



Hello from Jayne



Welcome to November's update. As many of you will be aware, I am leaving my role. It has been a privilege working in this community. I have included some photos from my time as Community Builder illustrating just some of the fantastic things happening in our community.

My colleague Maisaa, Community Builder in the Duryard and St James ward, will be taking on some of my hours. If you need to get in touch please use the existing email address. Please also note Maisaa's telephone number at the foot of the last page.

The photos above are from the Newtown Wildflower Garden for the Bees taken by Judith and Andrew.

Best wishes

Jayne

Jayne Leaver

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Macmillan Coffee Morning



Exeter Christadelphian Church raised £230 for Macmillan Cancer Support at its recent coffee morning and table top sale. Church members had worked hard creating a range of tempting things for sale including homemade jams. I think the shorts are perfect for him, don't you? The church on Heavitree Road holds a weekly social cafe on Thursdays from 10.30am to 12noon.

Newtown Wildflower Garden for the Bees

Volunteers have been busy tidying the garden for the winter. At the time of writing, yellow evening primroses, red fenland lilies and purple bastard toadflax are in flower and providing colour to the garden. A St Leonards resident contacted me to express interest in creating a community garden so I invited him along to meet Judith.

Bull Meadow Park Volunteer Group



A group of local residents have come together to help keep the park looking its best. If you'd like to join in, please keep an eye on the Facebook group for upcoming meet-ups <https://www.facebook.com/groups/297780799689405>

Thanks to Jill for the photo.

Exeter Seed Bank

Exeter Seed Bank is hosting seed packing workshops at Exeter Library on Saturday 11 November, 11- 1pm and also at the Phoenix on Sunday 19 November and 3 December 2023, 11am. Come along for a drink and a chat and bring along seeds if you have any to share! Take away a few for yourself. Everyone welcome. For further information email: exeterseedbank@gmail.com

Parr St Flats Wildflower Area

Helen has been busy removing turf and is starting to plant. She is planning to start a second bed. Judith has given Helen some seeds and Helen has also been given some bulbs so is off to a good start.

Co Create - Community Thursdays

I recently met Tony from Co Create. Community Thursdays sound very exciting and when I visited the Sidwell St workshop people were busy making soft toys. Tony told me that the teachers are gaining experience in a supportive environment to lead their own groups in the future. To sign up to a workshop visit the Co Create website.

<https://www.cocreateexeter.co.uk/makewithus>

Co Create workers are a talented bunch and can come and work with community projects wanting to put on a community activity, for example making planters or bird boxes. It can help projects apply for funding.



Volunteer for ECI



Exeter Community Initiatives' Transitions Devon: Manage change & improve wellbeing project is looking for volunteers! The project provides workshops and coaching on the practical and emotional challenges people encounter on a daily basis, such as managing anxiety, budgeting and decluttering. Volunteer roles range from providing 1-1 coaching to workshop attendees, supporting workshop facilitators, to making tea and coffee.

All volunteers are given full training and support and expenses are provided. For further information email transitions@eci.org.uk or telephone 07531 870203.

Newtown Community Association Social Cafe

What a great attendance at October's NCA Social Cafe in Belmont Park. The cafe was led by Sally and Steve (NCA Secretary). Sally brought a selection from her embroidery and art collection to show everyone. My colleague Maisaa dropped in to introduce herself to cafe goers.

The cafes are held on the 3rd Friday of the month from 1.30pm to 3pm at Newtown Community Centre, Belmont Park. Suggested donation £2.

Newtown Community Association AGM

It was a good turnout at the recent NCA Annual General Meeting. We enjoyed hot drinks and doughnuts. Steve, the secretary, provided a summary of what has been happening over the past 12 months followed by an overview of the finances. Manager Kerrie told us about the groups and organisations who use the building. Kev discussed the use of social media. I gave a summary of resident and organisation led activities in the area. Cllr Su Aves spoke about the city and county council. Trustee Jackie Holdstock stepped down after many years as a trustee and was thanked for her hard work. The Newtown Community Association is looking for new trustees. If this is something that you may be interested in please get in touch with Steve for more information: secretary@newtowncommunity.org.uk Keep an eye on the NCA website or Facebook page for details on the Winter Warmer in early December.

Clothing Needed



Do you have any spare winter clothing that you no longer need? Exeter Library has a winter clothing rail in association with Julian House Devon. If you have any spare warm, clean, winter clothing please bring it in to the library and people that need it can just help themselves. Hangers also appreciated.

