



# NEWTOWN AND ST LEONARDS COMMUNITY BUILDER NEWSLETTER

Hello,

Autumn is my favourite season. A few years back I was invited to an apple bake off at a local sheltered housing which was lots of fun. Last year I helped my colleague Maisaa (CB Duryard and St James) who was supporting residents in West Garth Road Park with pumpkin carving, crocheting and other fun activities. Check out this blog for ideas for your community:

<https://www.edenprojectcommunities.com/blog/50-ways-to-spread-cheer>

A resident concerned about the current economic situation suggested having some soup and chat sessions. What can we do on a street level or as a community to support each other over the coming months? What would you like to see in your local community space?



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<https://www.wellbeingexeter.org.uk>

## Community News

### Freemoovement Family Play Session, Belmont Park

Many thanks to Paul Moulard and Freemoovement for organising the summer play sessions in Belmont Park. It was so much fun! I said to Paul that we need one for the adults!



### Newtown Knitting & Crochet Group

As the Clifton was closed last week the group met at a member's home. Members were treated to Coca de San Juan (an enriched bread topped with pastry cream, pine nuts and fruit). One of the group enjoys making twiddle muffs for the hospital's dementia ward (pictured).



### Coffee Connection, Mount Radford

It was lovely to have a new gentleman join us last week. He said that he'd be meaning to come along for a while and had finally got round to it. We chatted about sewers, eye operations, The Large Hadron Collider, maths, spacial awareness, community gardening, dyslexia, multiple intelligences, utility bills, South Africa and more (pew). Every day's a school day! If you would like to come along to the next social meet up it's on Tuesday 13 September at 11am to 12 noon.

**Newtown Community Association**- thanks to Kerrie for this information We are currently raising funds to purchase and install a Defibrillator in Belmont Park. This would be mounted on the outside of the Centre making it available 24hrs of the day for anyone who needs it. Once installed we will be hosting some defibrillator training sessions open to local residents, park visitors and centre users. In partnership with the charity London Hearts we have secured some of the funding required and are now reaching out to our friends and neighbours to help raise the rest. However big or small every donation really does count towards the purchase of this invaluable resource that could one day save someone's life. To make a donation please visit our crowd funder page [www.crowdfunder.co.uk/p/newtown-community-association](http://www.crowdfunder.co.uk/p/newtown-community-association)

Our AGM is on September 10th in the Newtown Community Centre (Belmont Park) with coffee from 10.30am and the meeting from 11am-12noon. We hope to see you there!

We have some space in our weekly activities calendar so if you are looking for a space to run a regular group or class then get in touch [bookings@newtowncommunity.org.uk](mailto:bookings@newtowncommunity.org.uk) or visit the bookings page on our website [www.newtowncommunity.org.uk/bookings](http://www.newtowncommunity.org.uk/bookings)

**Salmon Pool Lane Free Little Library  
The Tasting Room Coffee, Topsham Road**

The library is short of children's books. If you have some books you could drop off that would be much appreciated.

**St Leonards Neighbourhood Association Christmas Fair, Magdalen Rd  
Saturday 3rd December 2pm -6pm**

The association is looking for musicians to play at the fair. If you are interested please get in touch: [stleonardsnassoc@gmail.com](mailto:stleonardsnassoc@gmail.com)

### **Newtown Community Association Social Cafe, Belmont Park**

At August's cafe, Kerrie led a craft making leaf shaped pendants. The next cafe will be held on Friday 16 September at 1.30pm. Suggested donation £2.



### **Newtown Wildflower Garden for the Bees** - photo and text courtesy of Judith Richardson Dawes

The garden is still looking quite good, considering it's September and we've been without heavy rain for many weeks. There are some beautiful deep ruby red Fenland Lilies out at the moment and the Evening Primrose is still flowering. Next week we will be again digging out the marshy area and planting plant plugs. I have some lovely pale pink Fenland Lilies to plant, we will also be weeding and collecting seed.



### **Ukraine Fundraiser**

These thoughtful young ladies have raised over £150 through their table top sales.





