



Hello from Emma!



Welcome to the Newcourt and Countess Wear'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

Emma

Emma Wonnacott

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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 recently said about our community.

We are very pleased that the play area on Lakeside Avenue has been updated.

It is a great place to live, compared to where I was housed before, it is paradise!

The post box topper, yarn bombing and bunting which have been placed up at the Glasshouse Lane shops, looks fabulous!

The coffee van at the Newcourt community centre was a great addition. I hope that someone new can take it on!

New Play equipment at Lakeside Avenue Play Park!



Exeter City Council have revamped and added some new items of play equipment in the park on Lakeside Avenue. New swings, a new roundabout and other new items now sit alongside the existing updated equipment at the park. The installation of a zip wire and a table tennis table have now been completed and Ed Shaw and I are keen to host some Table tennis games when the weather is more favourable!

Meet the Staff at the Newcourt Community Centre



The Newcourt Community Centre's paid staff are made up of Mik, Karen, Lisa, and Angel. There are also a board of trustees who are all volunteers. Recent months have seen the addition of some new school holiday activities and the coffee van. Sadly for the community, AJ is moving on to ventures new, but the Center are keen to have a new vendor. The centre is available to book for private parties and regularly host a range of activities for all ages.

Check out the website for more details.

www.newcourtcommunitycentre.com

Litter Picking and Rubbish Collection



It was great to see some local residents who wanted to do some litter picking, request the equipment from the Community Centre! As a direct result we now have a kit, free for use by anyone, housed at the little library on Vernon Crescent. This is a trial and if successful, we hope to have other spots in and around Countess Wear and Newcourt, so anyone can pick when they have the opportunity. Get in touch if you'd like to get involved or check out our top tips opposite if you'd like to organise your own litter pick.



Top Tips

- **Pick a place and time!**
Where is a hotspot for litter near your home? When would be a good time to go and who do you want to go with?
- **Keep yourself and others safe**
Gloves and hi-vis jackets could be useful. Why not read the council's risk assessment to get an idea of how to manage risks?
- **What will happen to the litter?**
Will you take it home to put in the black bin... or could you use the council?
- **Make it enjoyable!**
Maybe provide refreshments at the end or invite folks to come buy a drink with you? Challenge kids to record how many pieces they pick up. Have a prize for the team with the top score. How can you make sure everyone coming can have a role and be welcomed? (no matter their age or capacity!)
- **Spread the word**
Remember to say WHY you're doing this. Could your community builder help spread the word? Is it word of mouth only? Or could you put notes through neighbours doors? Are there nearby noticeboards or online groups on Nextdoor or Facebook or Whats App?

Trinity Primary School Fair



Despite having to be postponed due to weather, the summer fair, which was held in September at Trinity School, was an amazing event raising much needed funds for the school. I had a great time chatting with the families and friends of the school.

I was able to gain the views and desires for our growing community. Gracie Giles, (pictured above) kindly posed with the feedback balloons, which people had written their wonderful comments on. And Dawn, our Jelly Charity Shop Manager, also posed with me at the event. Jelly is ECI's Charity shop, in Fore Street Exeter. The shop only stock children's clothes and equipment, an ideal stop for growing families. They are on the lookout for volunteers at the store, so please do get in touch if this interests you.

Policing Pop up



PC Oli Coram and PCSO Richard Shelton will be holding a pop-up Surgery in the Red Room at Newcourt Community Centre from 10am to Noon on Thursday 7th December 2023. This is an opportunity for residents from the Newcourt or Topsham areas to meet their local Neighbourhood Policing team and to discuss any community issues or concerns that they have. It is also hoped to organise another pop-up Surgery in Topsham before Christmas. For more information visit: <https://www.newcourtcommunitycentre.com/>

Glasshouse Lane gets Yarn bombed!



Local residents from Countess Wear have been busy decorating the Glasshouse Lane green with yarn! The 'Knit and Natter' group, which meet every other Wednesday evening, have lovingly been making the creations which you may have seen at the green. Angie who makes the post box toppers, has been hard at work creating the Christmas themed topper.

If you would like to join them or contribute to the next bombing please do get in touch with me and I can put you in touch.

