



Community Builders



Volunteer Opportunities in St Thomas

Making a difference in your community

Introduction

Welcome to Volunteering in St Thomas you are bound to find your perfect volunteering opportunity!



This lending-a-hand volunteer brochure gives you a flavour of how you can help out and get involved where you live.

This could be helping at a one-off school event or have a regular slot at a coffee morning; there are many ways you can volunteer and make a difference locally within existing charities, organisations and groups in St Thomas.

Take a look at some of the opportunities to get involved, and how to get in touch.

If you would like to feature in the next publication, or you have any ideas for your neighbourhood, then please get in touch your Community Builder.

Chloe

Community Builder - St Thomas

List of organisations

- Cowick Roots & Recreation
- Friends of St Thomas Library
- St Thomas Community Garden
- St Thomas Food Fight
- Love Food CIC
- St Thomas Practice League of Friends
- 16th Exeter (Emmanuel) Scouts
- St Thomas (Trefoil Lodge) Brownies/Guides

Cowick Roots and Recreation







We are a small group working to improve Cowick Barton and Pines Gardens, around the green spaces, gardening and activities. Example projects have been tree planting, art installation in conjunction with local partners.

Volunteering opportunities available:

- Volunteer committee members
- General help and fundraising

Contact

-  07935 218747
-  cowickrootsandrecreation@gmail.com
-  [//www.facebook.com/CowickRootsandRecreation](https://www.facebook.com/CowickRootsandRecreation)
-  Cowick Roots & Recreation Barton Rd Exeter

Friends of St Thomas Library







Friends of St Thomas Library are actively fundraising for St Thomas Library (despite relocation) and organise activities, book, plant and refreshments in aid of St Thomas Library.

Volunteering opportunities available:

- Volunteer Committee members
- Volunteers to attend and support events locally

Contact

-  07811415424
-  FrostLibExeter@yahoo.com
-  <https://www.facebook.com/Frost%20LibExeter>
-  St Thomas Library, Emmanuel Hall ,Okehampton Rd, Exeter EX4 1EJ

St Thomas Community Garden



St Thomas Community Garden is located in St Thomas Pleasure Ground, off Cowick Street, in Exeter (Devon). Our aim is to grow food in a sustainable way whilst respecting and enhancing local wildlife; to increase access to locally produced food for all in the neighbourhood; and to strengthen the sense of community. Our volunteers meet every week to tend to the garden, harvest, and distribute produce. We meet on Sundays at 11 am.

Volunteering opportunities available:

- Gardening Volunteer (no experience needed)
- Volunteers to support occasional events

Contact

 01392 202092

 st_thomas_community_garden@yahoo.com

 <https://www.facebook.com/groups/2504356273192890>

 St Thomas Community Gardens, St Thomas Pleasure Ground, Cowick Street, Exeter EX4 1HS

St Thomas Food Fight

St Thomas Food Fight provide free food and hot drinks at our table on Cowick Street, opposite the Post Office, Sundays between 11:30 and 12:30. No referral, no questions asked, just free food with a smile. Some volunteers serve food and drinks at the table. Others cook vegetarian food for sharing.

Volunteering opportunities available:

- Volunteer cook (vegetarian options)
- Volunteer servers

Contact

 01392 982 570

 stthomasfoodfight@gmail.com

 www.facebook.com/groups/stthomasfoodfight

Love Food CIC



LOVE Food CIC increases access to and promotes the benefits of Local, Organic, Vegan, Ethical Food through events, cookery classes and demos, recipe booklets and more.

Volunteering opportunities available:

- Volunteer cook (vegan)
- Volunteer servers
- Volunteers for occasional events

Contact

 info@lovefoodcic.co.uk

 <https://lovefoodcic.co.uk>

St Thomas Practice League of Friends

Friends of St Thomas Medical Practice are a n active team of volunteers who provide services to mainly housebound patients, eincluding prescription delivery, transport to the health centre and hospital, shopping, fund raising etc.

If you would like more information about volunteering or if you think the Friends may be able to help you, please contact Mrs Denise Knowles, our Volunteer Co-Ordinator.

Volunteering opportunities available:

- Volunteer Drivers
- Befrienders
- Support with Fundraising and Events

Contact

 01392 676676, option 3

 League of Friends, St Thomas Health Centre, Cowick Street, Exeter, EX4 1HJ

16th Exeter (Emmanuel) Scouts




The 16th Exeter (Emmanuel) Scouts provide groups for children and young people in the St Thomas area. We hold groups for Beavers (6-7:15) on a Tuesday, Cubs (6-7:30) on a Wednesday. We also have Scouts (7-9pm) group on Fridays.

