



Hello from Maisaa!



Welcome to Duryard and St James 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 last page!

Best wishes

Maisaa

Maisaa Sweid

This issue

Page 2

- The power of door knocking.

Page 3

- Exeter Community Garden
- Events
- Residents ideas

Page 4

- WGA Harvest festival
- Hoursguards Community Planting
- Residents review

Page 5

- Connecting resident to Community groups

Page 6

- Community litter pick

Page 7

- Coming up event

Page 8-9

- Community groups / events

Page 10-11

- Social cafes and meet ups

The Power of door knocking



During door knocking with my colleague Andrea, we knocked on a resident's door in St James. He hadn't heard of Community Builders before and we started asking him about the neighbourhood and what he likes and dislike in it. He mentioned the litters around his house and I connected him to the litter picking which is happening tomorrow morning in his area and that there will be an opportunity for him to socialize with his neighbours afterward. It turns out James is the chairman of Exeter drama Company which is at the moment based in Heavitree:

<https://www.exeterdramacompany.co.uk/>

this is for 18+ But he suggested another company for under 18 which is :

<https://www.anthosarts.com/>

He also connected us to his neighbour who is really keen of starting a regular community get together on their road, and when I asked him some questions about the possibility of doing it on his road, he just came up with ideas where it could happen and who is he going to contact from his neighbours to help, which I agreed to support him with. The power of door knocking starts with Hello, and ends up with valuable and positive effect on the community.

So if we ever knock on your door to have a conversation, you never know where it will lead!

Resident ideas

Listening is an important part of a Community Builder's work. Here are some ideas residents recently had.

Older generation regular group to meet up in the park .

More Litter picking with coffee and cake after to socialize after

Conkers art in the park with autumn get together.

A community building with different rooms for art workshops and local businesses.

Local News



I attended the CO-Create Embroidery Workshop is back for another four sessions in October! For more details and to sign up here's the link: <https://www.cocreateexeter.co.uk/.../1178julyhbm4psj059gx...>



Exeter City Community Trust 5 and 10-mile journey through the Exe Valley River Park, starting at Piazza Terracina. To book: Go to their website.

Exeter Community Garden



What a friendly community, at the Exeter Community Garden. They all come along to help make this place beautiful.

Clare expressed her love of joining in, socialising and sitting peacefully to have a cuppa after! Adrian who has been nearly 12 years looking after the space, said how proud he is of what they achieved so far, the importance of this gardening group to students mentally, physically and socially, and he stressed that everyone is welcome to join in. Other volunteers took the task to make wine and jam with the grapes we picked together. We all took some organic food home which was delicious.

<https://exetercommunitygarden.co.uk/>



Residents' review

It is very rewarding receiving your comments about how my role is helping in the community. Thank you!

I told Jennie at the Weekly cafe' that I know Maisaa will help answer my inquiry as a new student in Exeter

I really appreciate your support to find new ideas for my business .

Those get together events in our community have great value, thank you for encouraging it.

I feel happy in my new job, thank you for recommending it.

West Garth area Harvest Festival



Great Harvest get together event at West Garth Park. Apple pressing, pebble painting, Young adults doing Henna, games, amazing home cooked cakes + dog biscuits and lots of connections and ideas were sprouted for the community.

Thank you to West Garth Area Residents Association and the residents who lead the event.

Horseguards Community Planting



A resident from Horseguards has just shared this with us: "Horseguards residents and gardeners have worked together to introduce more wildlife friendly planting across the estate, including new blossom trees, bee friendly plants such as lavender and planted a wild flower patch which bloomed beautifully and attracted a variety of insects over the summer months. Thank you to everyone involved for all their hard work, including planting and cake making!"

Connecting residents to community groups



I visited the toddler group which is at Sidwell street Methodist church which is held every Thursday 9.45_11.30.

I enjoyed it so much. I talked to lovely ladies who both have similar age children, we talked about motherhood and the challenges we face as mothers especially if we live far from our big families. They ended up swapping numbers and planning some play dates I also talked to another lady about her struggles especially with a lockdown child and how the toddler group help so much.

