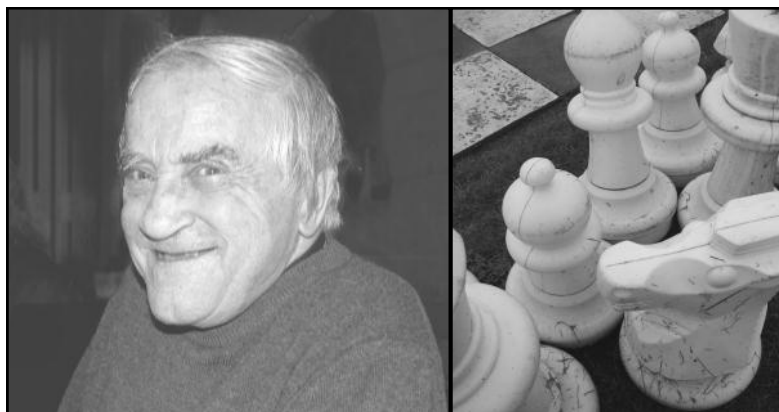


# THE BEACON



## NEWSLETTER



AUTUMN 2011

# *SINCE JULY 2011*

Thank you to everyone that has filled out a skills survey! Around half of you that completed the survey started off saying "Oh I don't have any skills, what can I do?!" and then went on to tick at least two boxes sometimes ten! So it's important to explain that the skills survey isn't about being the best at something, or even having lots of different skills. The idea is that people just say what they could offer to a community skills swap. For example; ironing can be very useful skill to someone that doesn't have the time or hates ironing! The survey can also be completed to explore what other skills you would like to learn, we can then help you identify how and where to learn them. Please contact your community worker Eve on 01392 205800 if you would like to complete the survey or go to [www.eci.org.uk](http://www.eci.org.uk) and find it under the Beacon Heath Community Project.

Local resident Roland Tuson has had some of his writing selected to feature in the short stories journal 'Riptide'! Roland has been writing about his life story in a book for his family. Eve Malster recorded Roland talking about his life for the 'Stories of Our Lives' project and then later he spoke to a year group in St James School, answering questions about his life in Exeter. This latest news is really positive for everyone involved.

The Mincinglake Community Orchard Group became an independent community run group. They are now working very hard to get their first Apple Day together which happens on October 8th in Mincinglake Community Orchard.

Environmental Play session  
Mincinglake Community Orchard



# SINCE JULY 2011

This Autumn there will be loads of FREE courses happening which you can sign up for...and I encourage you to, as these are really good one-off opportunities, that link directly to things happening within your community. For example the journalistic writing and photography will provide direct experience, writing articles or taking photos for the Jan – March Beacon Newsletter. On pages 7 & 8 you will find all the course details and instructions on how to sign up.

**The October Environmental Play session** will run on Monday Oct 24th from 10.30—12.30pm. Please follow the lovely map below for directions, and make sure you get there for 10.15 to sign up!

Finally; It may be very early but we don't go to print again until January... So Seasons Greetings to you all! Hope to see you at some or all of the events happening this Autumn/Winter!



# COMMUNITY NEWS

## Beacon Heath Church

All our activities are restarting in September so pop in for more information. New to our program is a monthly evening craft group meeting on the first Monday evening each month 7.30-9pm from October 3rd. Also coming soon is a monthly photography club for anyone who likes to snap a picture. This will be an opportunity to show your pictures, chat about what inspired you and also pick up some useful technical tips. As a church we meet every Sunday morning at 10.30am and all are most welcome to join us!



## Photography Competition

We recently ran a photography competition for various age groups in the Beacon Heath area where photographers were asked to take a photo of something in the area. We received some excellent photos and it was a struggle to judge and decide on the eventual winners! Many thanks to all who entered the competition with their photos, and many thanks to the kind sponsors of the competition who have offered prizes—Exeter City Council, Bike Shed Theatre, Harbour Sports, Escot House, Make Art and the ferry down the Exe. The winning photos are on the front cover of this edition and prizes went to John Barraclough (photo of man), Jodie Steer (photo of boy) and Declan (photo of chess pieces). Congratulations to the winners!



# POETRY PAGE

## This is my life

This is my life  
I first got arrested for a theft of a car  
And then I got arrested more and more  
And I started messing around a bit more  
With a bad crowd  
And in 2010 I went to a foster parents and I ran away to home  
And they let me stay at home and then I got back into trouble

Then I got put into care  
I stayed there for a couple of months  
And I ran away  
For a week  
Then I got caught  
I got put back into a care home  
I stayed there for a couple of months  
I ran away for 9 months

Through them months I did a lot of bad things  
I even started smoking drugs  
I was hungry  
I never got caught for bad things  
But I will someday  
I went all over England  
I met a lot of people  
I lost a lot of people  
A lot of friends live  
A lot of cousins died  
So all the friends and cousins that died, rest in peace.

