

Welcome



It's been a busy few months since our last newsletter! Highlights include our 30th anniversary celebrations and football kit sale. Sadly, our Bike Bank and Remade projects have come to an end but we hope to reinstate Remade in the future. The current economic climate is challenging for charities like ECI which rely on funding and kind donations from businesses and the public. We're very grateful for donations from Friends of ECI and our fundraisers. As always, thank you for your support. In November we're holding our Annual Review meeting and Big Exeter Feast conference and we invite you to join us.

Carole Pilley
Acting Chief Executive

Jelly footie kit sale raises over £2K



Exeter Community Initiatives' Jelly charity shop has raised over £2,000 selling Exeter City Football Club (ECFC) replica kits from last season. Thanks to ECFC and Exeter City Supporters' pose for selfies.

Trust for donating the kit for us to sell at discounted prices, and to the players and coaches who gave up their day off to meet customers, sign autographs and pose for selfies.

Annual Review meeting invite



ECI's Annual Review meeting is on Wednesday, 29th November, 3-5pm, Trust Suite, Exeter City Football Club. Hear how we've helped people, families and communities during 2022-23 and what's in store for 2024! To attend, email info@eci.org.uk or call 01392 205 800.

Annual Review Meeting
Trust Suite, Exeter City Football Club - 29 November - 3-5 pm
RSVP: info@eci.org.uk ☎ 01392 205800



Big Exeter Feast!



ECI's Exeter Connect project is organising a conference exploring how we can make food more accessible, affordable, healthier, sustainable and celebrated within the City!

The Big Exeter Feast takes place on Thursday 23 November, 10am – 3.30pm at Exeter Community Centre, St Davids Hill. Topics include: food insecurity, culture, mental and physical health issues, waste, markets and access, as well as procurement.

There will also be panel discussions, pecha kucha presentations and plenty of networking opportunities!

In the lead up to the conference, a range of groups, organisations, networks and individuals will be holding talks, networking events, practical workshops and field trips. The outcomes, questions or requests that come out of these sessions will be displayed at the conference.

For more info or to book, visit Exeter Connect's Eventbrite: <https://www.eventbrite.co.uk/e/the-big-exeter-feast-tickets-719126816667?aff=oddtatcreator>

Firm raises over £1K for ECI



Huge thanks to PKF Francis Clark's Exeter office who've raised over £1,000 for ECI! Fundraising activities included a raffle and bake sale, while some brave partners, directors and managers volunteered to get soaked for charity! If you're a local business and would like to find out more about fundraising for us, please email fundraising@eci.org.uk or call 01392 205 800.

Bike Bank and Remade close



After many successful years, ECI closed its Remade and Bike Bank projects in September due to our current funding coming to an end. However, our Bike Bank partner, Ride On, is still operating and continues to take bike donations. Sadly, we've had to say au revoir to Jane Hawkins, ECI's Project Support Worker. Jane made a huge success of both Bike Bank and Remade. She also baked the most amazing cakes and was chief decorator of ECI's charity Christmas tree in Princesshay, winning us best tree two years running!

Survey receives 350 responses



Exeter Community Builders received over 350 responses to its recent survey on what local residents most value about the work of their Community Builder.

Managed and mentored by ECI in partnership with Wellbeing Exeter, Community Builders work with residents across Exeter and Cranbrook to help create new networks, connect people and opportunities and support people to grow their own ideas and try new things that bring people together, improve wellbeing, and make the community a better place to live.

Thanks to Nicola Frost from Devon Community Foundation for compiling the survey and to the residents who provided feedback.

There were lots of really positive and insightful comments which we'll use to inform our work going forward.

Case study: Carole's story



ECI's Transitions project came into Carole's life when she was struggling to do exactly that, transition from sickness and disability to get her life back on track and start work.

Transitions provides workshops on the practical and emotional challenges people encounter on a daily basis such as managing anxiety, budgeting and decluttering.

Carole, a survivor of childhood sexual abuse, attended Transitions' Connection Refection and Hope workshops.

“

The support, coaching and training provided by Exeter Community Initiatives' Transitions project gave me tools to integrate into my daily life which have become routine now. These tools include prioritising my health and self-care, identifying and getting the support I need as well as managing the social relationships I need around me to maintain a healthy balance in my life.

Exeter Community Initiatives is a great charity with a wonderful team. The support and help I have received goes far beyond what I expected. They know how to put people at ease so quickly. The project really is true to its name. It helped me 'transition' to a far healthier place, very quickly. Thank you!

Carole recently turned sixty and is now an advocate against sibling sexual abuse. She is on the board of several sibling sexual abuse projects and has appeared in numerous TV and radio programmes. She is currently writing a foreword to a book

For more information on Transitions or to book a workshop, visit <https://transitions.eci.org.uk/> or email transitions@eci.org.uk or call 07531 870203

Get Involved!



Volunteer

Join our team of volunteers.



One-Off Donation

By cheque to 'Exeter Community Initiatives' or online.



Friend of ECI

Through our scheme you can make a regular longer term donation.



Leave a Gift in your Will

Make a lasting impact or remember a loved one.



Newsletter

Sign up for newsletter updates.

Concert raises £386!



Many thanks to Bee Harley, Helen Evans and Richard Skinner for their recent concert at Stephen's Church, Exeter which raised £386 for Exeter Community Initiatives. It was a fantastic achievement and much appreciated! We'll use the funds to help people improve wellbeing and build skills, support families facing challenges and hardships, and help communities to thrive.

30th anniversary fundraising appeal



Exeter Community Initiatives has launched a fundraising appeal to mark its 30th anniversary. Since 1993, we've supported more than 50,000 people in Exeter and across Devon. Today our services are needed more than ever as people struggle with the cost-of-living crisis. Your donation is vital to ensure we can be here for people for years to come. We appreciate times are tight, but every little really does help, so please do consider giving anything you can afford. To donate, please visit: <https://localgiving.org/appeal/ECI30A/> or scan the QR code.



📍 Exeter Community Initiatives, 148 -149 Fore Street, Exeter, EX4 3AN

☎ 01392 205800

✉ info@eci.org.uk

🌐 www.eci.org.uk



Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)