



Photo: Wildflowers Kinnerton Way

Hello from Rachel!



There's lots going on locally to look forward to this Summer, such as the Exwick Summer Fete, Pop-up play and a board games evening, as well as lots of regular groups and activities, such as the community art group, which is starting again in August.

A full 'What's on Guide' can be found on pages 9-11. If you have an idea for your street or neighbourhood, be it a one off event or regular activity, but you're not sure where to start, I can support you to grow your idea. If you've got an event or activity you'd like me to share in this newsletter, or you'd like to get involved in any of the activities mentioned, do get in touch. You'll find my contact details on the back page!

Best wishes

Rachel

Rachel Gillmore

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Working in partnership
with Wellbeing Exeter



Exeter Quilters at Exwick Parish Hall

I received a really warm welcome when I went along to the Exeter Quilters monthly sit and sew session at Exwick Parish Hall. They run on the last Tuesday of the month 2-4pm. The group is for all abilities and costs £2.00 a session. Why not pop along for a sew and a chat, or maybe you need a hand with something you are stuck on?

This is one of the regular activities on offer from the Exeter Quilters.

For more information visit: www.exeterquilters.co.uk



Exwick Players

Ever fancied getting on the stage. Exwick Players are looking for a few more people to get involved in their first ever Panto. No acting skills required, just a sense of humour! The production will be Scrooge, with performance dates being planned for February 2024. If you don't fancy being in the limelight, there are plenty of other ways to get involved behind the scenes or doing front of house roles on the night. The new fledgling group have started meeting at the back room of The Thatch. If you'd like to join this friendly bunch contact:
Bob Harrod (Director)
eastfordfarm@aol.com
Text/Tel: 07918 865 777

YOUR LOCAL DRAMA GROUP NEEDS YOU!



The newly formed Exwick Players will not be able to stage their planned panto at the end of this year.

Oh yes they will!

Oh no they won't!

Well, actually they will if they get a little more support from a handful of people who are not terrified about the prospect of acting the fool on the stage in front of a hundred or so people who will shout themselves hoarse and laugh at them. What could possibly go wrong?

This fledgling group and their planned panto is going to fall at the first hurdle unless we can find a few more people willing to fool about on the stage. So please, volunteer and help your community. I'm always reading on Facebook that people want something to do and want to get involved in local events. OK, your prayers are answered!

Send me a text, email or call. Acting skills are not required but a sense of humour certainly is!

Bob Harrod (Director)

Email: eastfordfarm@aol.com Text / Tel 07918 865777

Introducing Yasmin



Yasmin is the new CPAO for Exwick, St David's, St James and Duryard. If you're looking to become more active there are lots of ways she can help support you by;

- Talking to you about your interests and priorities, to find new opportunities to be more active in ways which fit in with your lifestyle.
- Helping find ways around things which might stop you being physically active (where appropriate).
- Sharing information about opportunities to be more active.
- Introducing you to an activity group, including going with you at first, if you'd like.
- Connecting you to other people with similar interests, with your and their agreement and connecting you to other groups, organisations or services

Another part of the CPAO role involves helping to develop new ideas for activities and sharing information about the community you live in and the opportunities for people who live there to be more active, in ways which work for all of you. They also support group work, which creates a safe space for people to come together to form an activity group, and to build social connections.

To contact Yasmin email: yasmin.snowball@ecct.co.uk or call: 07784 359020

Summer Pop Up Play and Sharing Ideas



Yasmin and I have been out at events doing some pop up play activities and chatting to people about what kind of family activities they would like to see locally this summer. We've had some great conversations. We have some pop up play sessions planned in August in local parks (see page 7 for details).



Natter Club at Trefoil Lodge

The Natter Club is a welcoming social group that meet at Trefoil Lodge on Buddle Lane. It's a weekly group which runs on a Wednesday morning from 10.15-12.15. A £1.50 donation includes, a hot drink, biscuits and a weekly raffle. The group also organises meals out and are discussing other outings. Quotes from people attending the group;

""Natter club is a reason to go and meet lots of new people, which I enjoy as I live on my own."

