



## Hello from Barbara



Welcome to Wonford'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 grow 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

*Barbara*

**Barbara Beames**

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# Listening Post

Some comments from the families about the Wynstream event.

**A massive congratulations and thank you for an amazing afternoon**

**An amazing community event that brought everyone together.**

**The food was amazing well done food team and rugby players all was fab and something for everyone.**

**Lots of joy and encouragement  
Thanks to all the staff at the school and the rugby team.**

# Wynstream Primary



Back in June, I had the honour of being invited to Wynstream school for a very special after school event. Exeter Chiefs and chef Michael Caines came to the school to host this event to bring all the families of Wynstream together. Michael along with some of his team brought enough food to feed everyone.

While the Chiefs brought an inflatable assault course and lots of fun games for everyone to be involved in. The Head Elise Redman was very happy with the event and how many people came and stayed and the atmosphere certainly felt festive and a real community experience.



As well as this event Wynstream started a scheme called Wellbeing Stay & Play but instead of it being just the children who play they had the whole family to join in. These started Friday 23rd June 3:15- 4:15 and were for the next 2 weeks. If successful it is hoped to continue them into the autumn term.



## A Fond Farewell



Wonford Community and Learning Centre bid a fond farewell to two of its longest standing trustees at a special afternoon recently.

Ann Wright and Robin Quant stepped down after 30 years! on the board. They were presented with flowers, cards and gifts at the ceremony and Dawn Rivers from Exeter City Council thanked them for their hard work and dedication over the years. Although no longer trustees Ann is going to continue to volunteer at the centre for Bingo and Wednesday club

Thank you both for all you have done over the years.

## And a Warm Welcome



And a warm welcome to the new board of trustees at the centre.

Marina Asvachin, Jane Begley, Kat Beames, Jenny Mitchelmore, Joy Okumbor and Stuart Henshall.

They have already had their first trustee meeting and we look forward to seeing what they bring to the community centre.

## What is Pickleball?



This is the question I asked when I first heard of Pickleball so when I was invited along to a session at Wonford Sports centre I popped along to find out for myself.

Pickleball originated in America and the game is usually played as doubles, you use paddles, a perforated plastic ball and a low net. Think table tennis on a badminton court. The slower speed of the plastic ball and the smaller court make Pickleball ideal for those who find other racket sports too strenuous, but the game can also be played to the highest level. In the USA, where it originated, Pickleball is now a professional sport.

A couple who found out about Pickleball while on holiday in Florida wanted to give it a try here so with support from CPAO Ed Shaw and Live and Move they now host sessions at Wonford at Riverside and have about 50 members but are always happy to have more join up.

To find out more information click [here](#) or contact: [info@pickleballoxon.org.uk](mailto:info@pickleballoxon.org.uk)



## ECI celebrates 30th anniversary!



Local charity, Exeter Community Initiatives (ECI), is celebrating its 30th anniversary this summer!

Community Builders, who are mentored and managed by ECI in partnership with Wellbeing Exeter, are just one of several ECI projects that have helped more than 50,000 people in Exeter and across Devon over the last three decades. Established in 1993, the charity was initially set up by local churches to help homeless people in Exeter.

ECI was originally known as the Palace Gate Project and soon became an umbrella charity creating more than 25 new community projects, several of which still operate as independent charities today, including St Sidwell's Centre, St Petrock's and Homemaker South West Ltd.

Thirty years on, ECI works with individuals, families and communities to empower them to take control of their lives, develop strategies to own and manage their choices and thrive within the life they want to lead. As well as Community Builders, its projects include Bike Bank, Exeter Connect, Jelly charity shop, Transitions, Remade and Family Resource.

In 2023, ECI's services are in demand more than ever as people struggle with the cost-of-living crisis. As part of the charity's 30th anniversary celebrations, it has launched a fundraising appeal and hopes to raise £5,000 by the end of the year. If you would like to donate, visit: <https://localgiving.org/appeal/ECI30A/>

## Wonford Community Larder



Since Covid Wonford has lost its free food provision and with times not getting any better I thought it was about time to get something set up. Normally a Community Builder wouldn't start something themselves but with hearing that people miss Foodcycle and times getting harder I got permission to look into this myself and get the ball rolling.

Wonford community centre have agreed to let me use the Quant suite on Tuesdays and Thursdays to host a community larder. So if you are in need of some food please don't be embarrassed come on down and have a chat. You can also donate food as long as it's in date on the same days. I am also looking for some volunteers to help me run these sessions and sort out the food, Set up and pack away.

So if you have some free time on these days even 10 minutes please get in touch with me:

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## Volunteers needed Wynstream



Wynstream School are looking for volunteers to go into school and read with children.

If you would be interested in this please get in touch with Wynstream.

Email: [admin@wynstreamprimary.org.uk](mailto:admin@wynstreamprimary.org.uk)



## Grandisson Court



When I was asked to come and listen to the residents of Grandisson court I must admit I hadn't heard of it. This lovely space hadn't been used since Covid and so I popped along and invited the residents to a coffee morning. I listened to them and now they have a coffee morning, Seated exercise and have Bingo/ Quiz nights. So if you have an idea for your community get in touch and I will be happy to listen.

## Get Social



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

- Wonford CB
- The Burnthouse Lane Page
- This is Wonford
- Wonford Community and Learning centre
- Burnthouse lane Squilometre open group
- Ludwell Life
- Protecting Northbrook
- Park Life- King George V Playing Fields, Exeter.

## Useful Information

- Talkworks - Free confidential support service for over 18s to help improve mental & physical wellbeing. Tel: 0300 555 3344 [www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)
- Domestic Violence Splitz Devon Helpdesk  
Tel: 0345 1551074.
- Mental HealthMind 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/andyManClubExeter/Remote](http://www.facebook.com/andyManClubExeter/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](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children  
[www.homestart.org.uk](http://www.homestart.org.uk)



# Community Larder

**Tuesdays & Thursdays from 10am, starting 1st August**  
**Wonford Community Centre, Burnthouse Lane, Exeter, EX2 6NF**

**Bring still in date, unwanted food & leave or exchange for something you can use. Community Builder, Barbara, will be on hand for support.**  
**Please come to the back entrance of the Community Centre.**

Scan here to show location



## Get in touch!

Barbara Beames

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 07966992397

 [www.communitybuilders.eci.org.uk](http://www.communitybuilders.eci.org.uk)

 [Wonfordcb](https://www.facebook.com/Wonfordcb)



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