



Hello from Josh!



Welcome to September with a few clarifying reminders about me!

1) I'm employed part-time by a local charity, Exeter Community Initiatives- logo above! I am not employed by Exeter City Council nor Devon County Council.

2) Our role as Community Builders is primarily to have conversations, and

through that we can discover what people care enough about to take action it with other locals. This is part of building community!

Lastly, 3) We aim to be as neutral as possible, especially in regard to political, contentious and/or polarised topics. I do, and will continue to listen to locals on the topics that they raise as well as share information around consultations and how to provide feedback on said topics.

Best wishes

Josh

Josh Hamilton

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Listening Post

Listening is an important part of a Community Builder's work. Here's some of what I've heard locals say recently.

Knit n natter group possibility at a retirement complex of flats. "I knit, you knit, why don't we knit together and see who else comes along?"

"So much fun! I used to go [pre-covid] and plan to go again now I know it's back" - RE Golden Oldies sing-a-long sessions (not a choir!)

"Don't be put off if you don't feel clever enough. Everyone is really lovely and warm, and happy to help one another out with materials or showing techniques" - Member of Exeter Stitchers

[[It's really lovely how I can see and be in green countryside with just a short walk from my home]- A Digby local

Signposting

Here are a few groups that I often 'signpost' folks to during conversations.

For parents of little ones, I often recommend the Exeterbabies website with a list of most toddler groups across Exeter by day, and for mothers I often recommend 'Mums in Exeter' FB group as a great place to to ask questions and/or find information.

If you are interested in history, I often recommend both the Exeter Memories website and/or the FB group where people share great photos and tidbits of local history (and sometimes rediscover school friends and the like from decades ago!)

P.S It's worth finding the 'Search' function so that you can type in a key enquiry word, 'Digby' and see more results related to that.

Litter and Flooding



A while back, a local from Broadfields said that "It's known that the more litter people see, the more they feel willing to chuck it themselves, and the same is true in reverse. The tidier we keep our beautiful area, hopefully the more it will stay like that."

I spoke to a resident recently in countess wear who is a keen litter-picker. I was curious about where the litter is found, and she kindly made me a map with a series of crosses thereon! Where do you feel there are hotspots near where you live? Likewise, given the recent flooding [September], can you tell me if and how locals are collectively addressing it on their streets? I heard that the Hill Barton association has been addressing this with their local councillors, and also that in parts of the UK there are Flood Action groups... Thanks to those who continue to look after their area and a special mention to local Dave when we rang his doorbell and asked for a hard brush to sweep back the weeds and vegetation from the small basketball court off Mulberry Close pictured above.

Stall for all

From one idea posted by a Newcourt local, now a few locals from Digby and Newcourt are planning with their neighbours to have a yard sale of sorts across the areas by local's homes.

"A Stall for All - Not quite a garage sale not quite a car boot!

Residents are invited to set up a stall, outside their home. we'd love you to have a clear out and sell or giveaway your preloved items, or to promote your handmade craft or business. Why not have a chat with your neighbours and share a space near your home, a driveway, garden, street or communal area. And course, residents are massively encouraged to explore the estate to meet and chat with neighbours, shop and help the estate to recycle and reuse!

The event will run from 10-11.30, weather permitting. The WhatsApp group is available for all to join to share ideas and chat. Please use the following link to join:

<https://chat.whatsapp.com/CL0Ek8GPMSAFrItkxe5emm>

Please share the event with neighbours, friends and family - Any questions, suggestions or ideas please do post in thread below or in the WhatsApp group."

We have a date and time for the Digby event (28th October, 10:30 till 12) and we hope to create a map of locations... So if you're keen to get involved, 1) arrange with your neighbours to organise where you'll set out a table or two and whether you'll share that as well. 2) email local Claire with that location, so that she can collate the information and we can make a map! claireireland2015@outlook.com

More information will be shared on the Facebook page and/or Digby FB group in due time, :)

Community Walk

A reminder: 9:45am every Wednesday outside the noticeboard by the MS centre, Clyst Heath... with a lovely photo (right) with our youngest attendee so far !

Despite a similar route each week, we often notice different lifeforms and parts of the environment that we don't remember seeing the weeks before (we've recently been paying close attention to caterpillars and friendly dogs especially!). All welcome, even if not to walk and just for a drink after the walk (approx. 10:30/10:45am)



Reuse/Recycle Information

Recently, I discovered various local recycling points for a few objects! Thank you to residents who also then added their knowledge. Where do you go- what else do you recycle outside the green bin?