The volunteers expressed their need for extra help which I offered to support with and they also talked about the happiness they feel when they see those babies grow.

Jenny from The community rainbow garden told me all about the help the garden is providing for so many people and visiting the garden was a bonus. It's a lovely space and has lots of fruits and vegetables to pick. A mother and I picked some vine leaves and I cooked it for dinner

The rainbow garden opens every Monday 3_5 pm.



St James Community Litter Pick



Well done to Kate who had the idea of the litter picking and contacted me to support it. It was a great event on Saturday and here is Kate's update:

"Residents from around the valley, including Thornton Hill, Velwell Road and Horseguards got together to do a community litter pick along Hoopern Valley path, supported by Exeter City Council staff and councillors, Maisa Duryard and St James Community Builder from Exeter Community Initiatives and by students from Exeter University. It was also a lovely sociable occasion as the group finished up in Bury Meadow Park for coffee and cake! There was talk of making this a regular event so watch this space and please join in next year!

A huge thanks to all who took part – your hard work is much appreciated!"

If you feel you would like to join the next one, please do get in touch.





**6th & 7th October
with BSL Throughout**

With heightened performances at 18:30

From Noon to Beyond Sunset @Maketank, Exeter - Pay What You Can

With joy, connection, empathy and creativity clashing with lonely, discriminating and relentless assessment processes, disabled artist, Hugh, alongside Steve and Tim asks:

In a system that requires us to fit into boxes, what space is left for humanity?

Created and performed by
Hugh Malyon, Steve Sowden and Tim Dollimore
Dramaturgical support by: Sam Parker and Jennifer Noice
Produced by: Shelley Hodgson
Artistic Support and Access Consultant by: Clair Sargeant
...with support from Quarantine and Filament



Scan the QR code to book tickets, read more about Squeeze Box, see a visual guide and what access measures

will be in place and our relaxed space approach – or get in touch hello@maketank.org.uk

Audience Feedback:

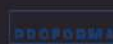
'Love how open it is to interpretation. As an audience we are always thinking'

'Something about the space I just wanted to play and get involved'

'Really thought provoking. incredible work'

follow us: @livehughm
<https://hughmalyon.live/squeeze-box-23>

As part of a culture of care, we are asking everyone to take a rapid C19 test before arriving at MakeTank





**WHAT MATTERS MOST
TO YOU**

THURSDAY
5TH OCTOBER
2 TO 4PM
COLAB ATRIUM

COME AND TAKE PART IN CREATIVE ACTIVITIES AND
SHARE WHAT MATTERS MOST TO YOU!

SANDWICHES AND SNACKS WILL BE PROVIDED.

ALL ARE WELCOME!

**FREE
PIZZA MAKING
SESSION**




10 SPACES AVAILABLE

**OCTOBER 10TH
AT THE SIDWELL STREET
BAKEHOUSE**

**2.30PM
TO
4.30PM**

email: volunteer@stsidwells.org.uk



Launching September 14th
The Co Create Workshop
9:30am-3:30pm



**Community
Thursdays**

Creative Drop-in Space

**THE BIG
SHOW & TELL**

**@ Exeter Library
SAT 07 OCT
11am - 3pm**



**a dance demo, a writing
workshop, stalls & more!**



Transitions

Volunteer for us!

Next Induction starts in Nov 2023

Can you support adults to develop their skills and confidence?

Transitions empowers people to develop strategies to deal with life's challenges, manage change and be more resilient. We offer workshops on wellbeing and life skills, 1-1 coaching and opportunities to meet others facing similar issues.

Volunteer roles include 1:1 and group support and updating information Ideal if you have an interest in social care and mental health.

Full training, support and expenses provided

Contact: ☎ 07531 870203 📧 transitions@eci.org.uk

📍 148-149 Fore Street, Exeter, EX4 3AN
 ☎ 01392 205800
 📧 transitions@eci.org.uk
 🌐 www.eci.org.uk
 📱



Registered Charity Number: 1036229
 Registered Company Number: 2844870 (England)

WEEKLY COFFEE & CHAT

Come and enjoy a conversation and hot drink in a friendly environment to socialize and improve your English communication skills. All Welcome!

