



Greetings from Philip!



So the seasons are getting harder to distinguish but I think autumn is certainly here and we are now beginning to wend our way towards the delights, and lets be honest, stresses of Christmas. So much has been going on in the community that I would like to tell you about. This includes parents helping out at Ladysmith pre school group, to volunteers working at Park Life Heavitree.

It includes volunteers running tea or community groups to volunteer litter pickers and gardeners.

Finally of course the charitable and church organisations continue to flourish like URC church and their cafe and food bank, Heavitree friendly library, Park Life Heavitree's graffiti course, food for asylum seekers, and the work at Richard Reynold centre like the dementia cafe and lunch club. You are all making Heavitree a better, more homely, and humane place in which to live.

Philip

Philip Hawkins

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Working in partnership
with Wellbeing Exeter



Gold medal for community champions at Ladysmith Baby and Toddler Group!



Every community at its heart needs people to embrace the needs of that community.

This is particularly true when we realise at different points in our lives that we need mutual support, advice, and companionship. Its heart warming to hear how two mums - Tracey Harlow and Imogen Morris - on top of their own responsibilities for childcare, still managed to set up and sustain for two years Ladysmith's Baby and Toddler Group as volunteers.

The group was re-established after COVID in September 2021 and so was set up at a difficult and worrying time for many of us. They clearly deserve a gold medal for their generosity and dedication from the Heavitree community. Really outstanding work Tracey and Imogen!

It is a very friendly, affordable and welcoming space for mums and dads with young children. It is an oasis for many parents to share the stresses and delights of childcare, with tea and storytelling thrown in. Parent from all walks of life attend, from outside of Heavitree, and its striking how diverse and inclusive the group is too with mums and dads from different ethnic backgrounds attending. They have only recently passed on the baton, now their children are older, to a new set of Heavitree parent volunteers who have been doing a sterling job. The group runs Tuesday and Thursday mornings 9.30-11- at the back of Ladysmith's Primary School and with a Facebook group.

That's sew lovely!



Residents at Bodley were treated to a free sewing course where they used recycle materials to make a make or garment. Its great to see the uses that recycled materials can be put to. The talents of the residents was clear to see as bags and summer shorts, among other items, were proudly created.

The course was provided by us at Exeter Community Initiatives through the initiative called Remade. Many thanks to Jane Hawking who provided so many people across exeter with an opportunity to sew.

Southlands builds new community hub!



It was great to see how the Southlands community managed to get together and speak to the council about their need for a community room for their community. For residents to build community takes energy, resilience and determination. Its also vital to know who to talk to. Its surprisingly easy for residents to become isolated and not to talk to one another much. Sadly its easy for residents to feel they are not listened to ,and to feel stuck indoors.

But residents at Southlands, and in particular Marie Anne Draycott and friends by connecting with one another, with their local councillor Barbara Denning, with the resident involvement team, and with their community builder made significant progress. The local council, by working with Mears and their volunteer team, managed to build a small wooden community hub in which residents could meet.

Its a lovely space, and offers much to residents. However not everything has been solved as there is no heating so they are looking for creative solutions to make this an accessible space not just in spring and summer but also winter. Nonetheless its a major step forward for the community and for their connecting up together. Congratulations.



William's amazing generosity to animals!



Its not everyday that you come across a lifetime's generosity. But while working at Hamlyn gardens Heavitree, I spoke to William about the upkeep of the flats there and the carefully tended gardens by the residents. I asked William what he was doing and he told me that he does up bicycles and donates them to the animal shelter charity shop. Apparently he buys the bikes second hand from the recycling centre with his own money and then does up the bikes and donates them for free to the shop. He said he had done up 5 bikes this month! Incredible.

As if that was not enough I asked how long he had been doing this and you wouldn't believe the answer... 20 years!! I couldn't believe such a profound act of sustained generosity. Respect to William and the extraordinary amount of money he must have raised for animals. I haven't been able to work out how much money he must have actually raised, but its in the tens of thousands. He clearly deserves a gold medal and I wish there was a little award we could put him forward for. Well done William. Beautiful work.

Food bank supplies running out, can you Help?

