



## Hello from Chloe!



Welcome to the October St Thomas Community Builder Newsletter! I can honestly say I've had a fairly busy summer getting out in the fresh air to meet as many of you as possible and support people to grow their own ideas, try new things together to help improve wellbeing and make our community a better place to live.

Once again, if you have an idea you'd like to take action on but don't know where to start, I can help make that happen. This year the activities such as Freemovement, Park Yoga and Merrivale Summer Series in St Thomas Parks have been extremely popular.

Do you have a local photo to share? or a community event or activity you'd like me to include in this newsletter, please get in touch. You'll find my contact details on the back page.

Best wishes

*Chloe*

**Chloe Pooley**

## This issue

### Page 2

- World clean up day
- Cowick Roots & Recreation
- Bat workshop at Birdhouse cafe

### Page 3

- New 6th Scout Group
- A successful summer in the park

### Page 4

- St Thomas Library Consultation

### Page 5

- Pop up listening
- Theatre Alibi
- St Thomas Library
- Winter Market

### Page 6-7

- Community Calender

### Page 8

- Social cafes / meet ups
- My contact details

## Local Ideas

Listening is an important part of a Community Builder's work. Here are some resident ideas:

I would like a women's support and connection group

It would be great to meet others locally.

Doing some litter picking in the parks is very satisfying.

I would like to speak to young people and see if they think there is enough to do for the under 18s?

## World Clean Up Day 16th Sept



St Thomas' Merrivale Park was the venue for the local effort for World Clean Up Day 16th Sept 2023. I met Jeff a local resident and we litter picked in the rain and got two bags of rubbish, reported various bits of broken glass on the council website and talked to some brave dog walkers while it hammered down! Sovereign Housing have kindly donated some money so we can make a formal St Thomas /Merrivale Park group - if you interested please email me [stthomascb@eci.org.uk](mailto:stthomascb@eci.org.uk) 07935 218747

## Cowick Roots & Recreation

Cowick Roots & Recreation is having their annual general meeting and YOU'RE invited! 17th Oct at St Thomas Methodist Church 7.30 pm. It's a good time to get involved and meet others who might have similar ideas for the wonderful green space of Cowick Barton Playing Fields and Pines Gardens.

Also, the Birdhouse Cafe are holding a bat workshop as part of their annual bat trail in Princes gardens - a very spooky and family friendly activity! It's 11-1 October 21st.

Halloween Drop in Art session

# BAT PAINTING

Oct 21st  
11-1pm

Help us create the Bats to be used in our Halloween Bat Trail on Oct 31st

## New 6th Scouts group



A new Squirrels group has started up at Wellington Road 6th Scout group 5-6pm.

Please contact <https://6thexeterscouts.org.uk/contact-us/>

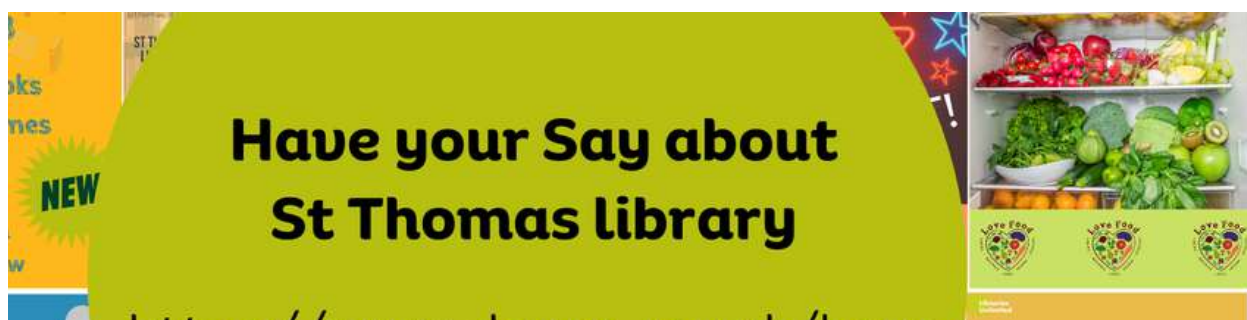
Email [gsl@6thexeterscouts.org.uk](mailto:gsl@6thexeterscouts.org.uk) web - [6thexeterscouts.org.uk](https://6thexeterscouts.org.uk)

