



Hello from Andrea!



Welcome to Cranbrook's's new look Community Builder newsletter! My role is to map what resources exist, create new networks and connect people and opportunities. I also support people to grown their own ideas and try new things together to help improve wellbeing and make our community

an even better place to live. So if you've got a great idea for your street or neighbourhood, be it a community garden or a little library, but don't know how to start, I can support you to turn it into a reality. Equally, if you've got an event or activity you'd like to feature in this newsletter, or you'd like to get involved in any of the activities highlighted, do get in touch. You'll find my contact details on the back page!

Best wishes

Andrea

Andrea Bomanson

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Working in partnership
with Wellbeing Exeter



Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said at the Curry and Quiz night

The night proved to me that strangers are really friends you haven't met yet! It was great meeting so many new people

It was an awesome night, I met some great people and came away with some brilliant ideas too.

A fun evening! Thank you to all the organisers for superb food and a great quiz.

It was a lovely evening and I felt privileged to have been able to attend

Working together



Photo: AN Other

Early this year the Culture club came up with the idea of wanting to get together with the community for a Meal, the problem was how to do it with so few members? GrowEatDo and Cranbrook 1st Scouts were approached, and a plan was hatched. All three groups came together, meals were planned,

the Quiz was set up, poster were created and tickets were booked. On the night 13 volunteers came together and ran a wonderful evening for 40 guests. The event was a positive example of what one can achieve from working together.

Community space



The Cranbrook Festival is planning a "Community Space" Last year GrowEatDo set up the popular Public Living room where people could just relax, play games with Lego or just have a simple chat. This year it will be expanding!

Cranbrook Strollers will join in with a baby/toddler area, The Community Association will host a space for Community matters, the Culture club will talk about food. Looking forward to seeing you there!

Buddy Boost with Move More Cranbrook



Last October Move More Cranbrook piloted Buddy Boost in Cranbrook. Many people joined in and the response was positive. One resident shared that she how she had found her love of running again and her Mental Health has improved drastically. Whilst I consider myself more of a "stroller" I found that I tried to find more opportunities to walk or cycle.

This year Move More is expanding with it's BuddyBoost interactive platform where you can have access to high quality information throughout the month of June. Each week the focus will be on one theme (see text box) and there will be a community forum where we can share resources and find out about opportunities in Cranbrook. It all sounds like such a positive opportunity especially after a long winter.



Take care of yourself in June

with our free Cranbrook wellbeing month. Starts 1st June.



Mind



Nutrition



Sleep



Activity



Download the BuddyBoost App by 1st June
Scan QR for more information.

Buddy Boost

Themed weeks

Week 1: The Mind

Learn about brain health, with tips on tackling stress and anxiety

Week 2: Good Food

Discover more about nutrition and how food impacts wellbeing.

Week 3: Sleep

Hear about the science of sleep and how you can get more of it.

Week 4: Active

Check on our expert advice on exercise before you get moving.

To Download the Free Buddyboost App, please follow the following link :

<https://buddyboost.ac-page.com/movemorecranbrook>

Litterpicking is fun!



Litter picking has become a popular topic in Cranbrook and people are keen to pick litter. It shows that people are proud of their surroundings and the beautiful nature we have got on our door step.

Sheila and her dog has become a legend, they often get spotted on their daily litter picks. Caz and Jonathan are two other litter picker heroes, who often get big bin bags filled.

In February I was approached by a resident asking me if we could set up a regular litter picking group. We put up a post on Facebook to set up a group. Following on from this we have started meeting every second and fourth Friday in the month. It has become a welcoming group where both old and young can meet, have a chat and get litter picked.

One resident told me that after litter picking, she inspired her 6 year old granddaughter so now they go out nearly every weekend litter picking. It has become one of her granddaughters favourite things to do and for this resident it is an affordable and easy activity to do.

If you would like to do some litter picking the following advice may be helpful:

- Keep yourself and others safe. You may decide to wear gloves and a high-visibility jacket
- Decide on how to dispose of litter? If you gather a large amount then you can contact: PBlyth@eastdevon.gov.uk to see if East Devon District Council will collect it.
- Have Fun !

