



## Hello from Claire!



Welcome to the Alphington's 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

*Claire*

**Claire Porter**

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# Alphington British Legion



Alphington has a wealth of wonderful community buildings that each provide something unique and special. The Alphington British Legion situated in Legion Way has long been the home of a local darts team and a skittles league. It regularly hosts live music and events such as the upcoming children's Christmas party and a New Years Eve party. It has access to sky TV and therefore members are able to watch a number of different sports on the large television screens. There are dart boards, fruit machines and a pool table. Each Monday they host bingo which is open to all. There is a small car park and some outdoor seating for the warmer months.

If you are looking for a venue to host a party or function, there is a private function room with its own bar. Anyone wishing to book a party please contact 01392 434642.

Membership is available to all. You will need to register as a member with the British Legion, currently £18 a year and then join your local club £5 a year. Check out their Facebook page for more information

<https://www.facebook.com/legionalphington>

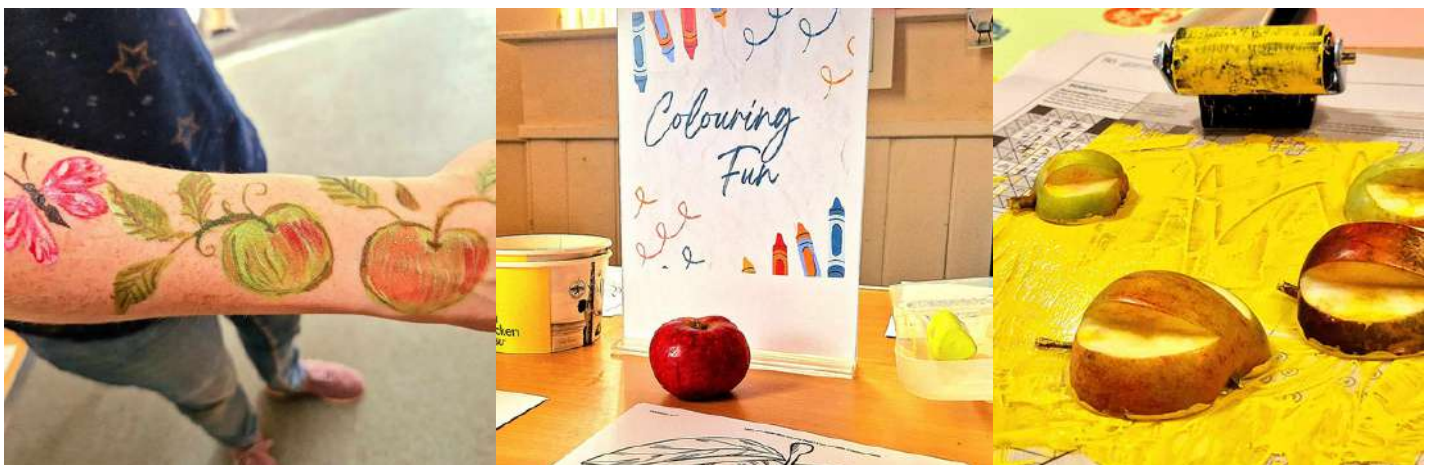


# Alphington Apple Day - October 2023



On the 21st of October 2023, Alphington held its first Alphington Apple Day. This was a collaboration between the Alphington Community Association and Love Food CIC and a celebration of everything apple! The first Alphington Apple Juice which included the apples from Alphington Primary School, donations from residents of Alphington and the fruits of a fabulous apple picking day at West Town Farm, were squeezed and bottled at Little Bowhay in Shillingford. The Alphington Apple Juice is now available for sale at £3.50 a bottle and all profit made will be reinvested in community projects by the Alphington Community Association.

There has been so much wonderful feedback about the Apple Day. There was an opportunity to try your hand at creating your own apple juice using the apple juicer. There was a fabulous storyteller, face painting and apple printing. There was a scavenger hunt and apple based colouring available. It would not be an event in Alphington without the necessary tea and homemade cakes. A huge thank you to the Alphington Community Association for hosting such a wonderful event and to Maresa from Love Food CIC, who helped co-ordinate the apple picking, the juicing and host the Apple Day.



