



Hello from Sarah!



Hello everyone!

Just a little note of introduction - I'm Sarah, covering Amy Jones' post as your Community Builder. It has been a great few months getting to know the area, visiting the lovely community groups and hearing all the great ideas from residents whilst out and about in the area.

Now Autumn is approaching (even if the hot weather says otherwise!) I'd like to share some of the great things that are going on locally and highlight some of the stories of inspiring figures in our community. With so many amazing things happening, it's a job to know what to select, but that's certainly not a bad problem to have!

I hope you enjoy reading.

Best wishes

Sarah

Sarah Spencer

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents recently said at Summerway Park:

It would be good if there was more equipment to play with in the park

It would be great to see Summerway Park used more!

Summerway Park is a great place to walk my dog as I live nearby.

I'd like to see more nature projects in the park, maybe a herb garden, and I'd be happy to help make the planters



Summerway Sessions



Photo: AN Other

Teaming up with Ebbie, Community Builder for Pinhoe, and Rhian, Physical Activities Co-ordinator for Exeter North, we've enjoyed listening to your ideas for Summerway Park during our 'Summerway Sessions' in August, which were aimed at getting people moving in the area.

Thank you so much to everyone who has come along to try out activities and to chat to us about Summerway. On August 24th, we had the finale of these first batch of sessions, complete with a smoothie bike and a yoga taster session! Watch this space for more like this soon!

Have Your Say on Summerway!



Throughout these sessions, I asked those of you to come along to draw what you think of the area on a map to help me create a picture. Some amazing ideas have come from this - from fruit trees to wildflowers, planters to more play equipment.

I am now seeing which ideas have potential to take forward. There's still time to have your say! Drop me a line if you have an idea for the Summerway area - I'd love to hear it.



Listening Post

Continued - for Mincinglake and Whipton more generally:

I can't find any faults with Mincinglake Valley Park, it's clean, wild and I love what the Devon Wildlife Trust have done with it.

You are doing a great job- its's the most we've seen happening in Whipton in the two years since we've been here.

Thanks for posting events on Facebook, it's great to know what's going on locally.

Exeter just works



Foxes in Thackeray Road



A resident from Thackeray Road got in touch with concerns that a family of foxes would have their den destroyed if the council cuts down the thicket in which they live. The council have been asked to leave the area so that the foxes may thrive, and there are plans afoot to

make the nearby green space more nature-friendly, possibly through the planting of wildflowers. If you live in Thackeray Road and would like to help make this happen, get in touch - and if you live elsewhere and would like to see more nature-friendly projects happening in your neighbourhood.

Hedgehog Highway, Merlin Crescent/King Arthurs Road



A local resident has had the great idea of encouraging neighbours to create a 'hedgehog highway' in their gardens, so that hedgehogs can move around safely and avoid crossing lethal roads.

Emily Perryman from Devon Wildlife Trust is working with us to make this happen. If you live in the area and would like to contribute to the highway, let me know - it's very simple, but has a big impact!



Community Litter Picking in Lloyd's Crescent



There was a very productive community litter pick in Lloyd's Crescent with the housing officers from the City Council and some local volunteers. It was great to make the area look a bit tidier - thank you to all who helped out!

Have you ever thought about organising a litter pick? It's a great way to create community spirit and to foster pride in where we live. Do get in touch if it is something you'd like to make happen in your area, and here are some tips on the right of the page!



Top Tips for a Litter Pick

- **Pick a place and time!**
Where is a hotspot for litter near your home? When would be a good time to go and who do you want to go with?
- **Keep yourself and others safe**
Gloves and hi-vis jackets could be useful. Why not read the council's risk assessment to get an idea of how to manage risks?
- **What will happen to the litter?**
Will you take it home to put in the black bin... or could you use the council?
- **Make it enjoyable!**
Maybe provide refreshments at the end or invite folks to come buy a drink with you? Challenge kids to record how many pieces they pick up. Have a prize for the team with the top score. How can you make sure everyone coming can have a role and be welcomed? (no matter their age or capacity!)
- **Spread the word**
Remember to say WHY you're doing this. Could your community builder help spread the word? Is it word of mouth only? Or could you put notes through neighbours doors? Are there nearby noticeboards or online groups on Nextdoor or Facebook or Whats App?