New Walking Group to start in Newcourt

The Countess Wear walking group, led by Ed Shaw, our local CPAO, has been running successfully from Cafe 24 in Glasshouse Lane. We meet every Thursday at 10am and new walkers are welcome.

If this date and time is not convenient for you, a new group is defiantly a possibility! Just drop me a line and we can chat about days and times. This will not be led by Ed, but he will be at a couple of sessions with us, if we get a new day and time set up.



Nancy Potter House Estuary League of Friends



After taking a look at Nancy Potter house I was excited to see so much going on!

Estuary League of friends, serve Topsham, Newcourt, Countess Wear and the areas in between. They offer a huge amount of activities. They also house the library, post office and also have a cafe.

Check out their website for full details of whats on there: <https://www.estuaryleague.org>

LYN - Love Your Neighbour

Love Your Neighbour is what we call our community food boxes in Newcourt, which our lovely volunteers keep topped up with surplus food from local supermarkets. There is one box in the garden alley next to Newcourt Community Centre and another at Trinity Primary School.



Our goal is simply to help minimise food waste, by sharing the surplus with our community. Collections are made from supermarkets most days and the food is placed in the boxes for anyone to collect free of charge. For more information please take a look at the Facebook page. There is also a food bank collection box, hosted by the wonderful Natalie Holt, at number 15 Dart Avenue. If you would like to donate, just pop your items in the box.

Get Social



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

- LYN Newcourt Exeter
- 100 Club
- Seabrook Orchards Community Group
- Countess Wear Community Group
- Newcourt Community
- Topsham Community group
- Friends of Trinity School Exeter
- Exeter Friendship and Community Group

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
- 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
- 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

Kids Zone

Baby Sensory Group Every Tuesday from 09.30-2.30pm

With




Phonics with Robot Reg

For more information please email Jess on friends@roboreg.co.uk

Knit n knat

Why not come along and join our Needlecraft Group for a good Knatter and Knit

Every Wednesday from 10am-12pm at Nancy Potter House

Everybody welcome

Free to attend

No need to book

Tea, Coffee and Biscuits available




Topsham Flower arranging meet once a month Held in the Bradbury Cafe at Nancy Potter House Discussions, displays, talks and trips take place throughout the year additional fees/costs may occur
 Tue 12th December 2023 at 6:30 pm to 9:00 pm - Nancy Potter House, Nelson Close, Topsham EX3 0DX



Friendly and creative art class for adults held at Nancy Potter House Topsham. For more information please see colourwheelartclasses.co.uk
 Wed 13th December 2023 at 12:30 pm to 10:00 pm - Nancy Potter House, Nelson Close, Topsham EX3 0DX



TOPSHAM SWIMMING POOL

COLD WATER SWIMMING

We are trialling cold water lane swimming every weekend until Christmas, Saturday and Sunday mornings 10.00 til 12.30.

Open to all competent swimmers over the age of 16 years.

OK to wear wetsuits, hats and gloves

Please note no showers will be available, bring warm clothes.

£5.00 to swim and £2.00 for spectators.

Starts Saturday 23 September 2023

With full lifeguard support and hot drinks / snacks available from the vending machine to warm you up after, it's a lovely way to acclimatise to cold water swimming.

Give it a go! Come down and join us, we can't wait to see you there!



COUNTLESS WEAR WALKERS

When: Thursdays. 10am

Where: Outside Cafe 24, Glasshouse Lane Shops

Cost: Free

Who: All Welcome!

More details:

edward.shaw@ecfc.co.uk
or 077369 18281



"We're a friendly group who enjoy exploring the green lanes and footpaths of Countess Wear and always make time for coffee and a chat afterwards. Would you like to join us?"



THE EXETER PLAN

HAVE YOUR SAY ON OUR CITY

NEW 13 December 4.00pm-7.00pm
Toby Carvery,
Rydon Lane, Middlemoor, Exeter, EX2 7HL

NEW 11 January 4.00pm-7.00pm
St Thomas Cricket & Social Club,
Grace Road, Marsh Barton, EX2 8PU



FIND OUT MORE

The Exeter Plan consultation runs between **23 October 2023 and 15 January 2024.**