### **Merry Go Round Toy Library**

I recently met Andrea from Merry Go Round Toy Library. Located in Exeter Scrapstore, Belmont Park, the library runs a click and collect service every Tuesday from 10am to 4:30 pm. There is a huge range of items on the website for babies through to young teens including: arts and crafts; musical instruments; baby play equipment; puzzles; sensory toys; sports equipment; science kits; construction and dressing up clothes. For further information including membership details see: <https://my.mgrtoylibrary.org>



### **Studio 36, Denmark Rd** - thanks to the studio for this information

Thank you to everyone who came to the Every Brilliant Thing performance on Sunday. If you missed it then then next local performance is at The Cygnet Theatre this Saturday, for tickets: <https://www.wegotickets.com/event/554212>

The Get On Board exhibition in the library has now ended, but a good selection remains on display in an interesting way in our garden if you want to come and look. And don't forget, we would like entries for future boards - we welcome submissions from the whole community, including local groups so email us your pictures to get involved! Send your pictures to [gallery36exeter@gmail.com](mailto:gallery36exeter@gmail.com) and we will display them on the community board outside the Studio, on Denmark Road.

The next Studio event will probably be in November, to receive regular news and updates you can join our mailing list by clicking the link on our website <https://studio36exeter.co.uk/contact>

### **Exeter Jobcentre Event**

I was joined by my Wellbeing Exeter colleagues Pete (Community Physical Activity Organiser) and Amy (Community Connector) at Exeter Jobcentre recently. We enjoyed conversations, with centre customers, around volunteering, physical activity and ways to connect locally.

# Information

**WELLBEING EXETER**

## COST OF LIVING SUPPORT

### ACCESSING HELP IN EXETER

**DEBT ADVICE**

Citizens Advice Bureau- Free independent advice- 0800 278 7845 Mon-Fri 10-4pm  
CAP Debt Centre Exeter-Mon-Thurs 9-30-5pm, Fri 9-30-3-30 0800 328 0006  
Step Change Debt Charity-Free Expert advice- Mon-Fri 8-8pm 0800 138 1111  
National Debtline 0800 8084000

**FOOD SUPPORT**

Exeter Food Bank- Advice worker; Ali 07939 381794/07818 226524- Food bags  
St Katherines Community Larder- Fridays- 10-12- Food bags  
Foodcycle Exeter, The Mint, Fore Street- Tues 6-30pm-Free Meal  
St Thomas Foodfight-Free cooked Food -Sundays at St Thomas Precinct 11-1pm  
Salvation Army- Free Meals- Saturdays & Sundays evenings 01392 216553  
Rediscover Church, Northernhay St- Weds 10-2pm- Food bags

**USEFUL INFO**

Housing Advice (Exeter City Council)  
01392 265726 Mon-Fri 9-5pm for help with  
Housing Benefit & Council Tax Support & Exceptional Hardship Fund & Discretionary Housing Payments  
Universal Credit Help to Claim Advice 0800 144 8444/0800 169 0310  
Grant opportunities- eg School Uniforms, Utility Bills, essential equipment

**HEALTH & SUPPORT**

The Moorings (Drop in Mental Health Support)  
St Leonards Gp Practice 6pm-midnight, 7 days a week  
Samaritans (Free number) 116 123  
Talkworks (Depression & Anxiety Services) 0300 555 3344  
Age UK: Support for people aged 62+ & their carers 01392 202092

**HELP WITH ENERGY BILLS AND BENEFITS**

For more advice & info, scan the QR code below

**Exeter Community Energy Healthy Homes for Wellbeing**

Do you want lower energy bills?  
Do you struggle to heat your home?  
Contact ECOE for free energy advice and home visits  
healthyhomes@ecoe.org.uk 0800 772 3617  
www.ecoe.org.uk/healthy-homes-wellbeing

**LEAP**

Get in touch with your Community Builder (Wellbeing Exeter) with ideas of how or where to support your neighbours

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

Exeter Community Initiatives  
Registered Charity number: 2110251 Registered Company number: 1844930 (England)

## Free Bike Repairs

Doctor Bikes will be in the city centre each Thursday from 8th - 29th September PLUS Friday 23rd September repairing your bikes for FREE. Book a slot here: <https://calendly.com/dr-bike1/princesshay-dr-bike?month=2022-09>



## Cost of Living information event 19/09/22

The cost of living crisis is a worry to many of us.

