



Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for Pinhoe.

Cycling and walking around Pinhoe has always been very relaxing, but the sun gives an extra boost of mood and community spirit! I'm looking forward to the local summer events coming up.

If you see me in the area, do stop me for a chat! I'm normally in a dress and a white bike helmet.

I'd also love to hear about any ideas you have for making Pinhoe an even better place to live. If you want to do something on your street or neighbourhood, be it a summer activity or a community garden, but don't know how to start, I can support you to turn it into a reality.

If you've got a free/non-profit event or activity you'd like to feature in this newsletter, or you'd like to get involved in any of the activities highlighted, do get in touch. You'll find my contact details on the last page!

All the best,

Zoe

Zoe Hughes

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Summer reading, maths clubs and water fights!



After chatting to residents in Mayfield Gardens about what's on in Pinhoe, the local Community Physical Activity Organiser (Georgie) and I decided to set up a regular local pop up.

A few games and bubbles have started conversations about what people would like to see in the area.

Ideas included:

- Artsy events
- Costume party
- Water balloon fight
- Sponsored events to raise funds for community
- Community sports day
- Mums & kids fitness classes
- Maths club
- Kids outdoors club
- Summer reading activity & picnic

If you like any of these community ideas or have some of your own you want to share, get in touch!

Weather permitting, Georgie and I will be at the Mayfield Gardens play area (next to Pilton lane and Roman Ave) on Thursdays from 3.30-4.30pm. During the school summer holidays, we'll be at Station Road Playing Fields. Come and chat!

Pinhoe library space



Are you looking for a space for a community group or event?

During closed hours, Pinhoe library is open to groups using the library garden, toilet and kitchen facilities, plus indoor access if weather is bad. Garden games (tunnel, bean bags, bubbles), picnic blankets, tables and chairs are also available to use.

This is a free community offer (the library usually charges room hire) so, in order to offer to as many groups as possible, they would manage availability.

The library asks for a small voluntary donation where possible and each group would need a nominated keyholder who would register with Libraries Unlimited.

Please contact Zoe Woodbridge for more details
zoe.woodbridge@librariesunlimited.org.uk

Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said at recent events.

"Thank you for your what's on, it was so useful and there were lots of things I didn't know about."

"It's good to have that point of contact as it's not always easy to know what's going on."

"It's great to be part of a group where there are different skills and everyone is very welcoming."

"Pinhoe has a great diversity of people and they are all friendly."

Friends of Pinhoe Station



Thanks to volunteers from the community for a fantastic 'station spruce'. One of the neighbours brought plants from their garden, including Hebe and carex, and we added some labels for those curious passers by. We also painted pebbles, see if you can spot them in the station road park.



Friends of Pinhoe Station are a group of volunteers who support the local railway. The group aims to improve Pinhoe station itself and the rail and bus links to the station.

Get in touch if you are interested and if you'd like to join the WhatsApp group.

Summer edition of Pinhoe press!



Pinhoe Press is a community magazine, a not-for-profit volunteer-run initiative created to support community groups in and around Pinhoe.

The magazine is hoping to run a one-off summer edition to showcase all the new groups and what's on this summer (late June through to September).

If you are a community group, you can have a free quarter page space. The magazine also needs businesses to advertise for the edition to run!

If you know a business that might be interested, please email Pinhoepress@gmail.com by 10th June. Please also get in touch if you can help distribute the magazine.

Women's 5 Aside





Women's 5 Aside Football

Monday 7-8pm, St Luke's Astro Turf, Hart's Ln, Exeter EX1 3RD

Grab your friends and join us for some fun and friendly Women's 5-A-Side Football. This taster is free, its a great way to get active and meet other. 18+ Women Only

Contact: ☎ 07926127824 ✉ georgie.barbour-gresham@ecct.co.uk 📱 @Wellbeing Exeter - Be active = Exeter Central North 🌐 www.wellbeingexeter.org.uk

After chatting to some residents about getting more active, the local Community Physical Activity Organiser Georgie helped set up a Women's 5 aside group. The group is free, open to all women 18+ and runs weekly at St Luke's school. It's a great opportunity to get active and make some new friends.

