nurture Development, it is an interesting read:

<https://www.nurturedevelopment.org/blog/no-ball-games>

Get in touch

There is lots of interest in greening projects at the moment. Do get in touch if you would like to join in or have a chat about starting your own.

Please get in touch if you would like to find out or share what's happening locally; if you are feeling fed up with your own company or have an idea for your area that you would like to discuss.

Jayne Leaver, Wellbeing Exeter Community Builder, Newtown & St Leonards

Tel: 07933 776 210 Email: newtownstleonardscb@eci.org.uk

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

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

Community News

This month we say farewell and good luck to two community heros:

Farewell and best wishes to NCA Trustee **Rory McNeile**: Rory has moved to another part of the country. Here are a few words from the man himself:



I joined the Association as a trustee in about 2008, I think, as we lived in Clifton Hill and our daughters enjoyed the park. Ian (previous chair) persuaded me to stand for election as Chair in 2013 and that's when I got fully involved in trying to move the 'Vision Project' forward. We built on the important work Ian had already done with community members and the city council in establishing what sort of building was needed. The initial challenge was raising the funds but this was achieved over the following few years with good support from Exeter City Council. The build itself went fairly smoothly and it was certainly very rewarding to accept the completed building in May 2019 and open for the community in August/September. Unfortunately the Covid-19 pandemic meant a suspension of activities but as restrictions are eased it is great to see that previous user groups and new activities too are keen to get going in the building as soon as they can. I am very pleased to have played a part with other committee members in meeting the NCA's constitutional aim to provide a venue for community activity in the Newtown area.



Farewell and best wishes to **Postman Paul** after 30 years service in the Newtown area. Residents told me that he has rather a sweet tooth enjoying their cake and biscuits, especially lemon drizzle. Residents tied balloons onto his trolley, gave him bottles of wine, put up bunting to say thank you and some have invited him to the pub for a meal.

Clifton Street

I recently took a couple of residents to visit the garden at Clifton Street flats for inspiration. The garden has been created by residents and is looking fabulous. There was some seed gifting, knowledge sharing and swapping of contact details.



New greening project in Newtown - thanks to Judith for the article below

Calling all Green-fingered Gardeners! Come and make a Buzz!

Help create Newtown's Wildflower Garden for the Bees!

I have applied for funding from Exeter City Council to create a Wildflower Garden for the Bees through Newtown Community Association. We will be re-claiming a neglected area for community involvement and to promote biodiversity. The garden site is located where Clifton Road joins Clifton Street.

I will also be filling two semi-circular planters beside the Community Centre in Belmont Park with herbs, and to establish wildflowers in the surrounding area to create a 'Welcome Garden' for Bees, Butterflies and Members of Newtown Community Association.

I have spare plants from my own garden, feverfew, foxgloves, teasels, red champions, purple toadflax, primroses and wild dog roses etc., but I would also propose to buy and maintain rarer wild flowers such as snakeshead fritillary. I would be keen to hear from anyone with wild, or cottage-style plants to spare. To kick off the project, I hope to organize a 'Bring a Spade Party' as the waste ground has been neglected for many years.

If you are interested in helping threatened wildlife in the Newtown St. Leonards area, please contact Judith Richardson-Dawes on: richardson.dawes@btopenworld.com or text: 07905 006188



Thanks to Exeter Seed Bank for sharing its event

Exeter Seed Bank will have its first meeting on Sunday 29 August, 11am -1pm
Simple Seed Saving at Newtown Community Centre, Belmont Park

Join us for a short workshop in processing tomato seed for seed saving . Get hands-on with extracting seeds and pulp. If you would like to save some of your tomato plant seeds, please bring along a tomato and an old jam jar.

We will be sharing the importance of 'roguing', drying and labelling and storing seeds.

In the spirit of reviving the oral tradition of handing on plant knowledge come and listen to a short recorded story (5/10 mins) from a local resident. Elizabeth is 93 years of age, she told us about her Uncle Fred's climbing pea which has been grown in her family for nearly 70 years. Very rare it is now in the garden organic collection of heritage peas. It is being grown in St Thomas community garden which she visits most days and some seeds will be passed on to Exeter Seed Bank. While we build up the stock we have available some saved Blauwschokker peas. A stunning heritage pea variety with dark purple pods and bright green peas. We are happy to share these at the meet up after the story.