25 October 1.00pm-4.30pm
Heaven Banks Outdoor Education Centre,
Heaven Road

2 November 1.00pm-7.00pm
Exeter Community Centre, 17 St David's Hill

9 November 1.00pm-7.00pm
St Thomas Cricket & Social Club,
Grace Road, Marsh Barton

12 November 12.30pm- 6.00pm
Matthews Hall, Topsham

20 November 1.00pm-7.00pm
The Guildhall, 203 High Street

27 November 1.00pm-7.00pm
Emmanuel Hall Theatre Allot, Emmanuel Road

5 December 1.00pm-7.00pm
Alphington Village Hall, Lee Lane, Alphington

7 December 1.00pm-7.00pm
Positive Lights, 164-167 Sidwell Street

12 December 1.00pm-7.00pm
Newcourt Community Centre, Stakepole Drive

Get involved now to have your say on the Exeter Plan and how it will shape Exeter in future. Find out more and complete the survey, at exeterplan.commonplace.is



Transitions



Computer Says Yes!

First Thurs of the month, 12.30pm - 1.30pm, Exeter Library

Free group sessions for complete beginners, covering a different topic each month. Bring your own device.

Booking essential: 07531 870203 transitions@eci.org.uk



148-149 Fore Street, Exeter, EX4 3AN

01392 205600

transitions@eci.org.uk

www.eci.org.uk



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Fancy selling your craft work, Art Work, cakes, bric -a- brac or clothes etc Nancy Potter House is holding an Indoor Table Top Sale on Saturday 30th September £5.00 a table Exhibitors - £5.00 per table Visitors - Free
 Sat 16th December 2023 at 9:30 am to 11:30 am -
 Nancy Potter House, Nelson Close, Topsham EX3 ODX

Your Community Centre
 EXETER NEIGHBOURHOOD POLICE TEAM
 'Food Collection'
 for the Elderly
 Can You Help?

Exeter Police make up food hampers for elderly victims of crime in the local community. They also have nominations from members of the public who might elect an elderly neighbour for a goodwill food hamper.

If you would like to help - please drop off any items you can offer, into the Community Centre, Monday to Friday 9am till 12 noon. You will find a collection box just inside the door. Suggested items: Christmas Cake, Yule Log, Tins of rice pudding, fruit, custard, soups, Mince Pies, Crisps or nuts, Crackers for cheese, Sweet biscuits, Table Crackers, Tins of meat, Coffee, Jam or marmalade, Chocolates, Pickles, Teas bags, Tinned pies. We thank you in advance!

Merry Christmas **Last day Wed 20th**
 30444@devonandcornwall.pnn.police.uk

What's On Weekly at Newcourt Community Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Sat / Sun
08.30-17.00 Health Visitors, appointment only	10.00-10.45 Adventure Babies	08.30-17.00 Health Visitors, appointment only		09.30-12.00 Coffee Club	09.15-10.25 SupaStrikers Mini
09.30-13.00 Starbubs	11.15-12.00 Adventure Babies Session 2	10.00-11.30 Newcourt Babies & Toddlers	10.00-11.00 SupaStrikers Mini & Mega Strikers	09.30- 10.30	10.35-11.45 SupaStrikers Mega & Maxi
			1315-1530 Bridge Lessons		12.30 - 16.30 Private Booking last Saturday of the month
18.15 -19.15 Pilates		1800-1900 Kettlebell Classes	18.00-19.30 Seido Karate		14.00-16.00 NBSW First Saturday of the month
19.15 - 20.15 Zumba	1930-2100 Aurora Tap Dance	19.15-20.15 Zumba	18.30-19.30 Men's Only Circuits		Community Litter Pickers
1930-2030 Topsham School of Dance	19.00-21.30 Women's Institute, 3rd Tuesday of the month	19.45-21.45 Digby & Newcourt Community Choir			10.30 - 12 Last Saturday of the month

If you want to get in touch: info@newcourtcommunitycentre.com 01392 873560
 Reception is manned Mon - Fri 8.30 till 12

100 CLUB COMMUNITY GROUP

Stay and Play

100 Club
 Wear Barton Road
 Countess Wear
 EX2 7EH

Tuesdays (term time only)
 10.00-11.30am
 £2 Donation

Drop in sessions for parents/carers and their Children ages 0-5.

Spend time with your child by exploring, interacting and enjoying lots of fun activities!