Georgie says "It truly is inspiring and empowering to get this many women along to a 5 aside group. It's a great chance to get fit and meet some lush people. "

One of the footballers says "I love the fact there's opportunities for women of all ages and abilities to access local, free football. I've reconnected with ladies I used to play with years ago!".

The 5 aside football will be continuing through June, from **7-8pm on Mondays at St Luke's C of E school Astro Turf, Hart's Lane, EX1 3RD.**

If you'd like to join, contact Georgie via the details below or [fill in this form](#).

Georgie Barbour-Gresham, Community Physical Activity Organiser (Exeter North)

Phone: 07926 127824

Email: georgie.barbour-gresham@ecct.co.uk

Facebook: [CPAOExeterNorth](https://www.facebook.com/CPAOExeterNorth)

Volunteer brochure



Interested in volunteering, but don't know where to start?

I've put together a list of opportunities in and around Pinhoe, from befriending to fundraising, gardening to litter picking.

If you are a group/organisation in Pinhoe looking for volunteers and would like to be added to the list, you can message or email me on zoe.hughes@eci.org.uk.

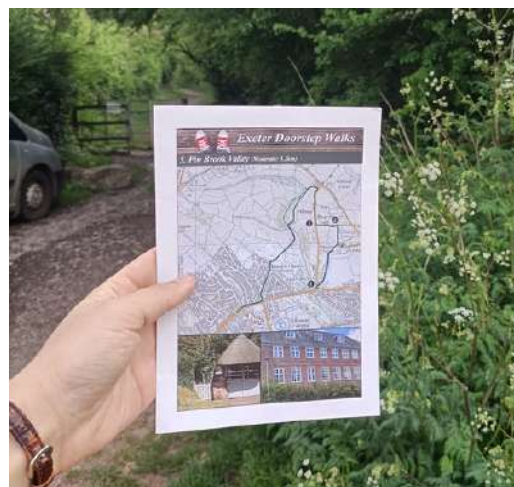
[You can read the brochure here](#), or contact me for a printed copy.

Exeter Doorstep Walks

I recently enjoyed a sunny morning trying out one of the Exeter Doorstep Walk routes.

The route, which goes across Pinn Brook Valley, was put together by nearby residents with support from their Community Builder. It's a great way to take in the beautiful scenery and highlights included wild garlic, English bluebells and turkey tail fungus! I recommend walking boots or wellies...

If you'd like a copy of this trail leaflet, get in touch.



Pinhoe School Spiritual garden



Are you good with DIY, gardening or design?

Pinhoe Church of England Primary School are looking to upgrade the spiritual garden space in the school, which some of the students call a 'fairy garden'. The students have contributed ideas on what they would like to see in the garden, including a window, door, and mirror feature to reflect the school's values.

The school are looking to start updating the space on weekends and during the summer holidays - if you can spare any time, materials or expertise, please contact pinhoe-office@cedartreefederation.org.

Summer trail



Cumberland Grange care home on Cumberland Way are interested in setting up a summer trail, linking different parts of Pinhoe, with a prize draw for those who enter. As there is so much rich history in Pinhoe, it would also be great to link the trail to local information so people can learn more about their neighbourhood.

Are you interested in putting a poster up in your window and being part of this trail? Or perhaps you have some suggestions for accessible routes? Or a history fact to share? Get in touch!

Get Social



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

Pinhoe Press
The Harringtons, Exeter
Pinhoe Community Hub
Harts Meadow Community
Pinhoe Library
Love Pinhoe
Pinhoe Parents
Hill Barton Vale Resident
Pinhoe Memories
Minerva Residents
Pinhoe Albion FC
Pinhoe and Poltimore with HOPE (Pinhope)
Saxon Brook Community
Pinhoe Pantomime
Pinhoe Social
TW Mayfield Gardens
Pinhoe Toddler and Baby Group
Pinhoe Community information

