



NEWTOWN AND ST LEONARDS COMMUNITY BUILDER NEWSLETTER

Hello, did you participate in any events over the Jubilee weekend? The celebrations provided an opportunity to get together, have a chat and for the most part enjoy the sunshine. I joined residents at Faraday House and although the sun was hiding, we still had a good time.



Contents

Community News P.2

Information P.6

What's on P.8

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Community News

Jubilee Party

Residents at Faraday House enjoyed a Jubilee Party with a quiz and a prize draw. I supported residents with this event and they have planned the next event themselves.



Exeter Respect Festival

It was great to see the Respect Festival back at Belmont Park. Members of Newtown Knitting and Crochet Group celebrated International Knitting Day by joining the Exeter Community Initiatives tent during the festival.



Calling local handymen and women

Newtown Community Preschool has some toys in need of repair. If you think you may be able to help please get in touch:
office@newtowncommunitypreschool.co.uk



Newtown Wildflower Garden for the Bees

If you have walked along Clifton Road recently you may have noticed the signage that Judith has created for the garden. This provides information on the garden and is well worth a read.

Bull Meadow Park - Information from Exeter City Council

Parts of Bull Meadow Park have had to be closed off to the public while work is carried out to repair a collapsed culvert. The work, which is being carried out by R&M Utilities on behalf of South West Water, is expected to be finished by 5 September.

The majority of Bull Meadow remains open to the public as usual. All surfaced paths through the park remain open as does the play area, zip wire and route past the cemetery to Magdalen Street. The pavement in Temple Road is still open as is the footpath from the end of Temple Road to Fairpark Road.

Physical Activity Questionnaire

If you have a spare 5 minutes please can you assist my Wellbeing Exeter colleague Natalie with this short questionnaire. Perhaps you have a sporty idea for your community or would like some support with becoming more active.

<https://forms.office.com/Pages/ResponsePage.aspx?id=EYYpVnU2JEWaXquHaYbSPWRDw0Tt3F1NqvrT-Ly8IEBUM1U4TExHWjBVNzJIM1ZRWloxTFRQV0U1NC4u>

Food brings people together

I was recently introduced to a local lady by my colleague Maisaa. I met with the lady and her husband to discuss what is happening locally and they invited me to their home for a meet up with members of a language group she attends.



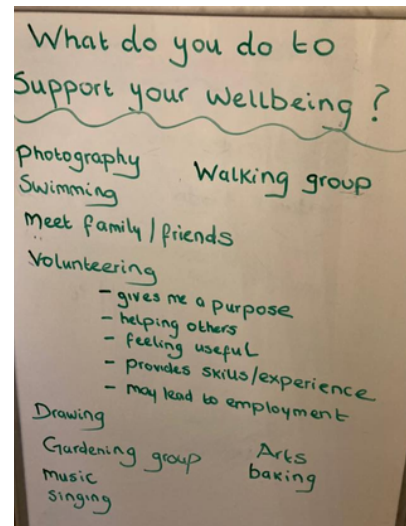
I wasn't expecting lunch to be laid on let alone a three course meal! To start we had deep fried pastry parcels with various fillings and another group member brought homemade stuffed vine leaves. For main course we were treated to a Biryani, chicken curry and a Dahl. For dessert we had yogurt with nuts, deep fried little dough balls in syrup and Maisaa's Syrian cake.

The lady has started to bake and is interested in learning new cake decorating techniques. She made a delicious cake iced with the words "welcome to our home". My colleague and I have provided her with some cake decorating books.

Sharing food is such a great way to get to know others and really does bring people together. Could you organise a get together on your street or community green space?

Jobcentre Event

My colleagues and I were invited to an event at Exeter Jobcentre recently to talk with people about their wellbeing including opportunities to get involved in their communities.



Pop up listening on Clifton Road, Newtown

My Wellbeing Exeter colleague Natalie and I chatted with local residents recently about what they loved about Newtown and what they thought could be better. Things they love include: the people; a village feel; Newtown general store; convenient location; the community garden and that it is a good neighbourhood.

In terms of what could be better, it was suggested that developments are encroaching on green spaces and there are parking issues especially in university term time. A resident said she would like to get to know her neighbours better. Another resident asked what type of physical activities happened in the area and Natalie has sent them some information.

St Leonards Neighbourhood Association, Annual General Meeting

It was wonderful to meet in person again at the recent AGM. We enjoyed listening to updates from Nigel and Norman; I gave an update on my work within the community and we were given a talk on city planning.

Information

Cost of Living Support

Exeter City Council: <https://exeter.gov.uk/benefits-and-welfare/help-managing-your-money/cost-of-living-support>

Devon County Council:
<https://www.devon.gov.uk/news/financial-support-for-households-struggling-to-pay-for-energy-food-and-other-essential-items>

InExeter funding

Local Living Month is dedicated to celebrating communities, championing local businesses and supporting sustainability.