Let's share our knowledge and have a chat!

Numbers limited so please rsvp to exeterseedbank@gmail.com

Donations towards the cost of room rental and refreshments are welcome.



Guitar in the garden at Faraday House

On a beautiful June evening Graham treated fellow residents to an hour of classic tunes. Residents brought their own drinks and we all thoroughly enjoyed the evening. It was great to see residents catching up with each other. Do you have skills you could share with your neighbours?



Getting active in Newtown

Newtown Residents: If you would like to be part of a group to discuss and get involved in doing something about the ideas, aspirations and options that are coming out of the recent on line survey 'Newtown is Changing' about making it easier to be active in Newtown. Please get in touch.

Gill.brookman@exeter.gov.uk

Heavitree & Newtown Litter Picking Group

We met at Belmont Park on 26 June for a litter pick and although I thought the park looked pretty tidy, four of us managed to fill two bags.



The next Belmont Park litter pick will be held on Saturday 25 September, 10am. Please bring gloves and wear appropriate clothing and footwear. There will be a few spare litter pickers (and bags) but if you have one please bring it along. For more details and to keep updated, join the Heavitree and Newtown Litter Picking FB group and see 'events'.

<https://www.facebook.com/groups/776153263048872>

There is also a poster later in this newsletter detailing the steps to take if you are thinking about organising a litter pick. Thanks to my colleague Josh for putting together this useful information.

Newtown and St Leonards Freecycle

Jemima has set up a new Facebook group:

<https://www.facebook.com/groups/336032901322418>

Newtown Community Association

Social Cafe and Super Sunday Cafe Music Event

What a wonderful afternoon. We were entertained by Shirley's Cocktail Club, Newtown Roots Band, Sedef Bulgarian Dancers and Exeter Jazz Band. It was so lovely to see people having a good time. The St Sidwell Community Centre ran the cafe.

To stay updated on future events keep an eye on the NCA's Facebook page:
<https://www.facebook.com/NewtownCommunityAssociationCommunityEvents>
or website: <https://newtowncommunity.org.uk>



NCA Social Cafe

The Newtown Community Association Social Cafe in Belmont Park has been running for 3 months now. It has been great catching up with everyone and good to see some new faces too. There is no cafe in August. The next cafe will be held on Friday 17 September from 2-3pm. There is a suggested donation of £2.00. For the time being numbers are restricted so you will need to book, please email me if you would like to come along:
newtownstleonardscb@eci.org.uk

St Leonards Neighbourhood Association

Keep up-to-date with the latest news in St Leonards including The Hour Glass Pub, Roberts Road Hall, ERADE field and the redevelopment of the Buckerell Lodge: <http://www.slina.org.uk/News.html>

What's on?

Walk

Inclusive Exeter Park Walk - Duryard St James and Newtown St Leonards
Mondays 2pm-3pm, meet Exeter Mosque. All welcome, walk to a local park.
<https://www.inclusiveexeter.org/our-projects/physical-activities>

Run Club

Chris is keen for fellow runners to join him on his 6.30am daily run (or as often as you choose) starting at Belmont Park. The sessions would suit those returning to running and/or with a fairly good fitness level. If you are interested you can contact Chris on 0794 775 7793.

Canasta Card Games - just for fun

Meet every other Sunday from 1 August at the Buckerell Lodge Hotel, Topsham Road. For more information:
<https://www.meetup.com/ExeterEscape/events/279339838>

Social Cafes

Exeter City Community Trust
Free weekly social cafe for the over forties, Tuesdays 10.30am to 12 noon at The Grecian Centre, St James Park (Exeter City Football Club)
<https://exetercct.org/programmes/adults/creating-connections/creating-connections-in-person-events>

Newtown Community Association Social Cafe, Belmont Park
Friday 17 September; Friday 15 October, 2-3pm
Suggested donation £2 - please book a place: newtownstleonardscb@eci.org.uk

Crafts

Knitting and Crochet group
Twisters Cafe, Sidwell Street, 2-3pm Tuesdays
Bring a project
No cost for group just buy a cuppa - contact newtownstleonardscb@eci.org.uk

Exeter Craft Hub Craft Week **2-7 August**

Visit: <https://www.facebook.com/exetercrafthub>
Or visit the shop on Paris Street to find out more.