*(Poem by a young person from the Atkinson Unit)*

# COMMUNITY NEWS

## Beacon Heath Community Craft Group

Wednesdays 10:00-12:00

Held in the Community Hall of Beacon Heath Church, King Arthur's Road

For anyone interested in exploring their creative side through arts and crafts! Beacon Heath Community Craft Group, is run by members of the community. There's a small group of attendees at present, all keen to get more people involved to contribute to the group's running as a whole or simply enjoy the time with new friends working on projects over a cuppa. A very relaxed environment with plenty of room for lots more people to take part. Attendees do not have to have any previous experience or skills in crafts, just join in with the planned activity or bring your own. A guided donation of £1 per session is asked as way of contribution to materials, tea, coffee and biscuits. For those that can't make Wednesday 10:00-12:00, the group is exploring developing occasional evening sessions on the first Monday of the month starting this autumn.

If you would like to find out more, contact Carolyn on 07751616141, or drop in to a session and get involved.



Mini Xmas Trees made from giant pine cones!

# COMMUNITY NEWS

## Home-Start Exeter – MP Visit

Exeter MP Ben Bradshaw has visited the city's Home-Start scheme to discover more about the crucial work it does in the city. He took part in a drop-in session for local families and spoke to children enjoying the facilities at the centre. A spokeswoman for Home-Start said she was delighted with the visit. The organisation is celebrating the fact that it has secured an extension to its current funding. She said: "He was unable to come to our recent 25th birthday and big lottery celebrations, hence this visit. "There is a further celebration as last week we heard that we had been successful in our application to Children In Need. "We now have the funding to continue the Drop In for a further three years."



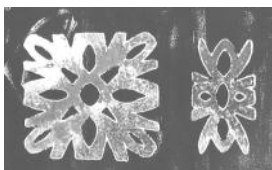
### For more information, contact:

Home-Start Exeter  
149/151 Beacon Lane  
Exeter EX4 8LR  
01392 426440  
[homestartexeter@msn.com](mailto:homestartexeter@msn.com)



Environmental Play sessions in Mincinglake  
Community Orchard





# OCT 2011

Apple Day Saturday October 8th 11am -3pm Mi  
Event run by Mincinglake Community Orch

Environmental play session: October 24th from 10.3

Craft group Wednesday mornings 10am - 12pm  
Tel: 0775161614

Age UK drop in social group. Every Mon  
Contact Jenny Price Davie

YMCA JOBCLUB Every Wednesday aftern

Fri d fish club. Fridays at Willowbrooke Sch

EVENTS

**Community enterprise workshop: October 17**

Would you like to know how community enterprise works? Are you part of a  
an idea for a community run business? Come to this informal workshop run  
BUT booking ESSENT

**Stories Connect training: Wednesday November**

A course for people who work/volunteer with groups in the Beacon Health  
Working with community groups a

**Photography course: 10am - 3pm. Sat November**  
FREE (Funded by Exeter College adu

**Journalistic writing; 10am - 3pm. Saturday November**  
FREE (Funded by Exeter College adu

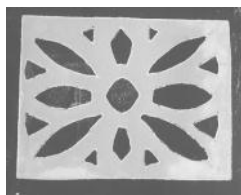
**Felt Making course: Sat mo**

Three 3hr sessions covering the basics of wet and dry felting and progressing th  
contribute towards the cost of fleece used

COURSES



# DEC 2011



Mincinglake Community Orchard, off Calthorpe Rd.  
Market Group. Tel: 07954 360446 for more details.

10.30am—12.30pm at Mincinglake Community Orchard

Workshop in Beacon Heath Church Hall, King Arthurs Rd.  
Tel: 01203 202092 for more details.

Workshop 1pm – 3pm. Beacon Heath Church Hall.  
Tel: 01203 202092 for more info.

Workshop 1pm – 3pm Beacon Heath Church Hall.

Workshop at 6pm. For school children in years 1–6.

EVENTS

Workshop at Trinity Church Hall, Arena park. 5pm – 7pm.

Workshop for a community group that would like to sell a product or service? Maybe you have  
an idea. Join expert Lorna Turner and learn more about this subject. The workshop is free  
of charge. Places are limited.

Workshop 2nd and Thurs November 3rd 9.45am – 4pm

Workshop area, learning how to use personal life stories, books and video as a tool for  
learning and improving community cohesion.

Workshop 5th and Sat November 19th at St James School.

(For post secondary education, students must be over 19)

Workshop 12th and Sat November 26th at St James School.

(For post secondary education, students must be over 19)

Workshops in NOV / DEC (TBC).

Workshop through some projects such as making felt. Tuition is FREE, students will need to  
bring their own materials, which will be approx. £3 – £10 per session.