## A successful summer at Merrivale park

Residents have connected to play in, clean up, enjoy and celebrate Merrivale Park over the past few months. June 22nd was the start of the 'Summer Series', a set of free park-based fitness and community events in Merrivale Park to engage local residents. This saw a collaboration between Housing associations, Exeter Live and Move, St Thomas community Garden, Exe Nordic Walking, Exeter Community Trust and Community builders as well as local fitness instructors and residents enjoy lovely weather, drinks, cake, games, planting activities and a smoothie bike. The instructors led fitness and demos children played. Then following on Mondays eves saw Anna J Fitness do fitness sessions for the parents while Exeter Community Trust ran coaching sessions for children in the park. Instructor Polly Jeans ran over 55s fitness in the park on Tuesdays and on Saturdays Jon Radford ran football fun factory sessions in the park while Meg Stoate ran yoga and mindfulness sessions on Saturdays. Wonderful times in the park!



## St Thomas Library Consultation



St Thomas Library have to move out of their premises on Church Rd by October 21st at 1pm. They are looking for a suitable new premises. If you have ideas and /or concerns Devon County Council are holding a consultation (which ends 17th Oct, please see above).

At Well Being Exeter, as a community builder as well as a resident, myself and St Thomas residents will be sad to see them go as we've enjoyed great times borrowing books, DVDs, meetings, reading challenges, using the IT, attending talks, courses and so much more. We wish you all the best in finding a new location very soon.

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## All Souls Day

An event called 'All Souls Day St Thomas, Exeter' which will be on Oct 29th 2023 in St Thomas Parish Hall/Church, will incorporate family-friendly Polish traditions. Organiser Aga says she is 'rooted in Polish culture that richly celebrates this annual festivity, remembering our ancestors and loved ones that have passed away.



I would love to share these traditions with our community.' She says 'We want to assemble an event that; through different forms of art and creativity will inspire reflection, connect multi cultural communities and in a personal and collective way benefit mental well-being.' The event will be very inclusive and multicultural, spanning activities for young families and older people too. The events will also to include grief and loss, in multiple forms. The ideas encompass nature, community, collective healing and will involve the building of various structures in the church yard in St Thomas Parish Church on the day of 29/10/23 at 1pm.

## Brillsville Market

The wonderful Brillsville Market Will be October 14th from 9am - 1pm and Nov 11th and is held every second Saturday of the month.

Following the Love Food Hubbub sessions at St Thomas Library, Tip Top Tempeh and One Mile Bakery and many others vendors and produce will be at Brillsville Market. Also, 'All Souls Day' Aga will be making Sycamore Tree Lanterns there. This will blend the Polish tradition of paper cut designs 'Wycinanki' and tree memorial/celebrations with autumn leaves.

## Winter Market 2023

SAVE THE DATE  
Saturday 18th November

The St Thomas Winter Market is back on November 18th at St Thomas Parish Church. For more information please visit their facebook page:  
<https://www.facebook.com/st.thomas.winter.market/>



## Pop up Listenings



Out and about in the parks over the summer and autumn, myself and colleagues meet a great many residents. Many people talk to us about their day, what they are up to or things they love about the area.

## Halloween Events



- The Cowick Street Halloween trail is in St Thomas from 23rd Oct 2023 at 9am 31st Oct until 9pm. Count the spooky characters in shop windows in Cowick street and win prizes.
- Draw on Tue 31st October. For info email [stthomashalloween@gmail.com](mailto:stthomashalloween@gmail.com).
- Birdhouse Cafe will have a bat painting workshop for their Pines Garden Bat trail Oct 21st 11-1 as part of their event on 31st October 3.30-7pm.
- St Thomas Social Club has a kids' disco at St Thomas Social Club. 22nd October for £1 entry between 1-4pm.