Healthy snack bag provided on departure

Exeter City Council
 In partnership with Devon County Council
 Action for Children



Christmas Party Fun

Monday 18th Dec
5pm-7pm Tickets £4

Christmas Disco tunes, party games, face painting and refreshments. Ages 4-11

Scan Me to book tickets



Lego Club Fun for All

Thursday 21st Dec
10am - 12noon

£2 donation on door

Fun Christmas themed ideas, refreshments and prizes.



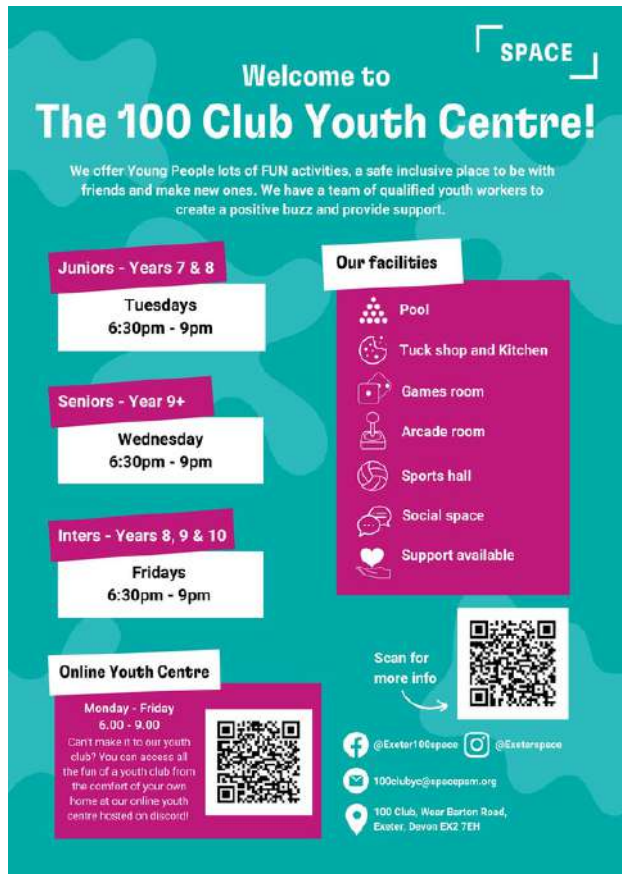
The Tales of Robin Hood Friday 22nd Dec

Be swept along in the adventure as dynamic puppetry and colourful acting bring these much loved tales to life.

11:00AM Doors open 10.50am.

All tickets £3. Fun for all the family! Scan Me

Tickets bookable online via Ticketsource or call us on 01392 873560



Welcome to **SPACE**

The 100 Club Youth Centre!

We offer Young People lots of FUN activities, a safe inclusive place to be with friends and make new ones. We have a team of qualified youth workers to create a positive buzz and provide support.

Juniors - Years 7 & 8
Tuesdays 6:30pm - 9pm

Seniors - Year 9+
Wednesday 6:30pm - 9pm

Inters - Years 8, 9 & 10
Fridays 6:30pm - 9pm

Our facilities

- Pool
- Tuck shop and Kitchen
- Games room
- Arcade room
- Sports hall
- Social space
- Support available

Online Youth Centre
Monday - Friday 6.00 - 9.00

Can't make it to our youth club? You can access all the fun of a youth club from the comfort of your own home at our online youth centre hosted on discord!

Scan for more info

@Exeter100space @Exeterspace
100clubye@spaceopsm.org
100 Club, Wear Barton Road, Exeter, Devon EX2 7EH



****NEW AND EXCITING TO ESTUARY LEAGUE OF FRIENDS****
A free supportive and welcoming space for men and their health and wellbeing. Free to attend A chance to talk, share memories, have supportive conversations, come up with activity ideas as well as a good laugh and catch up over a cuppa !!!!

Tue 12th December 2023 at 3:00 pm to 4:30 pm - Nancy Potter House, Nelson Close, Topsham EX3 0DX



BRUNCH CLUB

Come along to our Brunch Club and enjoy a freshly cooked full English breakfast!

Served with a choice of tea or coffee and a glass of juice.

£8.00 per person

Now on Mondays

Bradbury CAFE

Get in touch!

Emma Wonnacott

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🌐 www.eci.org.uk

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