As the cost of living crisis drags on the cost of food and energy bills remains very high. The Food bank at URC church heavitree is seeing the numbers of residents attending rise significantly while supplies are decreasing. This is also part of a national and local picture. Currently the food bank can have from 40-60 people attending when a few months ago it was half that number.

Pauline who runs the food bank is very concerned that her stock and supplies are running low. Unless something changes she will be running out of enough food by January. Cans of food are particularly in demand. Can you help? They need tea, coffee, sugar, squash, pasta sauces, spam, tuna, instant mash, soup, beans, spaghetti, tomatoes.

Are you able to set up a food bank collection event at a school or organisation?
Do you work at an allotment and have a surplus of veg or fruit to donate?
Can you donate food?

Contact Pauline from URC who will also collect 07412006702
pauline_laybourne@yahoo.co.uk

So who are 'Friends of Heavitree Pleasure Ground?'



The Friends of Heavitree Pleasure Ground is a friendly group that is currently in its early stages of becoming a community association. This is not to say they haven't already been busy! But basically Ian is a resident who is keen to keep Heavitree Pleasure Ground clean and tidy and for some time has been litter picking there as well as in some of the neighbouring streets. Christopher, is a gardener with 20 years experience and is wanting to use his skills in the park. He, and a team of volunteers, Emma and Ananda among others, have been helping him tidy up one of the entrances to the park. Christopher is also helping to create a garden at Park Life Heavitree Cafe.

Heavitree is fortunate to have the Heavitree pleasure ground, its planting and amenities. Its a historical park, with pools and tennis courts and more. The park was opened in 1906 and originally designed by Veitch Nurseryman FW Meyer. The site was intended to be used for enjoying the gardens and community recreation, and continues to be used as such. There are for example some magnificent trees in the Pleasure Ground, some of which were planted for the coronation of George V and Queen Mary in May 1911.

Some of the original plans by F.W. Meyer never came to fruition, such as a large, formal, circular bed in the centre of the Park with a statue in the midst, and a small lake near the bowling green!! Never too late perhaps! Nonetheless the park is an important and living part of Heavitree's history and community, and it would be wonderful if the community could support this group.

What will the Friends Group be doing? How can you Help?



The Friends of the Park will have a specific remit with a range of tasks and activities. But keep in mind this is entirely voluntary so if you are able to help in any capacity, and this doesn't have to appeal only to those who like the outdoors then please find out or support what they will be doing in any way that you can.

- Planting, clearing, sprucing up parts of the park, particularly the entrance ways
- Litter picking to keep the park tidy
- Labelling plants and have a signpost about the fascinating history of the park
- Increasing patches of wildlife in appropriate areas around the park.
- Working with local organisations such as scouts, school or churches, tennis coaches, bowling club and DWT in relation to volunteers getting involved in the park.
- Setting up a community association with a bank account together with help from local Heavitree councillors and Community builder.
- Having an annual plant fayre, to raise funds and to reach out to Heavitree for particular plants donations. Volunteers needed for this too.

If you would like to join the Volunteer gardening group in any way you can, no experience is required, contact Christopher Griffin 07871 618537 or Griffinchristopher571@gmail.com. They meet-up at Whipton Lane entrance on Saturdays between 10am and 1pm. Or if you would like to join the litter group please contact Ian Hudson at ianhudson340@gmail.com

Pumpkin carving at Park Life



Park Life Heavitree continue to offer a wide variety of good quality events appealing to a range of community residents, from young to old.

This has included pumpkin carving for children over Halloween and a graffiti course for teenagers over half term who produced some excellent art work to brighten up the park. It also includes an opportunity for seniors to drop in for a cup of tea and a chat (Wednesdays 10:30am). It is by donation and some members come from outside of Heavitree as well, as they enjoy the community feel in Heavitree.

In a new venture named Lunch4Life, Park Life Heavitree have supported a group of asylum seekers who don't have any access to cooking facilities in their accommodation to be able to cook some food from their homelands which they can share or take home.

Please make the most of the hub by trying some of its many activities. The calendar can be viewed on the website www.parklifeheavitree.org.uk and a printed version is on the noticeboard in Park Café.

Key Christmas dates at Park Life

Park life will have a tree at the Christmas Tree festival in St Michael's church (13th-20th December) with the theme 12 days of Christmas!

