



Hello from Ebbie!



The merry season draws near, and there are some fantastic events coming your way! There's so much happening in our neighbourhood, that you won't want to miss. I had the pleasure of attending the Autumn Friendship day recently at Sylvania Stores, with the launch of the community cook book and the first magnificent performance from the community choir.

So, mark those calendars, and while you're at it, grab a copy of the limited edition Pennsylvania community cookbook from Sylvania Stores!

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.

A huge thank you to all the amazing volunteers in our community. You are all making Pennsylvania more homely and spreading the love.

Best wishes,

Ebbie

Ebbie Peters

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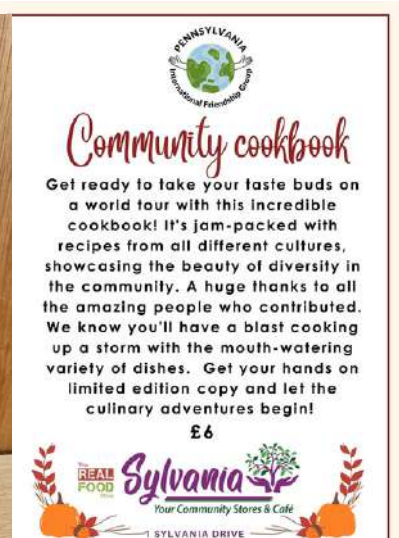
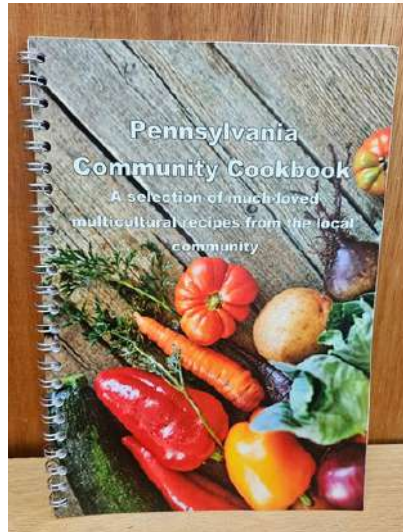
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Community Cookbook

Hot off the press!

Check out this amazing, one-of-a-kind community cookbook, stuffed with recipes from all corners of the neighbourhood. It's the perfect Christmas gift for the foodies in your life! Pick your copy from at Sylvania Community Stores and Cafe. Now a fantastic range of tasty lunches to sample.



Womens's art group

It was great to meet with the lovely Agnes recently. She has set up a women's art group- she explains-

"Set up with the aim to create an inclusive and supportive local community for female artists and art lovers, in which everyone feels welcome, encouraged and inspired. This group is to connect, socialise and talk about art.

The arty ladies of Exeter are meeting again! This time we're visiting the Xmas market, checking out an art installation and some nearby galleries. Sunday, the 26th of November. Join the facebook group to get connected and find out more- Facebook "Women's art community in Exeter"



Meet the neighbours

Lucy from Sylvania Stores has a fantastic idea. She's whipping up a "Meet the Neighbours" shindig every Tuesday from 5th December from 10-11:30pm. What's on the menu? A steaming cup of friendship, a chance to bond with other locals, and a warm welcome. Come on down and join the party!



Larder team- Update

“Greetings and welcome to a further update from the Community Larder at St Katherine’s Priory. Since our last update in July we’ve continued to open every Friday morning to serve our local community who need some extra help with foodstuffs, toiletries and household goods as well as pet food (sometimes!).

From when we started in May 2020 to end-Oct 2023 we have served customers 9,337 times on behalf of household numbers of 23,899.

We appreciate the generosity of our local Morrisons customers, multiple Co-ops, local residents (groups and individuals), Mount Pleasant Health Centre, Sylvania community shop, our local Baptist Church among others. Food Action Exeter have always been an important part of our supply as well. Whether it’s a sack of pastries and bananas from the Co-op or Morrison’s ‘meals in a bag’ we are grateful to our supermarkets. Similarly, be it eggs from the rescue chickens, veg freshly dug by our allotment friends or the individual kindnesses of shopping bags and financial donations delivered to our door, this is what keeps us going.