# Halloween KIDS DISCO

St Thomas Social Club  
 £1 entry  
 tuck shop available  
 1pm-4pm  
 fancy dress optional  
 sunday 22nd October  
**EVERYONE WELCOME**  
**COME JOIN US**

JOIN US IF YOU  
DARE FOR A

# Halloween Bat trail

Tues OCTOBER 31  
3.30-7pm  
 The Birdhouse Cafe,  
 Pines Gardens

Spooky treats, cakes and drinks available

COSTUMES ENCOURAGED  
 maps provided - Bring a pet!

# Welcome to Brillsville Market

Saturday 14th October 9-1 pm @Kings Arms Pub Car park

Libraries  
Unlimited

# Local Interest Book Sale

St Thomas, Exeter and Devon  
Books - 50p or £1 each

Supported by  
 Devon  
 TORBAY  
 COUNCIL

Libraries Unlimited is a registered charity. Every penny raised goes directly towards the services that help increase confidence in people's lives and communities. To donate, please visit [librariesunlimited.org.uk](http://www.librariesunlimited.org.uk)  
 Registered charity number: 1079002



St Thomas Winter Market

SAVE THE DATE  
Saturday 18th November



Cowick Roots and Recreation  
Annual General Meeting  
Tuesday 17th October 2023  
7.30 pm—8.30 pm  
St Thomas Methodist Church

**AGENDA**

- Welcome from Chair
- Chair's Report
- Treasurer's Report
- Nominations for new Committee Members
- Nominations for Chair, Secretary and Treasurer
- Future Plans
- Close of Meeting



Halloween Drop in Art session

**BAT PAINTING**

Oct 21st  
11-1pm



Help us create the Bats to be used in our Halloween Bat Trail on Oct 31st



**CAP FAIRS**  
CRAFT ART PRODUCE  
St. Thomas, Exeter

Supported by:  
Exeter City Council  
St. Thomas Ward Grant



**2023 CRAFT, ART & PRODUCE FAIRS**  
ST. THOMAS, EXETER

SAT 01 APR 2-4PM	SAT 07 OCT 2-4PM
SAT 03 JUN 2-4PM	SAT 04 NOV 2-4PM
SAT 01 JUL 2-4PM	SAT 02 DEC 2-4PM
SAT 09 SEP 3-5PM	

**ST. THOMAS CHURCH HALL**  
OPPOSITE TESCO'S - COWICK ST.

MEET AND SUPPORT LOCAL MAKERS - REFRESHMENTS TOO

[LINKTR.EE/CAPSTTHOMASEXETER](http://LINKTR.EE/CAPSTTHOMASEXETER) We hope to see you!

**NATTER CLUB**  
Wednesdays  
10.15am-12.15pm  
Trefoil Lodge, Buddle Lane  
EVERYONE WELCOME




# Social Cafes / Meet ups

## **Mondays**

- 10.30-12 noon - Knit &Natter - at St Thomas Library

## **Wednesdays**

- 10.15 - 12.15 pm - Natter Club - at Trefoil Lodge - 01392 210232
- 10.30 - 12 noon - Coffee & Conversation - at St Thomas Methodist Church
- 11.30 - 1pm last Weds of the month - Co-op Funeral Care meet up - at St Thomas Parish Church Hall
- 1 - 4pm - Art & Social - at The Club (rear of Locarno Rd)
- 2 - 4pm, 4th Weds of the month - Young at Heart - at St Thomas Parish Hall

## **Thursdays**

- 10.30 -12 noon - Knit and Natter - at Jenny's - 01392 498725

## **Saturdays**

- 10.30 - Men's Breakfast - at St Thomas Parish Hall - 01392 437486

## **Sundays**

- 11 - 1pm St Thomas Community Gardening Group - at St Thomas Pleasure Ground

## Get in touch!

Chloe Pooley

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 07935218747

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

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



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