"Very enjoyable. Hope it lasts forever"



Exwick History Society

Exwick History Society is an active enthusiastic history club, that welcomes new members and is open to all. The group meets regularly on a Friday morning at Exwick Parish Hall. They run events and activities throughout the year. Their recent guided history walk at Exwick Cemetery was a huge success and over 30 people attended the event. Their next activity will be a history presentation at Exwick Summer Fete on the 12th August. The group are keen to hear from people who have memories of the area to share from the past. If you would like to get involved or find out more information email: exwicklocalhistory@gmail.com or visit the website: www.exwick-localhistory.org



Exwick Tots

The Exwick Tots is having a relaunch party in September. The toddler group is now being run by a new committee of local mums. Although they are closed for the summer holidays, local meet ups are still happening. If you'd like to find out about these informal gatherings, then send a message to find out more info through their Facebook page: Exwick Tots

The group runs every Wednesday 10am-11.30am during term time.



ECI celebrates 30th anniversary!



Local charity, Exeter Community Initiatives (ECI), is celebrating its 30th anniversary this summer!

Community Builders, who are mentored and managed by ECI in partnership with Wellbeing Exeter, are just one of several ECI projects that have helped more than 50,000 people in Exeter and across Devon over the last three decades. Established in 1993, the charity was initially set up by local churches to help homeless people in Exeter.

ECI was originally known as the Palace Gate Project and soon became an umbrella charity creating more than 25 new community projects, several of which still operate as independent charities today, including St Sidwell's Centre, St Petrock's and Homemaker South West Ltd.

Thirty years on, ECI works with individuals, families and communities to empower them to take control of their lives, develop strategies to own and manage their choices and thrive within the life they want to lead. As well as Community Builders, its projects include Bike Bank, Exeter Connect, Jelly charity shop, Transitions, Remade and Family Resource.

In 2023, ECI's services are in demand more than ever as people struggle with the cost-of-living crisis. As part of the charity's 30th anniversary celebrations, it has launched a fundraising appeal and hopes to raise £5,000 by the end of the year. If you would like to donate, visit: <https://localgiving.org/appeal/ECI30A/>

Dates For your Diary

- 5th August - Board Games Night 7pm
Exwick Community Centre
- 12th August - Exwick Summer Fete
1-4pm, Exwick Play Area/Parish Hall/
St Andrew's Church
- Saturday 9th September -
Exwick Bio-Blitz
Exwick Community Centre
- Saturday 7th October Harvest Feast -
2pm-9pm
at Exwick Parish Hall

Local Facebook Groups

Keep up-to-date by joining these local Facebook pages and groups.

- Exwick
- Exwick CB
- Exwick Community Association
- Exwick News
- Exwick Sunflowers
- Cemetery Fields Play Area Project
- Exwick Cricket Club
- Be Inspired Exwick Community Group
- Shop Local Exwick
- Exwick Arts
- Premier League Primary Stars
- Exeter Friendship and Community Group

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 - 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
- NHS Chat Health - Health Visitor confidential text messaging service
www.chatline.nhs.uk
- Home-Start - Support for families with young children www.homestart.org.uk



Exwick Community Association

SUMMER FÊTE



Saturday 12th August
1pm to 4pm

EXWICK PLAY AREA, STATION ROAD
OPPOSITE ST ANDREW'S CHURCH

JOIN US FOR LOTS OF FUN!

- Local craft stalls
- History group display
- Art exhibition
- Live music
- Arts and crafts
- Games for kids
- Refreshments



Registered charity No 1043677

Board games night

Saturday 5th August
7pm

Exwick Community Centre
Kinnerton Way

£4 per person

Refreshments provided

Bring your own board game! There will be a couple available, too.



POP UP PLAY

Interested in finding out what's happening in your local area?
or
Have an idea for activities you would like to see in your community?

JOIN US FOR A PLAY AND IDEAS SHARE IN THE PARK

Wednesday 9th August 2PM - 4PM
Exwick Play Area, Station Road

Thursday 10th August 2PM - 4PM
Flowerpots Playing Field


Wednesday 16th August 3PM - 4:30PM
Lavender Play Area (off Lavender Road)

Thursday 17th August 2PM - 4PM
Hacombe Close Play Area (Higher Barley Mount)