Thanks also to L for the Victoria sponges and R and N for the cup cakes (and the gift card to help keep our shelves stocked). Special mention also to the pupils, parents and staff of Stoke Hill Infant and Nursery School for their harvest donations. Lastly we have benefited from recent donations from Exeter City Council and from Devon County Councillor, Tracy Adams’ Locality Funds.

This funding will support the Larder and enable us to work with the St Kat’s café to provide free soup in a warm space over this coming winter.

Lastly, thank you all for your continued support.

If you want to get in touch with the Community Larder to donate, volunteer or just ask any question please e-mail us at: stkatherinescommunitylarder@gmail.com



Save Sylvania Hall



SYLVANIA COMMUNITY HALL

Attention all community heroes! Our treasured Sylvania Hall is on the brink of being lost forever.

The current committee is small and in dire need of assistance before the building reaches its end-of-life in just a few years.

The goal is to rebuild the hall on the same footprint, but we need your help. This survey is the first step in gathering support and ideas for the project. We want to hear from you about what you'd like to see in the new space and how you can help make it happen.

Without the support of our community, this project can't move forward. We need you!

There will be a meeting in January to form a steering group and plan the next steps.

The current hall is a vital hub for the community, offering flexible space for socializing, accessing services, and engaging with local events. A new purpose-built community building will complement existing facilities and bring even more benefits to all.

Thank you for being a part of this important project and showing your support!

Survey link- <https://forms.gle/ZtaDFG6xLcLNzJhR7>

Email -sylvaniyahall@gmail.com



Community Choir

Have you heard the buzz about the community choir? It's the hottest spot to be for a uplifting Monday night! The word on the street is neighbours are singing its praises, feeling on top of the world after every session. Let's face it, who doesn't love a good sing-along? It's like a mini-break for your soul!

This choir is the perfect escape, meeting every week at the Sylvania Stores at 7 pm. Don't worry if you're an amateur, they warmly welcome everyone. If you can hold a conversation, you can hold a tune! This group is all about singing uplifting songs, spreading joy, and making the world a better place. So why not take the plunge, make some new friends, and join in the fun? It's a lovely pick-me-up to brighten any week!



Polsloe people

The Polsloe Community Association recently caught up in the park, exchanging news and updates. They're planning to host a wassail in the New Year, and the fruit trees they planted a few years ago are doing well!

Plus, the Mount Pleasant green-up mission is still in full swing, and they're inviting all green thumbs to pitch in. Want to join the fun? Drop a line at polsloeplanters@gmail.com to hop on their mailing list!

WELLBEING EXETER

Improve your neighbourhood by increasing biodiversity

Green up our streets, create habitat and improve mental health

Exeter University and Exeter city Council are helping green Mount Pleasant

If you want plants in your garden then get in touch!

Email: mountpleasantcb@eci.org
Call Ebbie: 07516 692583

Including Mt Pleasant in the community

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 or hand into Jelly, 148-149 Fore Street, Exeter, EX4 3AN.

Christmas MOVIE NIGHT

FRIDAY 1ST DEC
DOORS OPEN 6PM • FILM STARTS 6.30PM




 Faith • Prayer • Action
St Mark's
 PARISH CHURCH, EXETER



CHRISTMAS CRAFT FAIR

FOOD | GIFTS | CRAFT


 SUNDAY DECEMBER 3RD
 11-3PM


 Your Community Stores & Café





Winter Fair

Friday 1st December


4pm-6pm at the Infant School
 (All Welcome)

**Hot & Cold Drinks, Plus lots of
Festive Treats**



Prize Christmas Bingo
at the Priory
Friday 1st December



A community event on behalf of
 Stoke Hill Community Association
 St Katherine's Priory, St Katherine's Road EX4 7JY

Doors open.....6.30pm
Eyes Down.....7pm
 Free Refreshments available

Stoke Hill Community Association Charity No. 283907



Community Choir
Together at Christmas

All welcome, no auditions. Join us to celebrate the joy of singing together at Christmas.