Bras @ Newcourt Community Centre

Vapes, Water filters and Batteries...
Soft plastics and plastic clothes hangers...
Printer ink cartridges & light bulbs
@ Tesco at Rydon Retail Park

Old spectacles/glasses, hearing aids, and old/foreign coinage @ MS Centre

Textiles (Clean and undamaged) @ Dunhelm

Helpful information can also be found from Denis the Dustcart (Such as "a reminder that you can always put out extra recycling beside your green bin in bags labelled as 'recycling'. Flatten any large pieces of card and put these out loose (avoid doing this on a rainy day, though). We don't limit how much recycling you can put out, but we do set a limit on rubbish and our crews will not collect bags put out with your black bin. https://www.facebook.com/DustcartDenis/?locale=en_GB

For those keen on freecycling, a while back a Heavitree resident made a great list of where to take objects that no one else seems to want which was copied to the Quarrylands/St Loyes Free circle FB group here: <https://www.facebook.com/groups/2542719142697338/permalink/3082047245431189>

Heavitree and Whipton Active Streets Trial Consultation

Organised by Devon County Council
[Separate from Exeter City Council]
For more information please visit:
<https://devon.cc/exeterstreets>

"The statutory consultation for this scheme commenced on 3 August 2023. Responses can be provided [either] through the [Online Comments Form](https://www.devon.gov.uk/roads-and-transport/parking/traffic-regulation-orders/exeter-streets-consultation/) [<https://www.devon.gov.uk/roads-and-transport/parking/traffic-regulation-orders/exeter-streets-consultation/> QR code above created by local resident], or a paper copy of which can be requested:
·By email - exeterstreets@devon.gov.uk
·By telephone - 0345 155 1004
·By post - Transport Planning, Devon County Council, Room 120, County Hall, Topsham Road, Exeter, Devon, EX2 4QD

If members of the public cannot use either online or paper consultation forms, they may:

- Ask a family member or friend to complete the form on their behalf
- Call Devon County Council's customer service centre on 0345 155 1004 and dictate their responses via telephone.

Alternatively, written responses can be submitted by writing to the address specified in the Advert linked above. All comments received will be fully considered."



Youth groups

Unlike activities that have been continuing over the summer such as Pickleball at Wonford sports centre (“a cross between badminton, table tennis and tennis and is played on a badminton court with paddles”) or the sing-a-long Golden Oldies sessions across Exeter, other kid related activities have now restarted along with school. I've been asked to share in particular K@tch (children in yr 3-6) has restarted at Clyst Heath school and also the various youth groups (for older age groups) at the 100 Club, south of Digby in Countess Wear.



Children in years 3- 6
FREE youth club
 restarting in Sept 2023

- fun crafts and games
- biscuits and sweets
- stories from the Bible

K@TCH
 KIDS @ TRINITY CHURCH

6.15 – 7.15pm Tuesday evenings during term time at Clyst Heath school

Sign up: katch@trinityexeter.com



Welcome to 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

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!

Our facilities

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

Scan for more info

[@Exeter100space](https://www.facebook.com/Exeter100space) [@Exeterspace](https://www.instagram.com/Exeterspace)

100clubbyc@spacepsm.org

100 Club, Wear Barton Road, Exeter, Devon EX2 7EH

Talkworks

“Is the way that you are feeling affecting your daily life? Are you struggling to cope, feeling low, anxious or overwhelmed by your thoughts and feelings? You are not alone and help is available.

TALKWORKS is a free and confidential NHS talking therapy service. The service is here to help anyone over the age of 18, living in Devon, improve their mental and physical wellbeing. The TALKWORKS therapists will work with you, by giving you the tools and techniques, to help get your life back on track so that you can feel yourself once again. You do not need a referral from a GP to access TALKWORKS' services, you can [refer yourself online](https://www.talkworks.dpt.nhs.uk/) [https://www.talkworks.dpt.nhs.uk/] or over the phone. For more information on the different treatment options and therapy services, please visit the [TALKWORKS website](https://www.talkworks.dpt.nhs.uk/) or call 0300 555 3344.”

Quiz Night

**FRIDAY
13
OCTOBER**

**AT THE SW MS CENTRE
DOORS OPEN AT 5.30PM;
QUIZ FROM 6PM**

£8 PER PERSON

SPACES LIMITED SO BOOK BY 6TH OCTOBER AVOID DISAPPOINTMENT!
INCLUDES QUIZ ENTRY & HOT FOOD*

BOOK VIA RECEPTION | 01392 447411

*Lasagna or Vegetarian Lasagna - please state preference when booking
teams of up to 6 people - we will merge smaller teams on the night
Soft drinks available or BYOB | Team prizes and raffle
A fundraising event for the SW MS Centre | Charity Number 900083*

A Stall for All

Newcourt 30th Sept
Digby 28th Oct
10.30 to 12

Scan here

Not quite a garage sale, not quite a car boot

Find out much more on the Newcourt & Digby Facebook Community pages

Adult Storytime session

The Black Bird by Tim Weaver.