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/>

Whipton Community Hall - Can you help out?



Whipton Community hall is a vital part of our local community, providing space to host a wide variety of events, groups and classes. None of this would be possible without the inspiring dedication of Wendy and Mark Bodell, who voluntarily run the hall. If anyone would like to get involved, they are looking for people to help with:

- Gardening and maintenance
- Assisting with events
- Manning the kitchen
- Setting up and clearing away events, especially Meet with Mummies play cafe.

If you can help, please contact admin@whiptonhall

The Star Inn Shines

Sharon Crisp, who runs the Star Inn in Whipton, has worked hard to overcome the pub's former reputation by transforming it into an important community space. This began by hosting St Boniface Church when the church building was under renovation during the pandemic.

There is now a community coffee morning every Wednesday, 10-12 noon. Come along for an excellent cream tea and wonderful company, and keep an eye out on the Star Inn Facebook page for other forthcoming events.



The Beacon Centre



It has been buzzing at the Beacon Centre over the summer with a range of events and activities, including nature-inspired printmaking with Double Elephant Print workshop and making insect hotels with the Devon Wildlife Trust.

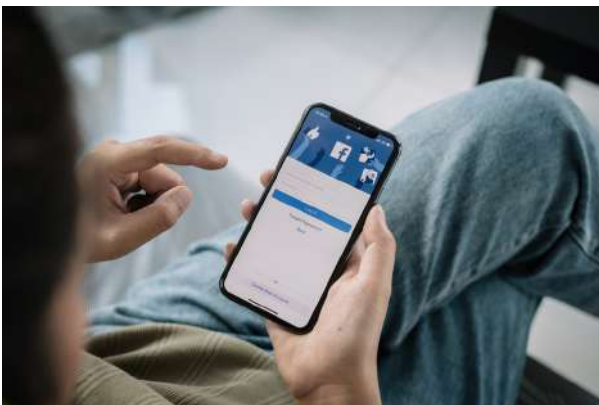
Check out the What's On section for all the amazing groups and activities going on at the Beacon - from the Foodbank to the Toy Library, from the Community Garden to a craft group, there really is something for everyone on offer here.

St Boniface Church



St Boniface Church aims to serve the wider community in Whipton. They run a food larder on Thursday evenings, a school run cafe on Wednesdays, and the popular Legs, Tums & Mums class is set to return in September. Check out the What's On for more details, and thank you to Carl and Sarah Robinson for their hard work at the Church.

Get Social



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

- Amy Jones CB
- Beacon Heath Together
- Friends of Summerway
- Whipton Community Group
- Whipton Hall
- Thackeray Road
- Friends of Eastern Fields
- Friends of Mincinglake Park
- The Beacon Centre
- The Star Inn

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
www.homestart.org.uk



Whipton Transport play day

at Whipton Community Hall

Saturday 30th September & 18th November

Choice of sessions 10am - 12 or 1pm - 3pm



£6 per child per session

Come and play with our large track layout, Engines, cars & trucks. Set up to play.

Refreshments on sale

To book

<https://Whiptontransportplayday.eventbrite.co.uk>

All children must be accompanied & supervised by a parent/guardian



FAMILY

HALLOWEEN PARTY

WHIPTON HALL 4-6 PM

Saturday 28th October

Party Games & Disco

£2.50 per child £1 per adult

<https://whiptonhalloweenparty23.eventbrite.co.uk>

Pizza's, Snacks & Drinks available to buy



Fancy dress encouraged



HALLOWEEN ACTIVITY DAY

SUN 29TH OCTOBER

WHIPTON COMMUNITY HALL

From 11 - 2pm

Trick or Treat trail, Scavenger hunt, Craft activities, Games

Admission £5 per child (1 of each activity included)

