

Welcome



Welcome to our Autumn quarterly newsletter, where we are bursting with exciting news to share! Myself and Trustee, Natalie Vizard, were delighted to attend the City Life 24 conference for churches and city leaders at Belmont Park. It was encouraging to hear from Exeter's leaders and to share 'a minute on the mic' with many inspirational charitable organisations and CICs.

It was clear that our motivation and hopes for Exeter and Devon are the same: vibrant, engaged, inclusive communities, where all people can live fulfilling and healthy lives.

Read all about how our projects are making that vision possible.

Ellie Taylor
General Manager

Magic Carpet Creative Space Exhibition



Our Magic Carpet Creative Space Exhibition welcomed 200 visitors to an exciting exhibition at the Positive Light Projects.

The event showcased an impressive collection of 138 pieces of artwork, each reflecting a diverse array of styles and techniques. The exhibition was testament to the resilience and creativity fostered within our support groups, where participants use art as a medium to express themselves and process emotions. It was also a reminder of the healing power of art and the importance of connection and community on our journeys toward mental well-being. The opening night had a brilliant atmosphere filled with conversation about the artwork, creativity and mental health. With many of the artists present, attendees were able to discuss the stories behind their artwork with the artists themselves. It also served as a great opportunity to celebrate Magic Carpet becoming a part of Exeter Community Initiatives. (Continued on Page 2)

Hear What Visitors Said...

"A much needed space for those who benefit from expression and creativity."

"Inspirational work. Lovely to see how art supports wellbeing."

Amazing! So refreshing. Thanks for being a lifeline for my brother."

"A beautiful and inspiring array of art. Please do it every year!"

Meet One of Our Open Studio Artists



"I joined Magic Carpet about a year and a half ago and it has been a haven for me. Magic Carpet is a much needed safe space for me both literally as a place to practice and explore art, but also as a place for me to get out and socialise in a busy often overwhelming city. By opening up, speaking out and seeking help, by sharing and persisting, I am here today exhibiting my art – something I never thought I would be doing and wouldn't have done without everyone at Magic Carpet"

We would like to thank to National Lottery Community Fund, Positive Light Project for hosting us and to Ikea for providing the frames. We look forward to future gatherings that continue to inspire and uplift both artists and attendees alike. For more information about Magic Carpet [Click Here](#)



Jelly Christmas Tree



We are excited for our Christmas Tree this year to be displayed in Princess Hay from the 15th of November, we are one of the 35 charities in Exeter displaying a tree.

This year's theme designed by Dawn our Jelly Charity Shop Manager is going to be 'Stickman' and a winter woodland theme! Our decorations will be handmade by our Magic Carpet's 'Story into Art' group.

Unlock Your Career Potential at Jelly!

Are you looking to make a difference in your community?

Join us at Jelly, our Children's Charity shop!

We have many roles to suit you:

- Do you want to enhance your digital marketing skills & gain valuable volunteering experience?
- Or are you looking for retail experience for your CV? Come and learn new skills in retail!
- Donation sorting sound more like your thing? We need people to help with organising our daily donations too.

To find out more please email dawn.garrett@eci.org.uk.



Family Resource Partnership

We are very proud to be one of the organisations working alongside each other to better improve mental health support for children, young people and their families across Devon.

The common purpose of the project is to:

- Ensure all family members are appropriately supported (including siblings), by working collaboratively
- Work collaboratively to increase the success rate of interventions that families receive, by taking a shared, holistic approach
- Share knowledge and ideas to achieve positive/best practice
- Have shared values, a shared language and shared messages, whilst delivering services in our own unique ways
- Pull services in to support our families, rather than simply signposting to an alternative service (no wrong front door)
- Continue to be a catalyst for change by capturing our journey and sharing the learning

For more the Resource Directory, Navigating Change toolkit and information on the partners [Click here.](#)



Pinhoe Train Station Mural



This Autumn, Community Builder Ebbie Peters has worked with the Friends of Pinhoe Station group to install a mural locally.