Rehearsals: 23/11 and 30/11 2:00pm
 Performance: Friday 8/12 2:00pm



Devon Grown Christmas Trees
 07989 970050
 Call or text: ☎
 Torridgetrees@gmail.com
 torridgetrees.co.uk
 Delivery Available

TORRIDGE CHRISTMAS TREES



LEAF STREET 
 "Home of Beautiful Things"

JOIN US FOR
WREATH MAKING

£30.00 PER PERSON
 NOV | 30 | 7pm

THE SYCAMORES
 MOUNT PLEASANT
 ROAD

TO BOOK CALL
 01392 202092

 In aid of 

PLEASE FEELS TO MAKE A TRADITIONAL WREATH
 DRINKS AND NIBBLES

Sylvania 
 Your Community Stores & Café

Meet the Neighbours
Tuesdays
10-11.30



Come for a friendly cuppa, meet neighbours and make new friends

Sylvania 
 Your Community Stores & Café

Community Choir

Uplifting songs for a better world. No previous experience or talent needed.
 If you can talk, you can sing!
 Join our singalong.

MONDAYS 7-9PM

£3 per session
 Light refreshments of juice & cake available

Community Spaces

Looking for a space to use for an event or activity? Here's a useful list.

Gateway Centre
01392 425091

Pinhoe Road Baptist Church
01392 218448 admin@prbc.org.uk

Sycamores Centre
01392 202092 info@ageukexeter.org.uk

St Katherines Priory
07467 079452 st.katherinespriory@gmail.com

St James Church
01392 420407 bookings@stjamesexeter.org

St Marks Church
01392 438448 office@stmarksexeter.uk

Sylvania Hall
07806 305633 bookings@sylvaniiahall.co.uk

Sylvania Community Shop & Cafe
07900 097920 pennstores.ex4@gmail.com



Useful Information

- Report a problem Devon Country Council
<https://www.devon.gov.uk/roads-and-transport/report-a-problem/>
- Report a problem- Exeter City Council
<https://exeter.gov.uk/leisure-and-culture/parks-and-open-spaces/report-a-problem-in-a-park/>
- Exeter University- Community Engagement
- To raise queries with our Community Engagement Team (non emergency)
- Phone 01392 723721 Email communityengagement@exeter.ac.uk
- 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 - FearLess (formally Splitz) Tel: 0345 1551074.
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/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

Diary dates

- Saturday 25th November:
Pinhoe Road Baptist Church
Christmas craft fair 11-3.30pm
- Friday 1st December
St Marks Church
Christmas Movie night 6pm
- Friday 1st December
St Katherine's Priory
Christmas bingo 7pm
- Saturday 2nd December
St James Church
Christmas Bazaar 2-4pm
- Saturday 3rd December
Sylvania Stores & Cafe
Christmas Craft Fair 11-3pm
- Friday 8th December
St Marks Church 2pm
Exeter food bank/Age Uk Exeter
Community choir



Feel the Fear

Tuesdays 28 Nov & 5, 12 Dec 2023, 2pm - 5pm, Exeter
A free 3 part self-help course to manage nerves & anxiety
To book: ☎ 07531 870203 ✉ transitions@eci.org.uk 📅 Eventbrite



Get in touch!

Ebbie Peters

✉ mountpleasantcb@eci.org.uk

☎ 07516 692583

🌐 www.communitybuilders.eci.org.uk

📘 [ebrel peters](https://www.facebook.com/ebrelpeters)



148 -149 Fore Street, Exeter, EX4 3AN
Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)