Park Life Christmas craft fair is on 2nd December 2-4pm

Our Park carols is 9th December 4pm

Final Tea and Memories for 2023 is 12th December 2-3pm (no booking required- free entry all welcome)

Bodley takes care of their community



It's not an unfamiliar site on many council properties where window sills are given pride of place and are carefully decorated and yet the green spaces immediately outside of flats can feel neglected and lack a sense of homeliness. This is primarily because council parks teams need to work fast and mow the grass. Sadly though, residents can feel like it's not their space, that they are being encouraged to stay indoors and not potter in the garden or chat. It's difficult to know where to start as a resident and just as hard to keep a sense of ownership going in small plots once started.

Well residents at Bodley Close come close to showing how it can be done and over the years, and through ups and downs, have consistently found ways to take ownership of their green spaces in a responsible but creative way.

By working together, by applying for funds for tools, by tapping into their own skills, and by working through difficulties, they have gradually taken more ownership of their garden and have continued to build a very solid sense of community that has transformed the place from what it was a few years ago.



Adding a shed, clearing weeds and painting rocks along entrance ways, pruning plants, and working well with the estate manager, have all contributed to making the place a more homely, cared for community which makes a remarkable difference to the experience of living there. Well done to everyone at Bodley.

Lets get Digital for Mowbray Court



For many of us keeping up with the digital revolution is an ongoing learning process. In many ways all of us are vulnerable to scams and this is especially true for some of the elderly.

This is why digital support sessions have been provided for the residents at Mowbray Court, Heavitree. It is an opportunity for residents to bring specific concerns and questions they may have about their phones and computers. While it is possible for the host to talk broadly about digital safety and so on, it is often the specific questions that people have for their device and circumstances that are key.

It was great to see the residents engaging with the teacher. Josh Hamilton, Community Builder for Digby helped to organise the session and brought his violin along too to make the event a musical experience as well. Indeed there were also a couple of songs.

Breathing into Bereavement

Bereavement affects us in many different ways. Finding the support that we may need can be a vital part of regaining wellbeing and reducing isolation. Finding out more about how grief manifests itself from talkworks, who you can refer to, can be a helpful starting point <https://talk-works.org.uk/bereavement/>

Other place to look for support include Palace Gate Bereavement Friendship Group Monday morning 10.30-12 - 07714516049.

Cruse offer support for bereavement. <https://www.cruse.org.uk/>

And there is the monthly Death Cafe and bereavement group at Exeter Library, Sunday 2.30-4pm facilitated by alizoun@alid.co.uk



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.

We do listen!



It's important for us to hear what the needs of the community are. Please do stop and chat with us if you see us out and about, often with a flag.

Ed Shaw who helps to organise physical activities around Exeter is a good person to talk to for support or physical exercise group you would like to set up.

I'm the community builder, Philip Hawkins, and spent the time talking to residents outside of Park Life Heavitree and outside of St Michaels schools learning all about the needs and significant problems of residents in the community.

Love Wellbeing activities

There are things we can do to look after our wellbeing. Connecting with community for many people is a good start if you are able! There are for example groups for walking, crafts, baby and toddlers, running, senior socials, exercise, church, books, dance, and more.

It's not always easy to join a group or find the right group particularly if you are unwell, isolated, caring or just so busy, but it is worth the effort. And if the group doesn't exist then I can try to help set it up. So if I can help do let me know,

Please see the back page for some of the available activities or look to the right at some of the essential support networks.



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



Need IT Support?

Got a smart phone, tablet or PC but don't feel confident using it?

Digital Buddies help you build confidence and know-how to make better use of your gadgets, and solve your IT problems
Get in touch to make a 1-1 appointment

Contact: ☎ 0800 048 7642 ✉ enquiries@abilitynet.org.uk

📞 exeterconnect@ecoi.org.uk
 📞 01392 205800
 🌐 www.eci.org.uk
 📍 148, 149 Fore Street, Exeter, EX4 3AB
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Registered Charity Number: 102428
 Registered Company Number: 284671 (England)

FRIENDS OF HEAVITREE HEALTH CENTRE
Memory Café
 At the
 Richard Reynolds Centre
 Catholic Church of the Blessed Sacrament, Fore Street, Heavitree
 A friendly and informal café, for people with memory loss, and their families, that meets on the first Wednesday of every month.
 Contact: Jackie Minto 01392 277409

WE LOOK FORWARD TO SEEING YOU

Starting April 2022
FIRST WEDNESDAY OF EVERY MONTH
2 – 4 PM

SMILE AT A STRANGER

Fill a Box &
 Fill Someone's
 heart
 This Christmas

VARIOUS
 DROP OFF
 POINTS

Smile at a Stranger
CHRISTMAS APPEAL
 9TH OCT - 11TH DEC 2023
 Helping
 Supply Christymas
 to our most vulnerable..