COURSES

# COMMUNITY NEWS

## PCSO Richard Shelton is back in Beacon Heath

After working in Topsham and Countess Wear for the last 13 months PCSO Rich Shelton has returned to work in the Mincinglake area to replace PCSO Russ Broadhurst. Russ is now working in the Torbay area. PCSO Shelton has already been out and about on foot patrol in Beacon Heath meeting residents and visiting local businesses. He is in regular contact with St James and Willowbrook Schools. He is also working closely with Exeter City Council Housing and Housing Association officers in relation to tenant issues and also speaks regularly with the local City and County Councillors. He is looking forward to working again with all the local agencies working for the local Community in the Beacon Heath area. He is hoping to run some football coaching sessions in the Autumn for any 8 to 14 year old youngsters living in the Mincinglake area.

PCSO Rich Shelton can now be contacted on Twitter at @Whipton\_Police or Facebook at Whipton PCSO Exeter, or by email at: [richard.shelton@devonandcornwall.pnn.police.uk](mailto:richard.shelton@devonandcornwall.pnn.police.uk) or through the 08452777444 non emergency Police phone number.



PCSO Richard Shelton



# COMMUNITY NEWS

## Fri-d Fish: Kid's club welcomes new leader

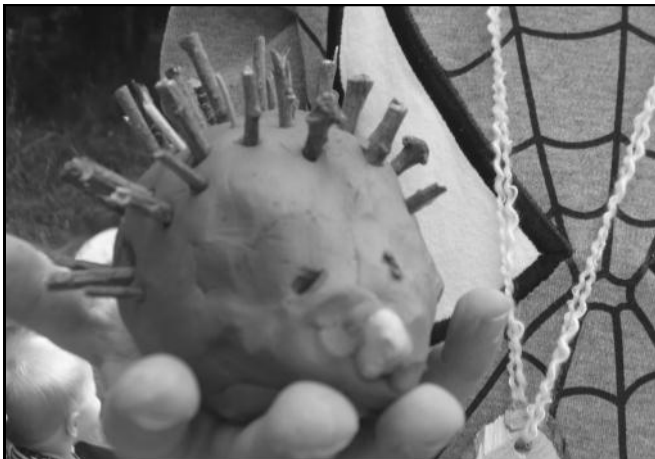
The Fri-d fish kids club has been running for 5 years in Beacon Heath and has grown in size and fun! Meeting in Willowbrook School on a Friday evening the club involves team games, craft and a popular 'tuck shop' for children from years 1 to 6.

Fri-d fish, an Isca church activity, has relaunched with a new leader, Duncan Medlock, running the club with a team of volunteers. Duncan said, "I'm really excited to be running Fri-d fish, the children have a great time here and we know they're getting a lot out of it. We do all we can to make the children feel welcome and a part of the club and it's great to see their confidence grow."

Maria Alford, previous leader of the club is taking a well earned maternity leave with new baby Esther.

There is room for new children to join and come along on a Friday evening, 6pm at Willowbrook School. People can find out more on the Isca church website, [www.iscachurch.org.uk](http://www.iscachurch.org.uk) or call 01392 462557.

Environmental Play sessions in Mindinglake  
Community Orchard



# COMMUNITY NEWS

## City of Exeter YMCA Community Job Club at Beacon Heath Church

Since October, Exeter YMCA has been running a Community Job Club in Beacon Heath. The Job Club is open to anyone in the community who is seeking employment, volunteering opportunities or training. Support offered includes help in searching for appropriate jobs, preparing and updating CVs, completing job applications and covering letters, interview training, help with relevant IT skills and help with making phone calls to potential employers. All this takes place in a relaxing, supportive, but purposeful environment, underpinned by a copious supply of tea, coffee and biscuits!

Attendance is free, no appointment is required and anyone is welcome.

This Community Job Club takes place every Wednesday between 1-3pm  
Beacon Heath Church, King Arthur's Road EX4 9BE

For further information please do contact us on  
07583 872504 or 01392 410530 or email [cjc@exeterymca.org.uk](mailto:cjc@exeterymca.org.uk)



# COMMUNITY NEWS

## COURSES AND WORKSHOPS OCT – DEC 2011

To book on any of the following courses please contact Eve Malster on:  
01392 205800 or email [eve@eci.org.uk](mailto:eve@eci.org.uk)

**Community enterprise workshop: October 17th 2011 5pm – 7pm.** Trinity Church Hall, Arena Park. Would you like to know how community enterprise works? Are you part of a community group that would like to sell a product or service? Maybe you have an idea for a community enterprise? Come to this informal workshop run by expert Lorna Turner and learn more about this subject. The workshop is FREE but booking ESSENTIAL as places are limited. Lorna Turner is able to give follow on community enterprise support to individuals and groups.