St Lawrence Church, Lower Hill Barton Road, EX1 3EH

Saturday 14th October, 10:15am followed by coffee morning (free with donations towards charity).



Participants will receive a free copy of the book to read during the session which you can keep. To ensure we order the correct number of books please confirm participation by messaging us directly on FB - <https://www.facebook.com/hillbartonvale1fl>

If you must cancel your attendance please do so in good time so we can spend our funding as responsibly as possible.

It [is always] lovely to stay and have a chat with you all the last few times so I hope you'll join me again for a cuppa and some of Pats delicious quiche and cake!

A massive thank you as always to Exeter City Council and our local city Councillors for funding our events and to St Lawrence Church for hosting us.

Golden Oldies Information
(NOT a choir! A good old singalong to 50s, 60, 70s music)



EXETER sessions with Katie Jones pictured below

On the **FIRST WEDNESDAY** of each month, from 2.00pm - 3.00pm
Weavers' Court Community Room (Near the Quay)
Commercial Road, Exeter, EX2 4EF
Please note change of dates - 29th November

Every other month, from 10:30am-11:30pm
Edwards Court Coffee Area (Near the old Northbrook golf course)
Millbrook Lane, off Topsham Road, Exeter, EX2 6FU
Next sessions 3rd October, 5th December

Every other month, from 2:00pm-3:00pm
Grandison Court Community Room, (Near Countess Wear)
Countess Wear, Exeter, EX2 6NJ
Next sessions on 24th October, 5th December

Occasional Sessions, from 2:00pm-3:00pm
Hamlin Gardens, Exeter EX1 3AA (Near Polsloe Bridge)
Next sessions on 26th September, 28th November

TOPSHAM MONTHLY FRIDAY sessions, from 11.15-12.15pm
Nancy Potter House, Nelson Close, Topsham, Exeter EX3 0DX
29nd September, 20th October, 17th November, 1st Dec



Our Goldies sessions in Devon are supported by... Exeter City Council, Virgin Media Together and The Garfield Weston Foundation, and the charity's patron is Cliff Richard.

Registered Charity: 1121600

www.golden-oldies.org.uk
01761 470006



Events List

Dates:

- Mon 9th October- Wilton Way Litter-pick, *10:45am* starting from outside the noticeboard (again at 10:30am on the 6th November and 4th December)
- Fri 13th October- MS Quiz Night, 5:30pm onwards (Please book by 6th October)
- Sat 14th October- Digby Community Litter-pick- 9:30am outside Black gates of Clyst Heath opposite Royal Crescent
- Sat 14th October- St Lawrence Coffee morning (10:30) and Reading Session (10:15am) (Again on 11th November and 9th December)
- Sat 28th October- Digby's 'Stall for All'- 10:30-12
- Tues 31st October- Halloween (Around this time, could we get any trails, dressup parties or neighbour gatherings going on?)
- Sat 4th November- Digby Community Association's Community Litter-pick- 10-11 outside Black gates of Clyst Heath opposite Royal Crescent
- Sat 11th November- Broadfields Litter-pick- 9:30am outside St Peters school gates.
- Sun 3rd December- Christmas Charity Event- Lights on at 5pm

Birchy Barton Hill Events Exeter:

WANTED - STALL HOLDERS and
RAFFLE PRIZES 🎁🎄👶
Sunday 3rd December at 5pm

We are looking for Christmas stall holders and raffle prizes for our Charity Christmas Event at Birchy Barton Hill. This event is well attended - stalls are £10. Food vans £30. Please message if you are interested ✓

<https://www.facebook.com/profile.php?id=100086729346158>



Friends of Heavitree Health Centre

South Lawn Terrace, Heavitree, Exeter, Devon, EX1 2RX
Telephone (01392) 277409



Volunteer Car Drivers Required

We provide a transport service to help patients attend GP appointments or other essential medical appointments that they would find difficult to attend. Driver expenses are reimbursed.

Contact Jackie Minto on 01392 277409 or 07422885576 for more information.

Thank You

Volunteers Working
In
The Community

Registered Charity No. 1027363

Community Builders About You

"Are you passionate about making your Community a better place? I'd really like to know what you would like to see more of happening in your community. Any idea's you may have thought of but need support to make it happen. Maybe starting a book group? Litter picking? Green space ideas? Friendship groups? Getting out and active? Walking groups?"

If you want to be part of more hobby groups - share your skills and interests with me and I'll be able to more easily bring you and other locals together over those shared interests! Sign up using your phone to scan the QR code or click [here](#).



Want to receive future news?

Please contact me with your email address or sign up using your phone to scan the QR code or click the form link [here](#).



Get in touch!

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 07746 898 769

 www.communitybuilders.eci.org.uk

 www.facebook.com/stloyescb



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Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)