Useful Information

- Parental Minds gives support to families who are struggling with their mental health
<https://parentalminds.org.uk/>
Tel: 07907 614 516
- Domestic Violence Splitz Devon Helpdesk
Tel: 0345 1551074.
- Talk works Tel: 0300 555 3344
www.talkworks.dpt.nhs.uk
- Mental Health Mind charity
Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+.
www.mhm.org.uk/the-moorings-devon
Tel: 07990 790 920
- Andy's Man Club - Talk through problems that men face. Monday evenings, 7pm.
www.facebook.com/AndysManClubExeter/
- 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.homestarteemd.org.uk/
- Exeter Food Bank exeterfoodbank.co.uk/
- Lightning Reach - financial support portal
<https://www.lightningreach.org/>
- Early help - child safeguarding
<https://www.devonscp.org.uk/early-help/>



Buggy Walk

Thursdays, 11-12pm (Outside Pinhoe Surgery)

Join for a social walk to make the start of your new year and meet new parents and get active while doing so.

Contact:

07926127824

Georgie.barbour-gresham@ecct.co.uk

@Wellbeing Exeter - Be active = Exeter Central North

OPEN TO PUBLIC **FREE ENTRY**

PINHOE SCHOOL

Summer Fair

315PM - 530PM

FRIDAY 20TH JUNE

**FUN GAMES
HOT FOOD & ICE CREAM
BOUNCY CASTLE
ARTS & CRAFTS STALLS
ENTERTAINMENT
AND MORE!**

**LIBRARY FIELDS, PINHOE
LOWER HARRINGTON LANE
EX4 8HS**

**FUNDRAISING FOR
PINHOE SCHOOL PTFA**

ORGANISED BY PINHOE SCHOOL PTFA CHARITY REG 1201771

PINHOE PANTOMIME SOCIETY PRESENTS

Beauty and the Beast

BY CLARKE & CLARKE

**SCRIPT READ
25TH JUNE 7PM**

**AUDITIONS
23RD JULY 7PM**

PINHOE URC, OLD PINN LANE, EX1 3RF

FREEMOOVEMENT

MAKE HEALTHY HABITS TOGETHER

P i n h o e

FREE COMMUNITY FITNESS PROGRAMME | **GATEWAY TO GETTING ACTIVE**
everybody welcome : no equipment needed

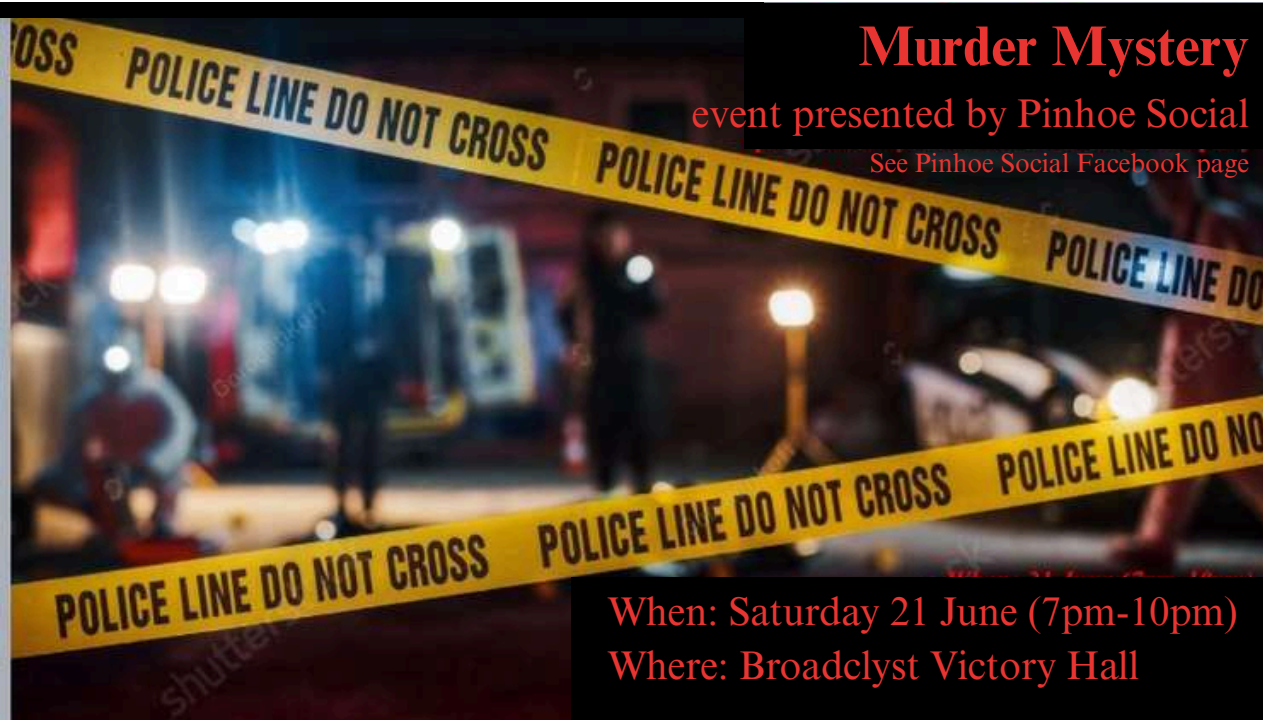
Find us online @freemoovement : www.freemoovement.com