# The First Alphington Apple Juice!



If you didn't manage to make it to Alphington Apple Day but would still like to purchase a bottle or two of the first Alphington Apple Juice, then pop along to Chatterbox Cafe on a Friday morning 9am-12pm and speak to Kath or myself. If you can't make it along to Chatterbox, then get in touch and we will try and arrange another time for collection.

The juice is £3.50 a bottle and makes a fabulous Christmas Gift!

## Coming Soon... A New Scout Group

A new scout group is starting on the 7th of December 2023 at the 17th Exeter (Alphington) Scout Group at Clapperbrook Allotments. It is open to both boys and girls aged 10 1/2 to 14 years old. It will run every Thursday 6.45-9pm.

### 17th Exeter (Alphington) Scout Group



Monday - Cubs from 18:00 to 19:45 - Contact Dave - [akela17thexeter@outlook.com](mailto:akela17thexeter@outlook.com)  
Cubs is for Girls and Boys aged 8 to 10 ½

Tuesday - Beavers from 18:00 to 19:00 - Contact Jennie - [beavers17thexeter@btinternet.com](mailto:beavers17thexeter@btinternet.com)  
Beavers is for Girls and Boys aged 6 to 8

Thursday - Scouts from 18:45 to 21:00 - Contact Lee - [Scouts17thExeter@outlook.com](mailto:Scouts17thExeter@outlook.com)  
Scouts are for Girls and Boys aged 10½ to 14

Scouts are due to restart on the 7th December 2023  
Please email Lee if you would like your child to come along.

## Alphington Festival June 2024



You might have heard the whispers around Alphington, that there are plans to host an Alphington Festival from Saturday the 15th to the 23rd of June 2024. It is hoped that the festival will be a collaboration of all the organisations and groups around Alphington and a celebration of all the things that make Alphington a fabulous place to live. If you would like to be involved in putting on an event or maybe offering an open session at your groups so people can give it a try, then please get in touch

# ECI Christmas Card Competition



Exeter Community Initiatives (ECI) has launched a competition to design its official Christmas card for 2023.

The competition's theme is 'What Christmas in Exeter means to you'. As well as some wonderful local prizes up for grabs, the first prize design will be made into ECI's official charity Christmas card for 2023 and emailed to all ECI's supporters, partners and funders.

The competition has four categories, each with its own prize:

- Overall Winner & 1st Prize –£25 Amazon voucher
- Under 6's - Family entry to the Butterfly & Otter Sanctuary
- Age 7-11 – Family entry to the Quince Honey Farm
- Age 12-18 – Two cinema tickets from the Exeter Phoenix
- 19+ – Boston Tea Party voucher and two-day passes for the Exeter Golf & Country Club

The competition is open to people of all ages so we're hoping to get lots of entries. Good luck everyone!"

The deadline to submit all entries is Sunday 3rd December. Winners will be announced on Tuesday 5th December.

For competition guidelines and to download an entry form click [here](#).

Email entry to [info@eci.or.uk](mailto:info@eci.or.uk) or hand into Jelly, 148-149 Fore Street, Exeter, EX4 3AN.

# Alphington Life

Alphington Life is the local parish magazine containing both church and community news. Do you want to find out about what is going on in the community? Why not pick up a copy from the Spar, Chatterbox Cafe or at St. Michael's Church? Alternatively why not subscribe and have it delivered to your door? It is available every month for the bargain price of £1. Would you like to know more, get in touch on [alphingtonlife@gmail.com](mailto:alphingtonlife@gmail.com).



## Get Social



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

- Spotted Alphington
- Claire Porter Alphington CB
- St. Michael's Alphington
- Alphington Village Hall & Community Centre
- Alphington Village Forum
- Royal British Legion, Alphington
- Alphington Post Office & Newsagents.
- Alphington Pharmacy
- Ide Lane Surgery
- Alphington Freecycle
- Alphington Share, Swap and Sell

## 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)

# Alphington Community News board

£6 PER CHILD INCLUDES A VISIT TO SANTA AND SMALL GIFT . WE WILL NEED TO KNOW AGES AND NAMES OF THE CHILDREN ATTENDING IN ADVANCE PLEASE .

**merry CHRISTMAS**

**CHILDREN'S PARTY**

**COME AND MEET SANTA**

JOIN US FOR A FUN AFTERNOON FULL OF DANCING, GAMES, ACTIVITIES AND TREATS!