"I have been supporting the local Friends of Pinhoe Station group with this project. We explored ideas for the mural and I helped connect them to the artist, break down the barriers with permissions, access funding, and navigate risk assessments. Friends of Pinhoe Station are a group of volunteers who support the local railway, as recognised by Southwestern Railway (SWR)."

Located on the edge of the city, Pinhoe has mourned the loss of green spaces with many housing developments locally. The Friends group recognised this and wanted to transform an otherwise neglected wall. The mural creates a sense of pride of place, lifts commuter's spirits, and puts Pinhoe on the map as it grows. Local wildlife provided inspiration for the artwork, as a family of foxes is often spotted playing on the embankments - this idea was commissioned to artist Chloe Farrant by the Friends. Funding from Devon County Council and SWR Community Fund helped to make the dream a reality.

Read more [here](#).

Transitions Workshops



Our Transitions project works with people of 18+ in Exeter who may be feeling vulnerable and isolated, or going through a period of change. Sarah and Pete our Project Workers run small group workshops about wellbeing and life skills, exploring self-help strategies, and sharing ideas with others.

Upcoming workshops include:

Feel the Fear: Start date 31st Jan workshops designed to help you understand and manage anxiety.

Master Your Tasks: Three weekly workshops looking at prioritising, planning, decision making and time management

To see all of our workshops click [here](#).

Our New Trustees

We would like to introduce you to our new Trustee's at ECI.



Emerald Hughes

Emerald grew up in south Wales, but moved to Exeter in 2016 to complete a degree in Archaeology. She currently works as a Wellbeing Practitioner for children in Torbay who are impacted by domestic abuse. Emerald spent some time working with homelessness in Devon and Somerset before moving into wellbeing work. She is now a qualified Cognitive Behavioural Therapy practitioner for children and young people, and lives in Alphington with her partner and their ginger cat.



Mark Hodgson

Mark's career spans hospitality, accounting and education technology. Previously a scout leader, Mark has a keen appreciation of ECI's mission of using creativity to connect people and improve their well-being. Mark fulfils the role of Treasurer on the board of Trustees



Robert Scott

Retired from over 30 years as a local solicitor, Robert is keen to apply his knowledge and experience in the voluntary sector.



Mia Day

Mia Day is a People Partner and advocate for neurodiversity and mental health. A graduate of Exeter University, she has lived and volunteered in the community for over five years. With a background in EDI training, Mia's work has been recognised by YouTube Health and recommended by mental health professionals nationwide. Her award-winning research continues to support educational programs across Devon. Passionate about creating inclusive environments, Mia brings her expertise to champion wellbeing within the community.

We are also pleased to welcome Natalie Vizard to our current Trustee Board, which includes Sheila Swarbrick (Chair), Caroline Lake, John Barrett, and Mark Goodwin.

Get Involved!



Volunteer

Join our team of volunteers.



One-Off Donation

By cheque to 'Exeter Community Initiatives' or online.



Regular Donor

Through our scheme you can make a regular longer term donation.



Leave a gift in your Will

Make a lasting impact or remember a loved one.



Newsletter

Sign up for newsletter updates.



Fundraise

From skydives to bake sales, have fun and raise money!

Callout for Fundraising

Whether you would like to run a marathon, or organise a cake sale, we are very grateful to you for choosing to raise funds for Exeter Community Initiatives.

The funds you raise will allow us to continue supporting over 1,000 people each year through our projects.

Find out more [here](#).



Scan to
Get Involved!



Many thanks for taking the time to read ECI News!

To save money and protect the environment, news from now on will only be available digitally.

📍 Exeter Community Initiatives, 148 -149 Fore Street, Exeter, EX4 3AN

☎ 01392 205800

✉ info@eci.org.uk

🌐 www.eci.org.uk



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