FREE FITNESS GROUP

EVERYBODY WELCOME

STATION ROAD PARK

WEDNESDAY 18.30



Murder Mystery

event presented by Pinhoe Social
See Pinhoe Social Facebook page

When: Saturday 21 June (7pm-10pm)
Where: Broadclyst Victory Hall



Pinhoe & Broadclyst
Medical Practice

Walk for health

Tuesdays 12.30pm

Meet outside Pinhoe surgery

Join neighbours for a gentle walk, meet new people, walk at your own pace. Help improve your health & wellbeing. Lets get moving!



www.devoncarers.org.uk
03456 434 435



Do you look after someone?

Are you looking after yourself?

Have a chat with Devon Carers about the **free services** available to **unpaid carers**

Pinhoe Library
Thursday 12th June
10am – 1pm



Pinhoe Jubilee Club

4 Main Road Pinhoe EX4 8HS

Saturday 28th June

Sing, Dance & Dab The Night Away!!!

Cards go on sale from 7.30pm Eyes Down 8:00pm



For more information please call:
07831 401 799
or visit our website:
musicbingo.events



MUSIC BINGO



What's on: Pinhoe

Monday

- 9.15am-2pm Machine Embroidery (1st Monday of month) - America Hall
- 9.30am-12.30pm Art Class - America Hall
- 9.45-11.15am Clyst Caring Coffee Morning - United Reform Church Hall, Old Pinn Lane
- 10.30am Single parents coffee catch up (1st and 3rd Monday) - Chapters cafe
- 12-12.45pm Community Yoga Classes with Rosie - Exeter Science Park
- 1.15-2.45pm Bumps and Babes - Cumberland Grange
- 1.30-3.30pm Whist (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 7-9pm Art Class - America Hall
- 7.30pm Angels (4th Monday of month) - URC Church Hall, Old Pinn Lane

Tuesday

- 9-11.30am Baby & Toddler Group - America Hall
- 12.30-1.30pm Walk for Health - Pinhoe Surgery
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park
- 6.30pm Isca Indoor Bowling Club (Taster Nights) - Isca Centre
- 7-8pm Women on the Run - Exeter Arena
- 7-9pm Amateur Radio Society (1st and 3rd Thursday) - America Hall
- 7.15-9.30pm Pinhoe Friends - America Hall (2nd Tuesday of month)

Wednesday

- 9.30-11.30am Pinn Lane Toddlers - URC Church Hall, Old Pinn Lane
- 9.45-12.30pm Creative Crafts - America Hall (Sunnylands)
- 9.45-10.45am Bounce & Rhyme - Pinhoe Library (fortnightly, from 8th January 2025)
- 10.30am-12pm Knit and Knatter - Pinhoe Library
- 11am-12.30pm Dementia Support Group (Last Wednesday) - Cumberland Grange
- 4.30-5.45pm Pinhoe Albion Football Academy - St Lukes School (spaces for ages 10-14)
- 6.20pm Freemovement (free circuit training) - Station Road Park
- 7-9pm Isca Model Club (every other week) - America Hall
- 7.30pm Quiz Night - The Pinhoe Hoard