How will I manage and what help is out there?



FREE EVENT  
ACCESSIBLE  
VENUE  
FREE PARKING

To try and answer some of those questions, Age UK Exeter are hosting a free drop in event at The Sycamores on Monday 19 September 10-3pm.

We will be joined by Exeter Foodbank, Exeter Citizens Advice, Living Options Devon, Turntable, Exeter Community energy, St Petrocks, Wellbeing Exeter and someone from Exeter Quakers. There may be more partners on the day.

This is for anyone of any age who is worried about how they will manage. We are here to listen, we would love to see you



The Sycamores  
Mount Pleasant Road  
Exeter, EX4 7AE

Monday 19th September 10am -3pm  
All Welcome. Drop-in. No need to book.

If you wish to attend the event, and need support with funding your journey please call Age UK Exeter.

### Living Options Devon - Time to Talk

A support and advice helpline, for those with a disability or long-term health condition. Time to Talk is a telephone and online service, provided by a friendly team who listen and offer peer support, provide information and advice, and signpost or refer to other appropriate services.

<https://www.livingoptions.org/projects/time-to-talk>

# Digital Buddy Volunteers Needed

We are looking for volunteers to provide free technology support to help people in Exeter.



**“Using my IT skills to help Barbara chat with her sister in Canada for the first time, made my day”**

To register your interest or get more information contact Dawn on [Info@exeterconnect.org.uk](mailto:Info@exeterconnect.org.uk)



**EXETER CONNECT**



info@exeterconnect.org.uk  
01392 205800  
www.exeterconnect.org



# Digital Buddy Volunteers

Our volunteers provide free technology support to help people gain the confidence and know-how to use the internet, often for the 1st time.



You don't need to be a tech guru to help out. If you use a computer at home or work, and perhaps support family and friends with their tech issues, you are likely to have the skills we need:

- A passion to help others in your community.
- A broad knowledge of IT platforms and good computer skills.
- A patient and friendly approach to people.
- Have a good understanding of Internet security and staying safe online.

40% of people that don't use or have access to the internet are 75+



As one of our volunteers you can...

- Use your IT skills to help change the lives of older people and disabled people in your community.
- Benefit from regular training and technology updates.
- Network with a city wide team of other IT volunteers.
- Plan your volunteering time around your home life and other commitments.

23% of people that don't use or have access to the internet have impairments/limitations



To register your interest or get more information contact Dawn on [Info@exeterconnect.org.uk](mailto:Info@exeterconnect.org.uk)



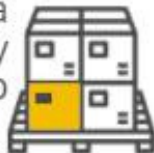
**EXETER CONNECT**



info@exeterconnect.org.uk  
01392 205800  
www.exeterconnect.org



Organise a grocery buying club



Beautify our road



Be there for lonely neighbours

Grow food for sharing on our road



Organise a litter pick

**How can we connect our neighbours?**



Create a neighbour messaging group



Start a book club

Go for a walk with a friend

Build a communal larder on our street



Ask a neighbour for a favour



Share items with neighbours



## What's on

### **Community song writing choir at the Barnfield Theatre - FREE**

(information shared from Exeter Northcott)

We're looking for adults of all ability levels to be part of a new group creating new music inspired by the Exeter Book, a UNESCO – recognised 10th century book of riddles and poems. You don't have to have any song writing experience or historical knowledge, just a voice and an interest in making music with other people. It's early days on the project, but the hope is that it will lead to a large-scale live show with both this group and a professional cast of performers in 2023.

Sessions will be on Mondays 7pm-9pm, starting on the 26th of September and running for 10 further weeks (taking the half-term week of 24th October off). We hope people will make it to all of them, but if you want to join after the first session or leave before the last one, that's totally fine.

Sessions are free. <https://www.jackdean.co.uk/exeterbook>

### **St Leonard's International English Cafe**

The cafe meets in term time at 4.45pm-6.00pm each Sunday. A warm welcome to all internationals, from beginner English level to advanced. Come and practise your English with native speakers and other internationals.