**Stories Connect training: Wednesday November 2nd and Thurs November 3rd 2011. 9.45am – 4pm.** A course for people who work with groups in the area, learning how to use personal life stories, books and video as a tool for increasing self esteem and promoting community cohesion. Please go to [www.writersinprisonnetwork.org](http://www.writersinprisonnetwork.org) For more info about Stories Connect. Run by Mary Stephenson and both very experienced facilitators of the 'Stories Connect' work. This course is FREE (funded by DCC and Exeter Community Initiatives).

**Photography course: Sat November 5th and Sat November 19th 10am – 3pm at St James School.** FREE (Funded by Exeter College adult education, students must be over 19). This is a digital photography course for beginners/ intermediate level. Students will explore composition of a successful photo and how to photograph different subjects. You will also learn how to edit your photos on computer. Photographs will be used in the Jan–March edition of the Beacon community newsletter 2012. There will be a follow on workshop after the course where you will learn how to choose appropriate photos for the newsletter and how to put them into the newsletter using Publisher.

**Journalistic writing; 10am – 3pm. Saturday November 12th and Sat November 26th at St James School.** FREE (Funded by Exeter College adult education, students must be over 19). This course will focus on how to write a successful article and will use the Beacon newsletter Jan – march 2012 edition as a project to write articles for. There will be a follow on workshop after the course, where participants will learn how to put articles into the newsletter, using Microsoft Publisher.

**Felt Making course: Sat mornings in NOV / DEC (TBC).** Three 3hr sessions covering the basics of wet and dry felting and progressing through some projects such as making felt (pictures/rugs/ wall hangings), 3D felted objects (bowls, slippers, soft toys) and also embellishing felted objects. We will also look at felted art. Tuition is FREE, students will need to contribute towards the cost of fleece used, which will be approx. £3 – £10 per session. This is open to anyone over 16 years old who lives/ works in Beacon Heath or use a Beacon Heath service.

# HOW TO GET INVOLVED

## STORY OF OUR LIVES

- ☼ We want to record more people's life stories for the 'Story of our Lives' project. Are you interested in being recorded? Would you like to help edit or transcribe the stories? Would you like to help script these recordings into stories or plays? Contact Eve Malster to discuss this project.

## THE BEACON NEWSLETTER

- ☼ Help with this community newsletter! Would you like to tell the community about something positive that you're involved in? Then write an article or a poem for the next issue and send it in. Could you help distribute the newsletter to your street?

## COMMUNITY SKILLS SURVEY

- ☼ Take Part in the community skills survey and help to set up a community skills bank in Beacon Heath.

## COMMUNITY E-BUSINESS

- ☼ Help to sell unwanted and home made items on e-bay, to create a pot of money for future community work in Beacon Heath.

**Call Eve Malster on 07910 264862 or 01392 205800 or [eve@eci.org.uk](mailto:eve@eci.org.uk)**



# LOCAL CONTACTS

## YOUR LOCAL COUNCILLORS

Cllr. Saxon Spence	271785 Mincinglake & Pinhoe (DCC)
Cllr. Catherine Dawson	434807 Mincinglake (ECC)
Cllr. Ian Martin	664033 Mincinglake (ECC)

## YOUR LOCAL SCHOOLS

Willowbrook Primary School	466208
Stoke Hill Infants School	258894
Stoke Hill Junior School	667830
Pinhoe C of E Primary School	467984
St James High School	209922

For information on local doctors, dentists, pharmacies etc.  
Contact:  
NHS Direct on  
0845 4647

## YOUR LOCAL POLICE COMMUNITY SUPPORT OFFICER IS RICHARD SHELTON

Tel: 08452 777444 Email: [Richard.shelton@devonandcornwall.pnn.police.uk](mailto:Richard.shelton@devonandcornwall.pnn.police.uk)

## BEACON HEATH CHILDREN'S CENTRE

Beacon Lane, Exeter, EX4 8LZ

Working with families with children up to 5 years old. Newsletter and timetable available from reception.

## KNIGHT CLUB -Youth Work in Devon

For information about groups and times, contact:  
Tim Price (Area Youth Worker) on 686315

Visit [www.exeterlearningcommunity.org.uk](http://www.exeterlearningcommunity.org.uk) for information on support available both locally and nationally for families. Also info on activities for young people, leisure facilities etc. The website will also give links to the schools' own websites.

## AGE UK EXETER 'POP-IN CENTRE'

Runs groups on Monday at Beacon Heath Church 2pm-4pm  
Jenny Price-Davies, Age UK Exeter. Tel: 202092

## BEACON HEATH COMMUNITY WORKER IS EVE MALSTER

Contact her on: 01392 205800 or 07910 264862 Or email: [eve@eci.org.uk](mailto:eve@eci.org.uk)