Other activities

- Exeter Arena - Daily range of activities
- Jubilee Club - Range of sports fixtures, snooker & skittles
- The Bike Shed - Fitness classes



What's on: Pinhoe

Thursday

- 10.20am-12pm Tea & Memories (1st Thursday) - Cumberland Grange
- 11am Buggy walk - Pinhoe Surgery
- 11am-12pm Neighbours Coffee Meetup- Il Grano, Main Road (3rd Thursday of month)
- 1-2pm Bookchat - Pinhoe Library (3rd Thursday of month)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park
- 6.30-7.30pm Tithe Barn Runners (Facebook page)
- 6.30-9pm Bingo (part of ISCA Bowls Club, call for membership details) - Isca Centre
- 7.30-9pm Sugarcraft Guild (4th Thursday of month) - America Hall
- 8pm Pub Quiz (Fortnightly from 19th December, book ahead) - Heart of Oak

Friday

- 8.45-11am Coffee & Cake - Horsebox Cafe - Church Hill (Weather dependant)
- 9-11am Westclyst Toddler & Parents - Alexander House, Westclyst
- 12.30-2.30pm Lunch Club (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 1.30-4pm Women's Institute - America Hall (1st Friday of month)
- 6.45-9pm Exeter TAG rugby (16+, £5 per session) - Exeter Arena
- 7pm Book Club (2nd Friday) - The Pinhoe Hoard (Pinhoe Social Facebook group)
- 7-9pm Pinhoe Community Singers - America Hall

Saturday

- 9.30am-4pm Guild of Weavers (2nd Saturday of month) - America Hall
- 10-11am Coffee Morning - URC Church Hall, Old Pinn Lane
- 10am-12.30pm Lego Club - Pinhoe Library
- 12-1.30pm Pinhoe Albion Football Academy - St Lukes School (spaces for ages 10-14)

Girl Guiding

Pinhoe has always had strong links with Girl Guiding. Pinhoe Guides is one of the oldest active units in Exeter (over 100 years old!). From crafting to camping, sports to inventing. There's something for every girl to explore.

1. Rainbows aged 4-7 pinhoerainbows@gmail.com
2. Brownies aged 7-10 pinhoebrownies@gmail.com
3. Guides aged 10-14 pinhoeguides@gmail.com
4. Rangers aged 14-19 4thexeterrangers@gmail.com

If you are interested in registering your child or signing up as a volunteer, visit <https://www.girlguiding.org.uk/>



What's on: Pinhoe

Contact details for venues

- America Hall, Del la Rue Way. Angela Roberts 01392 469179
- Cumberland Grange, 01392 339728
- Exeter Arena, 01392 265840
- Horsebox Cafe, 07596 224094
- Isca Indoor Bowls Club, £6 per year bowls membership, 01392 265930
- Isca Centre, 01392 265840
- URC Church, Old Pinn Lane 01392274345
- Pinhoe Albion FC, check facebook page or email Haighymma40@gmail.com
- Pinhoe Church, 07596 224094
- Pinhoe Library, Main Road 01392 466 007
- Pinhoe Surgery, 01392 469666
- Community Yoga Classes with Rosie, 07999558015
- Jubilee Club, Main Road, 01392 467148
- Local Facebook pages - Pinhoe Community, Pinhoe Social, Love Pinhoe, Pinhoe Community Hub, Pinhoe Village & Forum, Pinhoe Library, Pinhoe Parents, The Harringtons, Harringtons Park, TW Mayfield, Hill Barton Vale, Minerva, Pinhope Church, Sandrocks, Tithe Barn
- Women's Institute: 01392 255386, pinhoe@devonwi.org.uk

About Wellbeing Exeter & Cranbrook



Wellbeing Exeter & Cranbrook is a collaborative partnership of organisations working together to promote and improve the wellbeing of people individually and in their neighbourhoods, to make the community a better place to live.

Pinhoe Community Builder

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Facebook: [Zoe Hughes \(Community Builder Pinhoe\)](#)



Community Physical Activity Organiser (North Exeter)

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Facebook: [CPAOExeterNorth](#)



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