LISTENING POST



ART FOR ALL SKETCHBOOK ART



Come along to this fun, informal 4 week art course investigating drawing, watercolours and various media using a Sketchbook!
Please bring along something you'd like to draw!
All materials and refreshments supplied.
£15 (or £20 if including a Sketchbook) for all 4 weeks
Tuesdays, August 8th at Exwick Community Centre, Kinnerton Way.
15th, 22nd, 29th August
12.15pm-2.15pm
at EXWICK PARISH HALL
To Book and enquires contact; Tanya Todd at art@exwick.org
or tel: 07542041672 (Exwick Community Builder, Rachel)
Sponsored by Exwick Community Association



Free Workshops



Sew Much to Learn

Thurs 3 -24 Aug 2023, 10am - 3pm, Mint Methodist Church, EX4 3AT
Free workshops on budget sewing projects to make a house a home

To book: ☎ 07547 958156 ✉ remade@eci.org.uk



Slow Stitching & Basic Embroidery

Mon 31 Jul & 7 Aug 2023 10am - 12pm, Mint Methodist Church EX4 3AT

Free workshops for making a small item. All abilities welcome.

To book: ☎ 07547 958156 ✉ remade@eci.org.uk



Free Adult Tennis Sessions at Exwick Tennis Club - For more details visit: tennisforfree.com

Volunteer Opportunities

- Get involved in Community events -The Exwick Community Association are a group of residents who help support and organise community activities, such as the Summer Fete, Exwick Bio Blitz email: eca@exwick.org
- Help needed at Exwick Tots Toddler Group. Jobs include setting up the hall and packing down, making drinks and snack. Contact Jess: 07401 802 820
- Support Young People living locally - Exwick Youth Club need people to volunteer at the group Contact Jules: 07941 648 059
- Get involved in Improving the the local environment - Activities include, wildflower planting, Tree planting gardening, litter picking. Contact Rachel: 07542 041 672

Free Online Courses

Fancy learning something new? Here's some links to some free online courses:

- The Open University
www.open.edu/openlearn/freecourses/full-catalogue
- Urban Learning Academy
www.urbanlearningacademy.org.uk
- Learn Devon
www.learndevo.co.uk
- Future Learn
www.futurelearn.com
- Free Courses in England
www.freecoursesinengland.co.uk

What's on: Exwick Summer 2023

Monday

- 11.15am –12.15pm Pilates with Caroline at Exwick Parish Hall (EPH)
- 1.00pm Twirly Tots at EPH
- 4.00pm-5.00pm Tennis - 16yrs and Under - Exwick Tennis Centre (ETC)
- 5.15pm & 7.15pm Slimming World - Exwick Community Centre (ECC)
- 5.00pm-6.00pm Tennis - Beginners/Adult Improvers at ETC
- 6.00pm-7.00pm Tennis - Adult Intermediate at ETC
- 7.00pm-8.00pm Tennis - Adult Intermediate/Advanced at ETC (April-Oct)
- 6.00pm-7.00pm Pilates with Nic - EPH

Tuesday

- 10am-11am Soccer School at ECC
- 12.15am-14.15pm Art for All at EPH (starting August 2023)
- 10.45am-11.45am Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre on flood relief
- 4.00pm-5.00pm Tennis - 4-8yrs All abilities at ETC
- 5.00pm-6.30pm Tennis - 9-11yrs Intermediate at ETC
- 4.00pm-5.45pm Exwick Youth Club - Age 8yrs to year 6 at ECC
- 5.30pm-6.30pm Yoga for All at EPH
- 6.00pm-8.00pm Karate at ECC
- 6pm-8pm Hardball Cricket Training - Adults & 13 + at Exwick Cricket Club
- 6.00pm New Italian courses (Sept 23) Contact: Marco 07377398494 or mazza364@gmail.com
- 7.00pm-9.00pm Bingo at EPH

Wednesday

- 10.00am-11.30am Exwick Tots at ECC Facebook: Exwick Tots
- 10.15am-12.15pm Natter Club - Trefoil Lodge, Buddle Lane (near Co-op)
- 10.30am-12.00pm Exe Valley Community Folk Orchestra at EPH
- 2.00pm-4.00pm Exeter Quilters at EPH monthly (see website for dates: exeterquilters.co.uk)
- 4.00pm-5pm Tennis Coaching 4-7yrs All Abilities at ETC
- 5.30pm-6.15pm Urbanflow (Street Dance) Age 6+ at ECC
- 6.15pm-7.00pm Urbanflow Age 9+ at ECC
- 7.00pm-7.45pm Urbanflow Shuffling - Beginners Teens & Adults at ECC
- 7.00pm-8pm Dance TW Ballroom Dancing - Beginners at EPH
- 7.45pm-8.45pm Urbanflow Hip Hop - Beginners Teens & Adults at ECC
- 8.15pm-9.30pm Dance TW Ballroom Dancing - Intermediate/Advanced at EPH
- 8.00pm Quiz Night - The Thatch House www.thatchedhouse.net