For more information
@smileatastranger

CREATING CONVERSATIONS
 Living Memories in Partnership with The Abbeyfield Society

Tea & Memories
 Bringing the past to life through conversation

We are excited to invite you to a new initiative called Tea & Memories, where you can get together over a cuppa to watch archive footage from the 1940s... holidays, transport, work, the home, sport, hobbies, and much more. It's a great opportunity to swap stories, reminisce and spark a conversation.

Dates for 2023

Tuesday 14th February 2-3pm
 Tuesday April 4th 2-3pm
 Tuesday June 6th 2-3pm
 Tuesday August 1st 2-3pm
 Tuesday October 3rd 2-3pm
 Tuesday December 5th 2-3pm
 Tuesday December 12th 2-3pm

At Park Hub Heavitree
For more details contact
kate@parklifeheavitree.org.uk



JOEYS
baby & toddler group

Every Friday during term time
10am-11.45am

St Mark's Church Hall,
Pinhoe Road, Exeter EX4 7HU

Come along and have fun, activity songs,
craft, stories, outdoor play area.

Tea/coffee and biscuits for the adults.
£2 per family.

Babies and toddlers with parents,
grandparents and carers welcome.



**Join us for a
Tea and Cake
group**

Monday
The first ~~Tuesday~~ of every month in the
Hamlin Gardens communal room lounge
between 2pm & 4pm.

All welcome!

Please feel free to phone Leigh on
07860573524 for more information



**ART SESSION WITH
LEIGH
EVERY 3RD FRIDAY
OF THE MONTH.
1.00- 3.00PM IN THE
COMMUNAL LOUNGE.
COME ALONG AND
GET CREATIVE.**

Please call me on 07860573524
for any more information.



Heavitree Health Walks

Our Heavitree health walks are Grade 2 or 3 and
take place around the picturesque park and
surrounding area.

This means they may include moderate to steeper
slopes, steps, uneven surfaces.

WHEN: Every Monday
TIME: 10.30am, approx. 60-90 minutes
STARTING POINT: Basketball court at Heavitree Park

(NB: the walk can be adapted to people's needs)

For more information please contact Claire Ridge,
on e: claire.ridge@westbank.org.uk or t: 07923 205787

Krafty Kafe is Open every Tuesday 12-4 @ Amersham Court EX2 5EF

Tea, Coffee & Friends

come for a chat

Heavitree United Reformed Church
Fore Street Exeter EX1 2QJ



A welcoming community space.
Please pop in and relax - hot drinks and snacks available.
Friday mornings 10:30am – 12:30pm

Goldies Sing & Smile UK

A good old **SINGALONG**

YOUR LOCAL GOLDIES SESSION: **We're NOT a CHOIR!!**

Hamlin Gardens Community Room
November 28th, 2pm

with Katie Jones from 14.00–15.00 - £3 donation to attend

Exeter City Council COMMUNITY FUND Church Housing & Development Services

Everyone Welcome!

www.golden-oldies.org.uk
01761 470006

Heavitree Friendly Library

Heavitree Friendly Library meets twice a month in St Michael's Church between 10am and noon. There are no fines, no joining fee - just lots of books to suit all tastes

Dates for 2023 are:

- January 6 and 20
- February 3 and 17
- March 3, 17 and 31
- April 21
- May 5 and 19
- June 2 and 16
- July 7 and 21
- August 4 and 18
- September 1 and 15
- October 6 and 20
- November 3 and 17
- December 1 and 15

**Enjoy gardening?
Being outside in the fresh air?
Would you like to make new friends?
Happy to work as part of a team?**



Yes, you can make a positive contribution to the local environment by joining our new group of gardening volunteers at Heavitree Pleasure Grounds.