WHERE?

St Sidwells
Community Center



WHEN?

10:30 - 12:00
Every Monday



FIND OUT MORE FROM COMMUNITY BUILDER MAISAA

✉ duryardandstjamescb@eci.org.uk
 ☎ +44 (0) 7746 472 581
 🌐 facebook.com/duryardstjames.cb.5



WELLBEING
EXETER



AUTUMN APPEAL

We are looking for donations of:

- practical waterproofs suitable for outdoor wear
- sleeping bags

PLEASE DROP OFF IN THE ATRIUM
9.30AM TO 1PM
MONDAY TO FRIDAY



Arts & Crafts Sessions

Wednesday 18th October: Autumn Yarn Garland
Wednesday 29th November: Christmas Decorations/Coasters

2-3.30pm in CoLab's Atrium

Free and all materials provided.
Open to all adults. Limited spaces.
For info and booking, email Silvia at:
silvia@wellbeingexeter.co.uk

WELLBEING
EXETER



Wat Tyler House
3 King William Street
Exeter
EX4 6PD



WELLBEING
EXETER

Social cafes and meet ups

Mondays

- 7pm Andy's Man Club (talking group for men) - at Exeter City Football Club

Tuesdays

- 10.30 - 12noon Coffee Mornings - at Sidwell Street Methodist Church, 1st & 3rd Tues of each month
- 10-12 noon Exeter Community Gardening Group (Close to car parks A & B, Higher Hoopern Ln, EX4 4SQ) - email adrian.berryman@gmail.com
- 10.30 -12 noon Creating Connections Social Cafe - at Grecian Centre (Stadium Way, EX4 6PX)
- Free English classes- at St Sidwell's Community Centre - email naomi@stsidwells.org.uk

Wednesdays

- 12 - 3pm Gardening at The Mosque Garden - email gardening@stsidwells.org.uk
- 3 - 5pm Exeter Community Gardening Group (Close to car parks A & B, Higher Hoopern Ln, EX4 4SQ) - email adrian.berryman@gmail.com
- Free English classes - at St Sidwell's Community Centre - email naomi@stsidwells.org.uk

Thursdays

- 9.30 - 11.15 am - Baby and Toddler group - Sidwell Street Methodist Church - term time only
- 10 12 noon - Sporting Memories - at Grecian Centre (St. James Park, Stadium Way, EX4 6PX)
- Free English classes - at St Sidwell's Community Centre - email naomi@stsidwells.org.uk
- 6.30 pm Free movements at West Garth Park

Social cafes and meet ups

Thursdays continued

- 2 - 5pm - Drop-in work club - at St Sidwell's Community Centre (help with job searching, interview prep, or IT support, and also support for people with English as an additional language) - email work-club@stsidwells.org.uk
- 7.30 - 9.20pm - Badminton Club - at Sidwell Street Methodist Church - £2 with refreshments

Fridays

- 10-30 - 11.30 am - Intercultural Cafe - at Isca Eats (Streatham Campus, Cornwall House, EX4 6TG) - from 10.00 for a free hot drink and pastry
- Free English classes at St Sidwell's Community Centre Fridays, email naomi@stsidwells.org.uk
- 1.30 - 3.30pm - Friday Club - St Sidwell's Community Centre, 1.30-3.30 pm
01392 666222
- 12.15 pm Walk and talk starting from St Sidwell's community centre and ending with free coffee at the museum

Sundays

- 9am - Freemoovement session - at West Garth Rd Park

General

- Weekly coffee and chat: Mondays, 10.30 - 12 noon at St Sidwell's Community Centre
- Sing and Sign Wednesdays : 10-12 term time only at St Sidwell's Community Centre - Natalie on 07976311315 or eastdevonsignandsing@gmail.com

Get in touch!

Maisaa Sweid

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 07746472581

 www.communitybuilders.eci.org.uk

 Duryard St James CB