**NOVEMBER 25H**

**1 PM TO 4 PM**

ROYAL BRITISH LEGION  
ALPHINGTON  
01392 434642

  
**St Michael's**  
ALPHINGTON

**Christmas Fayre**

**Sat. 25th November**  
**10am - 12noon**



Cakes & produce, crafts, handmade jewellery, gifts, toys, books, DVDs high quality bric-a-brac  
Raffle & delicious refreshments.  
Music from Alphington Little Big Band

**FRIENDS OF IDE LANE SURGERY**

**INVITES EVERYONE TO OUR CHRISTMAS CRAFT AND GIFT FAYRE**



at  
**ALPHINGTON VILLAGE HALL**  
on  
**SATURDAY 2 DECEMBER**  
from 10.00 am to 12 noon

with

Cake Stall, Christmas Raffle, Wine Tombola, Needle Felting, Crafts, Local Authors, Make-Up, Books, Teas and Coffee and much, much more!

**A TUDOR EVENING**  
with Rosemary Griggs

(historical novelist - A Woman of Noble Wit)



At **ALPHINGTON VILLAGE HALL**  
7.30 Sat 2<sup>nd</sup> December  
Tickets - £10  
(including hot spiced apple juice and mince pie)  
Text for tickets from 07815 592000  
An evening of stories and music

# Alphington Community News board

JOIN US FOR A

## FAMILY NATIVITY SERVICE

Sunday 3rd December 11am

Whatever your age, come dressed ready to join our nativity as we retell the story of Jesus' birth



St Michael's ALPHINGTON

## Christingle Workshop & Celebration

For children in school years Reception-6



**16TH DECEMBER**  
2-4.30 PM

St Michael's Church, Alphington, EX2 8XJ  
www.AlphingtonStMichaels.org

St Michael's ALPHINGTON



Scan to book

# Alphington NEW YEAR'S EVE

ROYAL BRITISH LEGION

RAFFLE  
MUSIC  
LIVE BAND  
CHARGE!  
PARTY BANGERS

MEMBERS £10  
NON MEMBERS £15  
STRICTLY TICKETS IN ADVANCE  
TO PURCHASE CONTACT  
OR VISIT THE LEGION

31ST DEC 2023 6PM TIL LATE

### Money a Challenge? Time for A New Approach?

A free course designed to help people from all walks of life:

- Build a successful budget and stick to it,
- Discover a really easy way to keep track of finances
- Avoid overspending,

all without revealing any personal circumstances.



### DON'T FUDGE IT—BUDGET!

Venues & Times (each for 4 weeks):  
St David's Church, EX4 4HR  
Thursday at 7.00pm starting 1st Feb 2024  
The Mint Centre, Fore Street, EX4 3AT  
Monday at 12.30pm starting 19 Feb 2024

To Register and / or find out other available venues, dates & times; go to [www.capuk.org](http://www.capuk.org) or phone either 07474350815 or 01392 434176.

 Feedback from recent courses:  
"I wish I'd done it a few years ago"  
"Good course, very useful, good tips"  
"Friendly, non-judgemental"

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## What's on

- 25th of November - 10am-12 noon Christmas Fayre. St. Michael's Church.
- 25th of November - 1-4pm. Children's Christmas Party at Royal British Legion, Alphington.
- 1st of December - 7pm. Christmas Wreath Workshops. Alphington Village Hall.
- 2nd of December - 10am-12 noon. Friends of Ide Lane Surgery Christmas Fayre. Alphington Village Hall.
- 2nd of December - 7.30pm . Tudor Evening. Alphington Village Hall.
- 3rd of December - 11am / 2pm. Christmas Wreath Workshops. Alphington Village Hall.
- 3rd of December - 11am. Family Nativity Service. St. Michael's Church, Alphington.
- 12th of December - 4.30-8pm - Christmas Market at Lucerne House, Alphington.
- 16th of December - 2-4.30pm - Christingle Workshop and Celebration (Reception to Yr6). St. Michael's Church, Alphington.
- 31st of December - 6pm -late. News Years Eve Party. Live Music. Royal British Legion, Alphington.

## Get in touch!

Claire Porter

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

 Claire Porter Alphington CB



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