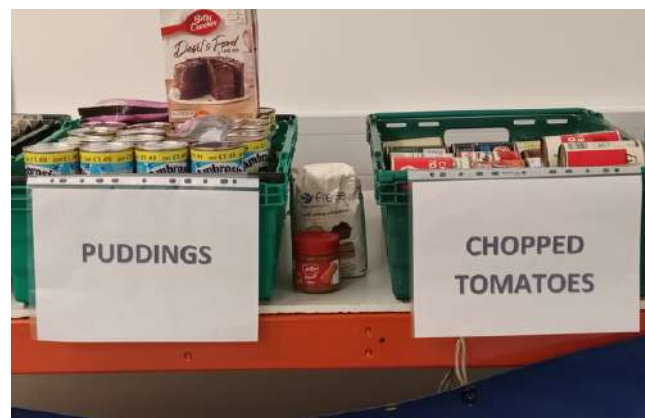
Easter Activities - Home from Home



This Easter Home from Home attracted more than 140 people to its Easter Craft event. A variety of Easter craft activities were set up whilst tea and toast was served. Families joined in, people talked about their plans and how much they enjoyed coming along to organised free events. Some people talked about how good it was to get out of their house and to be with other people. Others talked about how helpful it was to have a free activity in Cranbrook. One parent talked about how good it was to come to a place where her Child with SEND needs was made feel welcome.

Is it the Foodhub or the Schoolshop?

The Food hub started with the aim of wanting to create a friendly space where people could access the Food bank, get advice or just have a friendly chat over a cuppa. People come for a variety of reasons, finding it hard to manage with a single income, wanting to share some concerns, or just simply wanting some company. The hub has become a safe welcoming space to come to. Often we hear the children talking about how they enjoy going to the "School Shop"



Volunteering at the Foodhub



When the food hub started many people came forward to volunteer. Some were concerned about the cost of living and what it meant for their fellow residents, some had experienced food poverty before whilst others cherished the opportunity of meeting new people. Through the last 7 months new friendships have been forged, a lively What's app group has been created and meet ups have been organised. Recently a lovely Big Lunch for Kings Coronation was organised.

If you would like to do volunteering please contact: <https://foodhub.co.uk/>

Twenty is Plenty: Road Safety Campaign



A local resident has set up with other parents a Cranbrook Road Safety Campaign. They were concerned about the road safety outside St Martin's school and decided to do something about it. They decided that to set up a Twenty is plenty petition, asking for the speed limit in the whole of Cranbrook to be 20 miles an hour. You can find out more on: <https://www.facebook.com/groups/3604243509848180>

Get Social



Keep up-to-date by joining these local Facebook pages and groups.

- What's on Cranbrook Devon
- Belonging to Cranbrook
- Belonging to Cranbrook - Business
- Belonging to Moanbrook
- Cranbrook Community Association
- Cranbrook Town Council
- EX5 Alive
- Move More Cranbrook
- Cranbrook Church
- Ladies in Cranbrook
- Cranbrook Energy and Action
- Cranbrook Road Safety Campaign


Useful Information

- Parental Minds Parental Minds gives support to families who are struggling with their mental health. <https://www.parentalminds.org.uk/> 07907 614 516
- Domestic Violence Splitz Devon Helpdesk Tel: 0345 1551074.
- Talk works Tel: 0300 555 3344 www.talkworks.dpt.nhs.uk
- Mental Health Mind charity Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+. Tel: 07990 790 920
- Andy's Man Club - Talk through issue and problems that men face. Monday evening 7pm www.facebook.com/andyManClub Exeter/Remote
- Age UK Exeter Tel:: 01392 202092
- Adult Social Care team Tel: 01710 424000 Out of hours Tel: 01720 422699
- Care Direct - 0345 1551 007
- NHS Chat Health - Health Visitor confidential text messaging service www.chatline.nhs.uk
- Home-Start - Support for families with young children www.homestart.org.uk



CRANBROOK FESTIVAL

Taking place on 17th June
at Cranberry Farm



CRANBROOK EXPLORERS

**Additional Needs
"Stay and Play" Group**

- Sensory Activities
- Craft Corner
- Safe and Welcoming space for families.