Surgery Bookshelf



Does your GP surgery have a bookshelf? Barnfield Hill Surgery patients are encouraged to bring in books to keep the shelves fresh. Both fiction and non-fiction books for adults and children would be appreciated.

Living Advent Calendar

At a recent event, we chatted with residents about organising a Living Advent Calendar. The idea is that neighbours each choose a date during Advent and on that evening they light up their decorated window. Some like to make an occasion out of it and enjoy a mince pie and a few carols for example. Could you do this on your street or in your neighbourhood? For hints and tips visit:

<https://www.edenprojectcommunities.com/ideas/create-magical-advent-windows>



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.

Gallery

Here is a little trip down memory lane featuring just some of the community events and activities in the area. Thank you to everyone for making a difference!



Faraday House



Newtown Knitting and Crochet Group



St Petrocks Patchers



Trail for Syria



Barings Crescent Plant Sale



Freemovement Play Days



NCA Winter Warmer



St Sidwell Centre Community Events



Table Tennis in Belmont Park



Newtown Wildflower Gardens for the Bees



Social Cafes

Birthday Tuk Tuk



Respect Festival

Pom Poms on Parr St

Clifton St Flats Residents' Handiwork



Community Builder Pop Up Listeners

St Matthew's Church WW1 event



Studio 36



Cafe Theatre Company



Living Advent Calendar



Happy Retirement Postman Paul



NCA Summer Music Event



Community Support during Covid - deliveries, gardening, dog walking and outdoor exercises.



**St Leonards Wellbeing Event
and Street Party**

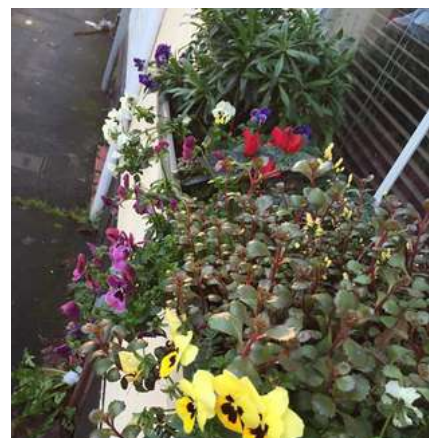
History Walks



**Gras Lawn Christmas
Lights Switch On**

**Chute St
Community Garden**

**Newtown
Alleyway Murals**



Open House

**Litterpick Triangle
Car Park**

**Codrington St
Planters**



**Newtown
Alleyway tidy**



**Music lesson,
Gainsborough
House**



Wellingtonia Park Neighbours Get Together



Newtown Roots Band at Eaton House



**SLNA & St Leonards Primary School
Linking Generations**



You Are Welcome Picnic, Belmont Park



St Matthew's Church Litterpick



Athelstan Road Snow Fun



SLNA Magdalen Rd Christmas Fair



Garden Charity Open Day at Orchard House



Apple Cake Off at Crossley House

What's On

The Big Exeter Feast Pre-conference event programme, 13-22 November



Whether or not you go to the conference, you can take part in these events across the City! All events are free unless otherwise stated. Visit Exeter.Connect's.Events to book.

Growing & Preserving
Mon, 13 Nov, 1.30-4pm
St Sidwell Community Centre, EX4 4NN

Join us for a tour of our garden, followed by a preserver-making volunteering session and conversation about food access and sustainability.

Fieldtrip: The Growing Project
Tues, 14 Nov, 10am-1pm
Prince Charles Road allotments

Join us at the Growing Project plot. Hear about what we do, and our plans for community growing. Includes refreshments in our cosy hut.

Plant Power!
Thurs, 16 November, 9.30-12.30pm
West Bank, Healthy Living & Community Care Centre, Exminster EX4 5AT

Learn how whole foods can boost your gut microbiome, keep your body and mind healthy and help the planet. Cook up tasty dishes to take home. All ingredients provided.

A Healthier local food economy: What are the next steps?
Thurs, 16 November, 4.45-9pm
Exeter Community Centre, EX4 3EG

A workshop focusing on solutions for designing a local food system which minimises waste, packaging, transport and refrigeration and encourages 'regenerative' farming practices.

Walk, Talk, Cook!
Mon, 20 November, 9.30-12.30pm
West Bank, Healthy Living & Community Care Centre, Exminster EX4 5AT

Guided visit to Sage Green market garden on Powderham Estate, offering organically grown fruit and veg. Harvest crops and make a healthy meal to take away.