No experience required, just your enthusiasm and whatever free time you can spare.

We plan to meet-up once a week (the exact day to be confirmed) at the main entrance to HPG on Whipton Lane.

Kind tools will be provided but feel free to bring your own gloves and secateurs if you have them.

Refreshments, toilet facilities and shelter (if needed) are available at Parklife Cafe nearby.

If you are interested in helping, please contact Christopher on 07871 618537 for more details.

With thanks to Exeter City Council Open Spaces and Cllr. Barbara Denning for their cooperation and advice.

CHRISTMAS EVENT DATES

CHRISTMAS FAYRE
SAT 2ND DEC 11.30AM - 3.00PM

CAROLS IN THE PARK
SAT 9TH DEC 4PM



Christmas
Wreath Making
Workshop

SATURDAY 25th NOVEMBER 2023
at Vranche House, Pinhoe Road



Come and make a star-shaped wreath to hang on your door in time for Christmas! All materials and equipment will be provided, plus refreshments.

£15 per person

Choice of sessions:
10:30-12:30 or 1:30-3:30pm

Please see Reception or our Facebook page if you would like to book a place.

Participants must be 16 years or older.



Christmas
FAYRE

SUNDAY 26TH NOVEMBER 2023
IN AID OF STOKE HILL COMMUNITY ASSOCIATION
AT ST KATHERINES PRIORY
ST KATHERINES ROAD EXETER EX47JY
11AM-3PM

CHRISTMAS CRAFTS, CHILDREN'S CHRISTMAS TRAIL, MODEL RAILWAY AND STEAM RAILWAY RIDES IN THE GROUNDS (WEATHER PERMITTING), TOMBOLA, PRIZE DRAW

PLUS LIGHT REFRESHMENTS THROUGH OUT THE EVENT






Christmas Fair

Heavitree United Reformed Church
Fore St, Heavitree, Exeter EX1 2QJ

Saturday 25th November
10am – 1.30pm

Presents, books, cakes, teas & coffees, light lunches, toys, raffle, skitties, games & quizzes, bric a brac and much more!



Gift a Little Joy this Christmas!

We invite you to buy a gift for a child seeking asylum living in Exeter this Christmas.

Take a tag from the tree in Park Cafe from 1st December- buy a gift, put in an open gift bag and return to Park Cafe by 12th December.

Suggestions could include a toy, book, craft supplies, dress up clothes or sporting item (More details will be on your tag!)



What's on

Monday

- Walking for Health, arrive 10am for 10.30. Heavitree Pleasure Ground Basketball Court. .
- Knit and Knatter, alternate weeks, South Lawn Terrace surgery
- 1st Monday (not tues) of the month, Tea at 2-5pm, Hamlin Gardens community room.

Tuesday

- Ladysmith Toddler Group 9.30-11, Ladysmith Primary community room, £1 donation, Bring snack, no nuts. Hot Drink and biscuit for adult (Tues and Thurs)
- Seated exercise 10.30am, Bodley Close Community Room.

Wednesday

- Memory Cafe. Richard Reynolds Centre, 1st Wednesday of the Month.
- Weekly Senior Social Group - Park Life Heavitree Hub, 10.30-11.30.
- Tea, chat, crafts, puzzles 1.30-4pm, Bodley Close Community Room.

Thursday

- Crafts, Thursday afternoon, Bodley Close Community room.

Friday

- Refresh Cafe at the URC weekly at 10-1. Soup, rolls, tea and coffee. Food Bank 1st/last Friday.
- Heavitree Friendly Library 1st Friday of the month. Free books to borrow, tea and coffee and a chat at St Michaels Church
- Park Life Heavitree toddler group, 10-11.30 £2 suggested, book via eventbrite.
- St Marks, Joeys toddler group, 10-11.45, £2 per family
- Cards 5pm Bodley Community centre

Saturday

- Junior Park Run (4-14yrs), 9am, Heavitree Pleasure Ground. Litter Pick group and gardening group
- Volunteer Gardening, Pleasure Ground, Whipton Lane Entrance, 10-1pm.

Sunday

- Yoga in the Park, 10-11 am

Get in touch!

Philip Hawkins

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 07966992393

 www.communitybuilders.eci.org.uk



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