**Tuesdays 11:15am – 12:15pm
@ The Younghayes Centre
Cranbrook**

*First Session - 18th April
2023*



EX5-ALIVE
Cranbrook Community Support

East Devon
District Council

HOME FROM HOME

A free community space

OPEN DAY
Monday 9th January 2023
10:00 – 14:00
FREE LUNCH (12pm – 1pm),
Games, kids crafts and
cost of living advice

Every Monday til Aug 2023
VOLUNTEERS NEEDED

• OPEN •

As a community we have been awarded
£5,000 towards a free community space.
How would you like to use it?
Come and have your say at the
Younghayes Centre Cranbrook
and we can build our community together

For more info contact
Aynsley.jones@cranbrook.education

ecoe
exeter community energy



**CRANBROOK
EDUCATION
CAMPUS**

EX5-ALIVE
Cranbrook Community Support

New hub at the Campus

Cranbrook Food Support

What we do:

- Food support for anyone feeling the pinch
- A friendly place to have a cuppa
- Signposting to support within the community
- Access to the Cranbrook Wellbeing Team

OPENING TIMES:
Every Thursday
Between 5-7pm

Steps to accessing food
- Just come along with or without a referral as everyone is welcome.

FOR MORE INFORMATION

WHY WE ARE HERE?

- To support people through the cost of living crisis
- To ensure everyone has equal food support within our community

PHONE AYNsLEY JONES 01404 823293 EXT 263
EMAIL: AYNsLEY.JONES@CRANBROOK.EDUCATION

EX5-ALIVE
Cranbrook Community Support

Exeter foodbank



Community Builders

Litter Picking Group

Every 2nd and 4th Friday in the month between 12- 1:30 pm

Come for a friendly litter pick, starting from and ending outside Younghayes Centre, unless advertised differently beforehand. Any age welcome!

Please get in touch with me if you would like to know more. Andrea your Community Builder

Contact: 07784326740

cranbrookcb@ecf.org.uk

<https://www.facebook.com/profile.php?id=100065525331698>

149 Fore Street, Exeter, EX4 3AN
 01392 265800
 info@wellingcranbrook.org.uk
 www.wellingcranbrook.org.uk

Registered Charity Number: 05629
 Registered Company Number: 284870 (England)

Little Cranberries

9:30-11am drop in
 -
WEDNESDAY term-time
 -
£2 pay on door
 -
@YOUNGHAYES CENTRE

CRANBROOK EXPLORERS

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@ The Younghayes Centre Cranbrook

First Session - 18th April 2023

WEEKLY SCHEDULE

scan here for bookings

PHONICS WITH ROBOT REG EAST DEVON **AUTUMN 2022**

MONDAY Planet Play, Honiton, EX14 1DB
 9.45am Minis 12-30 months
 10.40am Preschool 2.5-4 years
 11.35am Minis 12-30 months

TUESDAY Cranbrook Education Campus, EX5 7EE
 9.50am Minis 12-30 months
 10.45am Preschool 2.5-4 years
 11.40am Babes 3-15 months

FRIDAY Knowle Village Hall, Budleigh, EX9 6AP
 9.30am Minis 12-30 months
 10.25am Preschool 2.5-4 years
 11.20am Babes 3-15 months

What's on

- 17th June Cranbrook Festival from 12 noon
- 1st July Cream Tea delivery for Force Cancer Charity
- 2nd July Public Livingroom, hosted by GrowEatDo between 15 - 17:00 at the Playpark at Rush meadow Road
- 8th July Whimble Fest 12- 17:30
- Culture club every 1st and 3rd Thursday in the month 17:30- 19:30 Cooking at EX5 Alive
- Home from Home every Monday (not Bank holidays) at Younghayes Centre between 10-13:00
- Park run , every Saturday at 9am , to register:
<https://www.parkrun.org.uk/cranbrookcountrypark/>
- Junior Park run every Sunday at 9am
- Thursday Crafters , Thursdays at 13:30 at Café at 143
- Foodhub every Thursday (Not the last two Thursdays in August) between 17:00-19:00
- Cranbrook Community Association , every 2nd Thursday in the month 18:30
- Litterpicking every 2nd and 4th Friday in the month 12 noon- 13:30

Get in touch!

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 07784326740

 www.communitybuilders.eci.org.uk

 Cranbrook CB



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Registered Charity Number: 1026229
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