

Social Connections and Community

Age UK Exeter

Age UK offer services ranging from social and activity groups and advice and benefit checks to help in the home, day services and supporting individuals and carers living with dementia to provide support for older people, their families and carers.

Assist Teignbridge

Assist Teignbridge promotes volunteering and offers information, advice, help and assistance to elderly and vulnerable people in the locality through the Community Support Project, as well as providing services including a home care and sitting service, a nail trimming service and a home help service for those who struggle to manage household tasks.

Bridge Collective

A social enterprise that offers a community of mutual support and safe space where experiences with mental illness can be talked about freely, safely and without judgement.

Devon Carers

Devon Carers is an organisation led by carers for carers which provides information, ideas and opportunities for self-help, and advice and support services including peer support, community support as well as a sitting service.

Dove Café

Dove Café is a community café in Exeter which is run as part of South Street Baptist Church and offers an affordable place for local people to meet and eat, including free drinks between 10:30am to 12 noon.

FabLab

A small-scale workshop, FabLab is community resource where anybody can access computer controlled machines such as t-shirt printing, laser cutting and 3D printing.

LGBT Helpline

Switchboard is a confidential LGBT helpline which provides a safe space for anyone to discuss anything, including issues related to sexuality, gender identity, sexual health and emotional wellbeing.

Living Options

Living Options Devon provides vital support to people with disabilities and deaf people (who use British Sign Language (BSL)) to enjoy independence, gain employment and overcome barriers including accessibility and discrimination.

Magic Carpet

Magic Carpet is a charity which aims to use the power of creativity to help anyone challenged by health and social circumstances through running painting, ceramics, printing, drama and music activities for mental health groups, learning disability groups and community groups.

Open Door Men's Shed

Exmouth Open Door Men's Shed provides men with the opportunity to learn new skills and make friends while engaging in projects like wood turning, scroll saw and general carpentry, as well as providing training and support to explore other interests.

Opportunity Club

In partnership with Exeter City Football Club, CITY Community Trust offers a wealth of physical activity and wellbeing programmes for members of the community regardless of age, gender, background and ability.

Reader Organisation

Reader Organisation is a national charity that provides everyone with the opportunity to experience and enjoy great literature. It offers shared reading programmes as well as reading with adults in community spaces, those with physical and mental health conditions, those coping with or recovering from addiction, and people in the criminal justice system.

Resilient Woman

The Resilient Woman project works with women in the Justice System through providing therapeutic support, learning and employment opportunities as well as support for children and families.

ROC Recovery Cafe

A volunteer-led recovery Café for those who wish to engage or stay engaged in recovery from problematic drugs and/or alcohol use. It offers a safe place of shelter, support and friendship with free hot drinks and a chance to receive as well as give advice and support about the recovery process.

St Sidwells Community Centre

St Sidwell's Community Centre is a healthy living centre that offers the opportunity to engage with cooking, baking and catering by providing classes as well various projects involving reducing food waste, composting and the chance to work in the centre's vegetable garden. The site also has its own community café where it serves local food.

Stepping Out

Exeter Stepping Out is a free walking programme that holds walks 6 day a week from various locations around Exeter. The walks are led by trained, friendly, volunteer walk leaders and offers a chance to improve physical fitness and mental wellbeing.

The Intercom Trust - LGBT

Intercom Trust is a charity that offers help and support to lesbian, gay, bisexual and trans+ people through providing advocacy and counselling services as well as community support groups.

Westbank

Westbank is an organisation that offers care and health support to those willing to increase their fitness and physical wellbeing. It provides access to fitness and activity opportunities, support for carers and community support and online classes as well as running a type 2 diabetes prevention programme.