£1 per adult

Fancy Dress

Pizzas/Bacon Rolls on Sale

Refreshments / sweets & treats will be on sale

Pre book if you can but payment on the day is accepted



Card & Cash Accepted



HAPPY HALLOWEEN

THE WHIPTON HALL CHILDRENS HALLOWEEN DISCO

A HALLOWEEN SPOOKTACULAR

Whipton community hall, Pinhoe Rd on

SUNDAY 29TH OCTOBER

4 - 6PM

£2.50 per child accompanying adults £1

Fancy Dress encouraged

Pizzas & hot dogs available

Refreshments, treats and sweets will be on sale

<https://WhiptonHalloweendisco23.eventbrite.co.uk>



Children must be accompanied by an adult





Ladies Night
Friday 1st December
7.30 - 9pm
Whipton Community Hall
 A festive evening of shopping and treats
Christmas gifts for sale
and free taster treatments.
 Raffle with a £50
 beauty voucher from Indulgence
 Tickets £5 per person including
 a glass of bubbles on entry and tapas/sliders nibbles
<https://WCAladiesnight.eventbrite.co.uk>
 Small bar selling drinks
 Over 18s only

Santa's Grotto

At Whipton Community Hall
Saturday 9th December

- Book a 15 minute appointment with Santa in his grotto.
- Age appropriate gift
- Photo opportunity with Santa in his sleigh



No queues £8 per child

Book now by email
Bookings@whiptonhall.com
Pre book only!




Children's Christmas Disco

Food/drinks on Sale Sweets & Treats

Whipton Community Hall
Saturday 16th December
4 - 6pm
 £2.50 per child £1 per adult under 2 Free

All children must be accompanied by an adult
 Bookings must be made in advance




Christmas Party Lunch

With **Olaf & Princess Elsa**
Whipton Community Hall



Sunday 17th December 11am - 2pm

£10 per child Pre-book only
£1 per adult Under 2's Free

Price includes children's buffet including squash
 Photo opportunities with Princess Elsa & Olaf
 Mini Disco and party bag.
Refreshments/treats will be on sale

To Book
<https://WCAcharacterchristmaslunch.eventbrite.co.uk>

LEGS, TUMS & MUMS

Fitness class for Mum & Toddler

10am Thursday @ St Boniface Church Whipton



45 minute fun beginner workout for you and your toddler guided by our qualified instructor Casey

Toys available for distracted minds 😊

Email caseyduffy@gmail.com to

**BOOK NOW FOR
SEPTEMBER!**



**Thursdays
7-8:30pm
at St Boniface Church**
Free to all who have a need

No Referrals No Agencies No Shame
just free food for when times are hard

Not sure if Whipton Community Larder is for you?
email larder@whipton.church or leave a message on 01392 322108
and we'll do our best to answer any question you have.

Want to donate or volunteer?
We'd love for you to help!
email larder@whipton.church for a chat

Whipton Community Larder is a free service run by volunteers from St Boniface Church Whipton, as part of the Church of England.
For more information visit www.whipton.church

STBONIFACE
WHIPTON



**NEW U8S
WHIPTON YOUTH FC**
OPEN TO CHILDREN IN YEAR 2 (YEAR 3 FROM SEPTEMBER)
All abilities welcome. All volunteers hold a valid FA DBS fully funded coaching opportunities available with free child place in team.
6 - 7PM FRIDAYS
WILLOWBROOK SCHOOL FIELD
Summer Lane, Exeter
Email - whiptonyouth@gmail.com

Don't be lonely

Meet new friends, be entertained
Tea, Coffee and Biscuits, and Lunch
'A friendly and welcoming atmosphere'



**Come to the Meet & Remember Club,
every Thursday at 10.30 am at the
Devon Yeoman
Beacon Lane, Exeter**

**FREE CRAFT &
LUNCH AT**

Messy Church

9TH SEPT, 7TH OCT, 11TH NOV & 9TH DEC 2023

Families are welcome to join us every month for Messy Church 10:30am–12:30pm, at the Beacon Centre (Beacon Lane, Exeter, EX4 8LZ)

With toys for little ones and all-age craft activities focussing a monthly Messy Church theme. Refreshments throughout followed by a simple lunch