Exeter University - Jazz in Belmont Park

Sunday **8 August**, 11-3pm

Listen to live music and share your ideas about how you think the university could work with communities.

Activity Groups - dancing, music, Qigong and more

Newtown Community Centre, Belmont Park - Activity Groups

<https://newtowncommunity.org.uk/activities>

St Sidwell Community Centre - events, classes and workshops

<https://stsidwells.org.uk/what-we-do/events>

Dance Classes

DanSci Dance Studio, Summerland Street

Classes for children and adults <https://www.dansci.co.uk>

Swimming and Exercise Classes

Exeter University, St Lukes Sports Centre, Heavitree Rd

<https://sport.exeter.ac.uk/facilities/stlukessportscentre>

Rangers

2nd Exeter Rangers is the older section within the Girlguiding Association, aged 14 to 18. The unit is moving to St Matt's Church Hall from September on Mondays, 7.30pm to 9pm and have space for a few more members. To find out more <https://www.girlguiding.org.uk/what-we-do/rangers>

Local Women's Institutes

WI in the City

Meet 2nd Thursday of the month at the Headway Centre

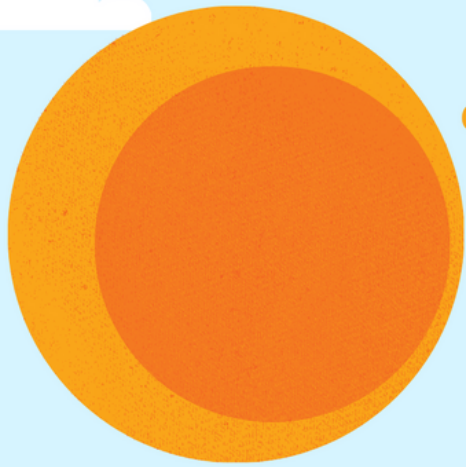
<https://www.facebook.com/WIintheCity>

Central Exeter WI

Meet first Thursday of the month

Grecian Centre, St James Park (ECFC) starting 2 September 7.30pm

<https://www.facebook.com/CentralExeterWI>



Jazz in Belmont park

Sunday 8th August 11am-3pm

Join us for live music and chats about how the University of Exeter can work more effectively with and for local communities

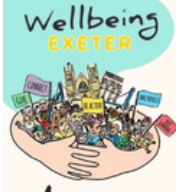


AGILE RABBIT

UNIVERSITY OF
EXETER




Belmont hut, Belmont Park,
Exeter, EX1 2HQ




TOP TIPS FOR LITTER PICKING IN EXETER

BY JOSH HAMILTON COMMUNITY BUILDER FOR ST LOYES IN EXETER



For MAXIMUM fun and effect...
Do it as a group and plan ahead!



Pick a place and time!
Where is the closest hotspot for litter near your home? When would be a good time to go and who do you want to go with? Could this be an opportunity to meet up and chat with a few neighbours / locals?


Keep yourself and others safe
Gloves and hi-vis jackets could be useful. Why not read the council's risk assessment to get an idea of how to manage risks?

What will happen to the litter?
Will you take it home to put in the black bin... or could you use the council?

Make it enjoyable!
Could you make it a regular get-together? Who could provide drinks and/or food at the end? Could you invite folks to come buy a drink with you? Could you challenge kids to record how many pieces they pick up + have a prize for the team with the top score? How can you make sure everyone coming can have a role and be welcomed? (no matter their age or capacity!)

Spread the word
Remember to have a bold, clear and sharp purpose to say WHY you're doing this. Could you community builder help spread the word? Is it word of mouth only? Or could you put notes through neighbours doors? Are there nearby noticeboards or online groups on Nextdoor or Facebook or Whatsapp groups?