Volunteering opportunities available:

- Volunteer group leaders
- Support with fundraising and events
- Executive Committee Members

Contact

 gsl_16th.emmanuel@outlook.com

 Shaun Wray ,16th Exeter, Scouts (Emmanuel), St Thomas

St Thomas (Trefoil Lodge) Brownies/Guides

Trefoil Lodge is the HQ of Exeter Girl Guiding and has groups: Mondays - Brownies 6pm-7.30pm, Guides 7pm - 8.30pm, Rangers. 7.30pm - 9pm. Tuesdays - Rainbows 4.45pm - 5.45pm, Rainbows 6pm - 7pm

Volunteering opportunities available:

- Volunteer Drivers
- Befrienders
- Support with Fundraising and Events

Contact

 01392 210232

 Exeter Girlguiding, Trefoil Lodge, Buddle Lane, EX4 1JP

 <https://www.girlguidingexeter.org>



St Thomas Exeter (St Thomas Methodists) Brownies/ Guides

St Thomas Methodist Church Cowick Street, Mondays Brownies 6pm- 7.15pm, Guides. 7.30pm - 9pm

Tuesdays Rainbows 4.45pm - 5.45pm, Brownies. 6pm - 7.30pm

Volunteering opportunities available:

- Volunteer group leaders
- Support with fundraising and events
- Support with Fundraising and Events

Contact

 01392 210232

 Exeter Girlguiding, Trefoil Lodge, Buddle Lane, EX4 1JP

St Thomas Emergency Group


Friends of St Thomas Medical Practice are a n active team of volunteers who provide services to mainly housebound patients, eincluding prescription delivery, transport to the health centre and hospital, shopping, fund raising etc.


If you would like more information about volunteering or if you think the Friends may be able to help you, please contact Mrs Denise Knowles, our Volunteer Co-Ordinator, on 01392 676676 and press option 3.

Volunteering opportunities available:

- Volunteer Drivers
- Befrienders
- Support with Fundraising and Events

Contact

 01392 676676

 Denise Knowles, League of Friends, St Thomas Health Centre, Cowick Street, Exeter, EX4 1HJ

Theatre Alibi



We are in an exciting period of change as we transition to being a Centre for the Imagination, with lots of exciting events coming up including a Festive Family Ceilidh, What If...? a Festival of Children's Stories and much more. And we'll need your help to keep these events running smoothly!

Volunteering opportunities available:

- Volunteers at events meet and greet, stewarding etc.
- Support with fundraising and events

Contact

☎ 01392 217315

🏠 Theatre Alibi Emmanuel Hall, Okehampton Rd, St Thomas, EX4 1EJ

✉ hattie@theatrealibi.co.uk

2469 Squadron Air cadets



St Thomas Air Cadets volunteers can learn skills in a range of areas, develop leadership qualities, personal development, gain qualifications in areas like mountain leadership, first aid and NVQs

Volunteering opportunities available:

- Supporting/ running activities
- Teaching
- Providing encouragement and moral support
- Multiple training opportunities

Contact

✉ gsl_16th.emmanuel@outlook.com

🏠 Shaun Wray ,16th Exeter, Scouts (Emmanuel), St Thomas

Merrivale Park Association

This small group of volunteers runs 11 monthly meat bingos a year & organises other events for Merrivale Park (EX4 1PT) as ongoing fundraising efforts for the park for play equipment and improvements in consultation with local residents.

Volunteering opportunities available:

- Volunteers to help organise/run events
- Support with fundraising and events
- Committee Members

Contact

✉ merrivaleparkassociation@gmail.com

🏠 Sam and Tim Snell, Merrivale Park Association

6th Exeter (Wellington Rd) Scouts

The 6th Exeter (Wellington rd) Scouts provide groups for children and young people in the St Thomas area. We hold groups for Beavers (6.30-7:45) on a Thursday, Cubs (6.30-8) on a Wednesday. We also have Scouts (7-9pm) group on Fridays

Volunteering opportunities available:

- Volunteer group leaders
- Support with fundraising and events

Contact

✉ gsl@6thexeterscouts.org.uk

🏠 6th Scouts Exeter, Wellington Rd, St Thomas, Exeter, EX2 9DY





Would you like further information about opportunities listed
in this brochure?

Reach out to the groups listed or have a discussion with
your community builder.

Chloe Pooley St Thomas