How would you celebrate Local Living Month? Community grants are available for anyone wanting to explore an idea that celebrates one or all of the above themes. This could be activating spaces in a fun playful way, engaging communities, championing local businesses or even urban planting and street art! Email details of your organisation, group or business, planned activity, cost and any requirements to:

info@inexeter.com. The total community funding available is £3,000. Deadline: 12th August 2022.



Drop-in Service

Tuesdays - 10am - 12.15pm
Wednesdays - 10am - 1.30pm

**At The Mint Methodist Centre,
Fore St. Exeter.**

Particularly welcomes people from Black, Asian and minority ethnic backgrounds, with language or IT barriers

Get friendly, informal help with filling in forms, dealing with utility companies or other public services.

We recommend you make an appointment if possible, as time can be restricted

Help is offered with form filling, dealing with utility companies or other public services. This service is aimed at people from Black, Asian and Minority Ethnic backgrounds. Although it is advertised as a drop in service, booking is advised. For more details email: admin@inclusiveexeter.org.uk

Better Health Exeter is offering free health workshops:

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

Email: betterhealthexeter@gmail.com

AbilityNet offers free IT help to older people and disabled people of any age. A volunteer can visit you in the comfort of your own home or assist remotely to help you overcome any challenges you are facing in the digital world. To request support visit the website <https://abilitynet.org.uk> or call 0800 048 7642. The organisation is also looking to recruit volunteers.

Bike Confidence offers adults in Devon a free 1-2 hour cycle confidence session. <https://www.traveldevon.info/cycle/cycle-training/adults>

What's on



COFFEE CONNECTION

Meet at the Mount Radford Pub,
Magdalen Rd

Fortnightly, Tuesdays
11am to 12noon
2, 16, 30 August,

Come and chat with others
in the community

Contact Jayne: 07933 776 210

The Devon Voice Group and the St. Sidwells Community Centre present a...

SIDWELLA DAY CELEBRATION!

SAT 30TH JULY 2022

With talks by:
Todd Gray
Exeter History
Mark Norman
Devon Folklore
Paul Cleave
Devon Food
Olwen Foggin
Exeter Memories

Exeter Poets:
Clare Morris • Chris White
Shaday Barrowes-Bayewunmi

As well as chats about
Devon accent and dialect,
a cream tea, BBQ and
live Devonshire folk music from
**JIM CAUSLEY &
BILL MURRAY**

3PM to 6PM

FREE EVENT
but donations welcomed

visit www.devonvoice.org
for more information

Follow the QR
code link to book
your free ticket

ZUMBA CLASSES



FUN... FREE! AND OPEN TO EVERYONE
@ NEWTOWN ASSOCIATION COMMUNITY CENTRE, BELMONT PARK, EXETER.
Every Saturday - 4 till 5pm

For more info contact Arlene on 07753 1066434 or email
lws_rin@yahoo.co.uk - or just turn up!



There is no Zumba class on
Saturday 6 August

Sidwell Jumble is back!

The table top sale is making a return on Thursday 1st September 11am - 3pm. This community event brings together local business, charities and organisations. This is a callout to PTA's, charities and local groups to get involved and raise money for their great causes and promote themselves.

To apply please fill in the Google application form:

<https://forms.gle/x3rNa6y4LT6hZwmh9>

Freemoovement - free family play sessions

FREEPLAY is coming back this summer with more groups across the city including Belmont Park. Keep your eyes peeled for dates and times:

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



Photo: Freemoovement

Cafe Theatre Company

The Company make socially engaged theatre about growing old. It meets at the Barnfield Theatre on Friday afternoons. If acting isn't your thing you may be interested in watching a performance. To find out more visit:

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

Talk: Creating a Wildlife Green Space in the Heart of the City

A talk on the Newtown Wildflower Gardens for the Bees by Judith Richardson Dawes will be held on Friday 22nd July at the Newtown Community Association Social Cafe, Newtown Community Centre in Belmont Park. The cafe runs from 1.30pm to 3pm. There is a suggested donation of £2.



Weekly walk from St Sids

Join Maisaa and Pete, your local Wellbeing Exeter community workers, for a gentle walk exploring areas around the city centre and for a chat! They will be meeting outside St Sidwell's Community Centre every Friday at 12.15pm. Everyone is welcome, especially people who speak English as a second language and would like a friendly group to practice with. These walks will be fully accessible to all, including wheelchair users. Email Maisaa: duryardandstjamescb@eci.org.uk

Studio 36 "Community Get On Board" exhibition at Exeter Library

Exeter Library is currently exhibiting a selection of work from the first 20 boards. This will be on until October.