Why not share your success on the 'C.R.A.P Exeter' FB page?
www.facebook.com/groups/exetercrap

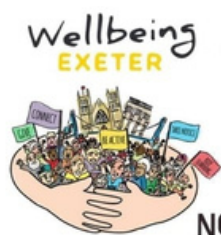


Doing it all for free with ECC- Exeter City Council...
Email pgs@exeter.gov.uk to

- 1) ask for the risk assessment (that you'll need to read, sign and send back)
- 2) arrange a time to pick up to borrow litter-pickers, bin bags and the like from Belle Isle Nursery on Belle Isle drive (off Topsham Road and at the bottom of Trews Weir Reach)
- 3) arrange a time and place where their team can pick up the rubbish bags the next day

During Covid times remember:

- ask for people's names and phone numbers (or failing that, email addresses) for NHS Track and Trace purposes.
- have hand sanitiser available for before and after
- maintain 2m social distancing as much as possible (and at least 1m)



EXETER COMMUNITY BUILDERS

NOTHING TO DO WITH BRICKS, LOTS TO DO WITH COMMUNITY

Hello! We (13) Community Builders map what resources (community spaces, skills, groups, people) exist in 13 areas of Exeter and Cranbrook. We create new networks, connecting people and opportunities.

I'm Jayne CB in Newtown & St Leonards



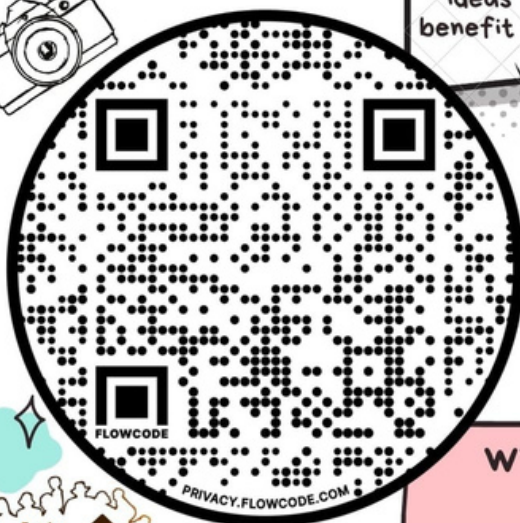
We support people to grow their own ideas & try new things that bring people together, improve their wellbeing and make the community a better place to live. This is called Asset Based Community Development (ABCD)!

What do you love?

Would you like to have a chat?

Do you have any ideas that would benefit local people?

What's happening on your street?



Scan the QR code left (or write down/take a picture of the link below) in order to visit our website and use our map to find your neighbourhood and the contact details for your community builder!
Talk soon, :)

[www.wellbeingexeter.co.uk/
community-building-2/](http://www.wellbeingexeter.co.uk/community-building-2/)



remade

Making visible the invisible



This project is part funded by the European Social Fund



What is ReMade?

ReMade is one of the projects run by local charity, Exeter Community Initiatives and is part of our wider Urban Skills Work.

www.eci.org.uk

What do we do?

It is a new project providing opportunities for people through delivering training and support in upcycling; re-using and reclaiming materials to create products for sale or for personal use.

Skills you'll learn

- Upcycling
- How to paint
- Woodwork
- Hands on practical skills
- How to use tools



European Union
European
Social Fund

Who is ReMade for?

Our project is aimed at people who are in the broadest sense in recovery and who want to develop skills that could lead to further training or employment/self employment.

We are currently funded by the European Social Fund (ESF) so to be eligible you will need to provide evidence that you are unemployed or economically inactive. If you are unsure about your eligibility please contact Jane for a chat.



Who is teaching?

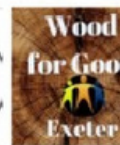
The practical element of the project will be delivered in collaboration with CoCreate Wood for Good Flipped and Vintage through a mixture of themed learning sessions and supported open sessions.

We will also be able to draw on their expertise in areas such as learning about all the steps needed to be able to sell items through on-line shops and through other markets.

How will the project work?

ECI's Project Worker will work with each participant to create Personal Development Plans.

Throughout the life of the project time will be spent between the workshop and other activities that will support each participants development needs.



How to find out more:

Call Jane Hawking on:

07547 958156

Email: remade@eci.org.uk

Tel: 01392 205800

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