What's on: Exwick Summer 2023

Thursday

- 09.30am-10.30am Pilates with Caroline at EPH
- 11.30pm-12.30pm Fit Steps with Donna at EPH
- 1.15pm-2.45pm Parent Point Parenting Group at EPH
- 4.15pm -6.00pm Exwick Youth Club - Year 7+ at ECC
- 4.30pm-6.30pm Tennis - 9-11yrs & 12-16yrs Intermediate & All Abilities at ETC
- 6pm-8pm Women's & Girls Soft Ball Cricket at Exwick Cricket Club

Friday

- 10.00am-12.00pm Friday Friendship (term time) at EPH
- 10.00am-12.00pm Exwick History Society - in the back room at EPH (email to confirm it's on) exwicklocalhistory@gmail.com
- 10.30pm-11.30pm Tennis - Adults All Abilities at ETC
- 4.00pm-6.00pm Tennis Group Coaching - 12 yrs and Under - Performance at ETC
- 5.00pm-6.00pm Girls Football - 5-14 yrs (Term Time) at Exwick Sports Hub (ESH)
- 6.00pm-8.00pm Friday Football - Aged Year 7-19 yrs at ESH
- 6.15pm-7.15pm Dynamos Cricket - 5-11yrs at Exwick Cricket Club
- 6.30pm New Hope Baptist Church Bible Study & Prayer Meeting ECC

Saturday

- 09.00am-10.00pm Exwick Outdoor Yoga - On the green behind Exwick Health Centre
- 09.00am-10am Free Group Tennis Coaching Adults & 12+ at ETC
www.exwicktennisclub.co.uk
- 10.30am-11.30am All Stars Cricket - 5-11yrs at Exwick Cricket Club
- 10.45am-11.45 Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief
- 6.30pm-10pm Hindu Temple (last Saturday of the month) at EPH

Sunday

- 10.00am St Andrew Church Service
- 10.00am New Hope Baptist Church Morning Service at ECC
- 10.30am-12.00pm Exwick Community Church (ECCh) Service at EPH
- 4.00pm-6.00pm Messy Church (2nd Sunday of the month) at EPH

What's on: Exwick Summer 2023

Contact Details for Venues and Classes:

- Exwick Community Centre (ECC) - 07307 725111 exwick@inclusiveexeter.org.uk
- Exwick Parish Hall (EPH) - bookings@exwickparishhall.co.uk
- Exwick Tennis Centre (ETC) - Steve on 07835 041 719 www.exwicktennisclub.co.uk
- Exwick Youth Club - Jules 07941 648 059
- Parent Point Parenting Group - Debbie 07960 704 427/debbie.carter@ymcaexeter.org.uk
- Fit Steps - Donna 07967 685 090 eddon@live.co.uk
- Art for All - Contact Tanya - art@exwick.org Soccer
- Tots - Ben Simons Soccer Schools - 07919 360222
- Folk Orchestra - David Faulkner david.eelgrinders@gmail.com
- Girls Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Monday Pilates - Nicola Gardner 07792 586 540
- Thursday Pilates - Caroline Dodd 07791 105 987
- St Andrews Church - Marian Cleaver 07747 755 378
- Exwick Community Church - admin@exwickcommunitychurch.org.uk
- New Hope Baptist Church - 07449 159853 www.newhopebaptist.co.uk
- Urban Flow - Louise Lathem 07885 261178 www.urbanflowstreetdance.co.uk
- Yoga For All - Wendy 07870 578 431
- DT Dance - Ballroom - Tina 07435 609 611 Wendy 07949 141 800
- Twirly Tots - 07967 980 397
- Exwick Cricket Club - ExwickCC@outlook.com www.exwickcricket.co.uk

Get in touch!

Rachel Gillmore

 exwickcb@eci.org.uk

 07542 041 672

 www.communitybuilders.eci.org.uk

 Rachel Gillmore (Exwick CB)



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