Fieldtrip: Exeter Food Action
Tues, 14 Nov, 4-5pm OR 4-7pm
Unit 10, The Space Place, Marsh Barton, EX2 8RG

Visit our food rescue warehouse to find out more about the work of Exeter Food Action. An opportunity to ask questions and meet staff and volunteers.

Fieldtrip: St Thomas Community Garden
Wed, 15 Nov, 2.30-4.30pm
St Thomas Pleasure Ground EX4 1HS

Visit St Thomas Community Garden and learn how it is shared with the local community, followed by a chat and a hot drink at Shillingford Cafe.

Fieldtrip: Community Ridge
Thurs, 16 Nov, 2-3pm
Exeter Library EX4 3FQ

Find out about the Exeter Community Ridge initiative - what it is, how it works, and why it matters.

Shared Meal: fundraiser for Refugee Support Devon
Sat, 18 November, 6.30-9pm £10 + donation
St Sidwells Community Centre EX4 4NN

Share a meal with & assure seekers living in Exeter who will also be preparing the menu. A very meaningful evening sharing culture, connection and positivity through food.

Shillingford Farm Tour
Sat, 18 November, 10am-1pm
Shillingford Farm, EX2 9QG

A farm tour showing the range of vegetable crops grown just outside the city. Take a tractor and trailer ride around the fields and harvest crops.

Hayboxes & Waxedbags
Wed, 22 Nov, 6-6.45pm - drop-in
Exeter Phoenix, Gandy Street EX4 3LS

This drop-in session will show you how to cook cheap and nutritious foods like lentils which have long cooking times whilst using less energy!

• exeterconnectfeast.org.uk
• 01392 265900
• www.ecoe.org.uk
• 140-147 Fore Street, Exeter, EX4 3AN



Registered Charity Number: 106629
England
Exeter Local Connection Number: 384870 (England)

Community Advice Drop-in

at St Stephen's Church, High St, Exeter
from 9.30 til 12.30

MONTHLY ON FOLLOWING THURSDAYS
27 APR, 25 MAY, 22 JUNE, 24 AUG,
28 SEPT, 26 OCT, 23 NOV, 21 DEC 2023

Struggling with bills?

Worried about the coming year?

Exeter Community Energy and community partners including Age UK, Citizens Advice, Wellbeing Exeter, South West Water and Exeter City Council will be on hand to answer questions and give advice on energy, water use, money, wellbeing and housing.

Pop in for friendly and helpful support

Free tea and coffee available

www.ecoe.org.uk
0800 772 3617

For details of all upcoming events from Exeter Community Energy
www.ecoe.org.uk/healthy-homes-wellbeing



Community Thursdays

Drop-in Cooking Sessions

October 12th	Pancakes (1-3:30PM)
October 19th	Naan Bread & Dahl (9:30AM-12:30PM)
November 2nd	Baked Beans (9:30AM-12:30PM)
November 9th	Soup (9:30AM-12:30PM)
November 16th	Stir Fry (9:30AM-12:30PM)
November 23rd	Pot Noodles (9:30AM-12:30PM)
November 30th	Smoothies (9:30AM-12:30PM)

Our Drop in Cooking Sessions are part of Community Thursdays. Every Thursday, our workshop is open as a drop-in space where you are invited to come and be creative, learn new skills, share your own skills and meet new people. There are various table top creative activities happening in our studio space, as well as the opportunity to make some of our products for Co Create Shop in the upstairs workshop.



WHAT IS NORDIC WALKING?

Join us to find out more on Monday 13th, 20th Nov, 4th, 11th & 18th Dec
10-11am & 11.30-12.30pm,
at

Coaver Club

Matford Lane, Exeter

HOW DO I JOIN IN?

Email Sue to book your place or drop in.

sue@exenordicwalking.co.uk

Who is this for?

**DCC Staff
Coaver Club Members
Neighbours
Community**



What's On



Venue: The Coaver Club, Matford Lane



Venue: The Sycamores,
Mount Pleasant Road, EX4
7AE
Call 01392 202092 or visit
<https://www.ageuk.org.uk/exeter/about-us/forum/>



Get in touch!

- newtownstleonardscb@eci.org.uk
- [07746 472581](tel:07746472581)
- www.communitybuilders.eci.org.uk
- [CBNewtownStLeonards](https://www.facebook.com/CBNewtownStLeonards)



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