Learn about British culture, traditions and life in Exeter. For more information, contact the church office at [office@stleonards.church](mailto:office@stleonards.church).

<https://www.stleonards.church/international-english-cafe>

### **Framing Nature- photography course** starting 21st September 2022.

Living Options Devon / Well Image, online photography meet up in four sessions. This course caters for disabled people, Deaf people (who use British Sign Language-BSL) and people with long term health conditions.

<http://ow.ly/i6IK50KIFRo>

### **Fancy trying something new?**

Dragon Boat Taster, Sunday 18 September 2022 from 09:30-11:30

<https://www.facebook.com/events/366513029023469/?ref=newsfeed>

**Pub Quizzes** - Don't have a team? Please get in touch and we will see if we can form one. Contact the pub to book and to check times etc.

The Bowling Green, Blackboy Rd - 01392 490300

Sundays, 6.45pm, £1 pp

The Hour Glass, Melbourne St - 01392 258722

Mondays, 7.00pm, £1 pp

Mount Radford, Magdalen Rd - 01392 258221

Sundays, 8.00pm, £1 pp

### **Heritage Open Days - 9-18 September**

<https://www.heritageopendays.org.uk/visiting/postcode-search>

A chance to explore places of interest inc. St Anne's Chapel (this Saturday).

### **Exeter Library Language Cafe** - information from Exeter Library

The language cafés are back and meet informally in our foyer, giving people the chance to enjoy each other's company while conversing in a chosen language. The French language café meets on the second Sunday of the month. A free cup of tea or coffee to those that attend. To get involved with hosting another language, or if you have any questions, please email [exeter.library@librariesunlimited.org.uk](mailto:exeter.library@librariesunlimited.org.uk)

### **Agile Rabbit, Free Walks and Talks - Make Tank, 3-5 Paris St**

The Super Bee

11:00 A.M. Saturday 1 October 2022

<https://www.agile-rabbit.com/event/the-super-bee-walk-and-talk>

The Value of Play

11:30 A.M. Saturday 1 October 2022

<https://www.agile-rabbit.com/event/the-value-of-play-walk-and-talk>



Registered Charity Number: 1173331



## NEWTOWN COMMUNITY ASSOCIATION SOCIAL CAFE

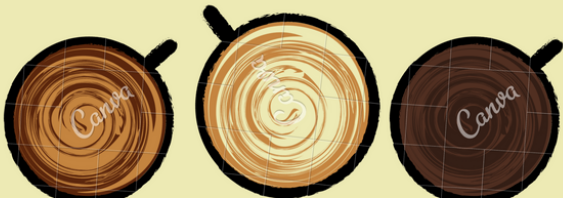
**Friday 16 September  
1.30pm to 3pm**

£2 suggested donation

<https://newtowncommunity.org.uk>

**Newtown Community Centre, Belmont Park  
Entry via the rear of building  
For ramp access contact:**

Su, 01392 272793



## COFFEE CONNECTION

**Meet at the Mount Radford Pub,  
Magdalen Rd**

**Fortnightly, Tuesdays  
11am to 12noon  
13, 27 September**

**Come and chat with others  
in the community**

**Contact Jayne: 07933 776 210**

## NEWTOWN COMMUNITY ASSOCIATION

JOIN US FOR OUR

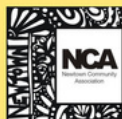
### ANNUAL GENERAL MEETING

SATURDAY 10<sup>th</sup> SEPTEMBER  
COFFEE FROM 10:30AM, MEETING 11-12PM  
NEWTOWN COMMUNITY CENTRE  
BELMONT PARK, ZOOM AVAILABLE

ALL WELCOME

CONTACT

[secretary@newtowncommunity.org.uk](mailto:secretary@newtowncommunity.org.uk)



## Volunteer Fayre

10.30am - 2.30pm • 29 September • Exeter Central Library

Find out about local organisations offering a wide range of  
volunteering opportunities in your community.

[info@exeterconnect.org.uk](mailto:info@exeterconnect.org.uk)

01392 205800

[www.exeterconnect.org](http://www.exeterconnect.org)



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Registered Company Number: 2444870 (England)