Exeter Vineyard Messy Church



EVC Messy Church

What's on - Autumn 2023

Monday:

- 9:30 - 11:30 Meet with Mummies Toddler Play Cafe (term time only), Whipton Community Hall
- 10:00 -12:00 Mothers in Mind, the Beacon Centre (Booking required)
- 10:30 - 12:00 Craft and Chat, Beacon Centre. Bring your own or join in. £3 suggested donation. Free Refreshments
- 4:30 - 9:45pm - The Rock Project, the Beacon Centre (booking required)

Tuesday:

- 9:00 - 11:00 Music with Mummy (Booking Required), Beacon Centre
- 9.30 -10:30 Legs, Bums & Tums, Whipton Community Hall
- 10:30 -11:30 Pilates, Whipton Community Hall
- 10:30 - 11:30 Yoga with Rachel (booking required), Beacon Centre
- 3:30 - 6:00pm The Hub Youth Space, years 7-11 (term time only), Beacon Centre

Wednesday:

- 9:30 -12:00 Painting for Pleasure, Whipton Community Hall
- 10:00 -12:00 Community Coffee Morning, the Star Inn
- 10:00 - 12:00 Foodbank (referral only), Beacon Centre
- 12:30- 2:00pm - Yoyos elderly diet group, Whipton Community Hall
- 2:30-4:30pm School Run Cafe, St Boniface Church
- 5:00 - 7:00pm Evening meal, Isca Centre

What's on

Thursday:

- 9:00 - 11:00am Music with Mummy, ages 0-5, Beacon Centre (booking required)
- 9:30 - 11:15am Tadpoles - play group, Beacon Centre (term time, drop in)
- 10:00 - 1:00am Legs, Tums & Mums, St Boniface Church (term time, booking required)
- 10:00 - 10:30 Twirly Tots Dance Class (term time only, Whipton Community Hall)
- 10:30 - 2:00pm Meet and Remember Club, The Devon Yeoman pub
- 10:30 - 12:00 Drop-In Community Cafe, Beacon Heath Church
- 4:30 - 7:30pm - Taekwondo (all ages) Whipton Community Hall
- 7:00 - 8:30pm Food Larder, St Boniface Church
- 7:30 - 8:30pm Yoga with Anouska, Beacon Centre
- 7:30 - 9:30pm Bingo, Isca Centre

Friday:

- 9:30 - 11:30 Meet with Mummies, Whipton Community Hall
- 9:30 - 1:30pm Spinning Top Toy Library, Beacon Centre
- 10:00 - 11:00 Community Larder, St Katherine's Priory
- 10:00 - 2:00pm Community Cafe, St Katherine's Priory
- 10:00 - 12:00 Community Cafe - drop-in, Beacon Centre
- 10:00 - 12:00 Foodbank (referral only), Beacon Centre
- 12:00 - 3:00pm Lunch Club, Isca Centre. All welcome.
- 1:30 - 4:30pm - Tribe - Home School Social, Beacon Centre (Booking Required)
- 12:30 - 2:30pm Community Garden Group, Beacon Centre
- 6:00 - 7:00pm Under 8's Whipton Youth FC, Willowbrook School

Saturday:

- 10:00 - 12:00 Soundwaves music making - learning difficulties group, Beacon Centre (booking required)
- 1:30 - 4:30pm Knit and Knatter, Beacon Centre

Contact Details of Venues

Whipton Community Hall
Email: bookings@whiptonhall.com

The Star Inn
tel: 01392 466128/ 07497578661

The Beacon Centre
Email: info@thebeaconcentre.org
tel: 01392 204979

St Katherine's Priory
07467 079452

St Boniface Church
Email: info@whipton.church

The Isca Centre
tel: 01392 265840

The Devon Yeoman
tel: 01392 273493

Beacon Heath Church, King Arthur's Road
email: beaconheathchurchtribe@gmail.com

Willowbrook School:
tel: 01392 466208

Get in touch!

Sarah Spencer

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 www.communitybuilders.eci.org.uk

 Amy Jones CB Mincinglake & Whipton



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