



Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for St David's.

One of my highlights recently was seeing the array of tulips, bluebells and other flowers planted by local residents. This beautiful combination of flowers is tucked away in St David's, on Little Silver's Green.

You may see me in Exeter Library, or cycling around with a white helmet, talking to people and finding out what they would like to do in the community. So, if you see me, stop me for a chat!

I'd also love to hear about any ideas you have for making St David's an even better place to live.

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

This issue

Page 1

- Introduction

Page 2

- Listening Post
- St Bartholomew's Cemetery
- Neighbourhood Action Days

Page 3

- Fun and fitness

Page 4

- Cafe EX4

Page 5

- St David's church fete
- Cricklepit Mill garden
- Free cycle trips

Page 6

- June Boom
- Get Social
- Useful Information

Pages 7-12

- What's On and Contact Details

Listening Post

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

"It's nice to have things on every week which you can rely on."

"It's been great to hear how much people value a tranquil space (Belle Isle Park)"

"I love the wildlife around here - I see robins, blue tits, badgers and foxes"

"I've lived in lots of places, but I've gotten to know my neighbours here and this area has the best sense of community"

St Bartholomew's Cemetery



This spring, I've been working with residents, local councillors and Devon Wildlife Trust to do some activities in St Bartholomew's Cemetery. In March, kids from the local primary school enthusiastically raked the ground and sowed seed for a wildflower meadow which will appear this summer.



Residents also persevered through rain to plant wood anemones, bluebells and snowdrops! In April, we made willow bird feeders and learnt about different bird calls.

If you'd like to bring people together in your local green space, get in touch.

Neighbourhood Action Days



Fancy helping out with a spruce of your local street?

InExeter have organised some Neighbourhood Action Days, and we had a lot of fun planting the beds on South Street.

Join in between 10am-4pm - there will be some litter picking, planting new areas and renovating street furniture. Look out for people in stylish high vis.

The next dates are:

Thursday 19th June - Queen street and Northernhay gardens

Thursday 11th September - Exeter Library to Exeter Phoenix

[Book your space here \(or just turn up on the day\).](#)

Fun and fitness



Felix is the Community Physical Activity Organiser (CPAO) for West Exeter, and recently reflected on his work with local residents to get active.

“Over the past months I have been working with a group of residents, some of whom have limited mobility and are trying to be more physically active for health and wellbeing reasons. While exploring ways to support this particular group to be more active despite some of their physical limitations, we came up with the idea of low impact exercising. This type of exercise is less strenuous and suitable for older adults, people recovering from injury, those with lesser mobility as well as anyone looking for a more gentle way to improve their strength and fitness.”

“As most gyms do not offer the level of accessibility and equipment suitable for this particular group, we contacted the Motortone gym in Marsh Barton. Their equipment is electrically powered and allows people to passively or actively exercise to improve joint mobility and strength. After a warm and welcoming induction by the gym's owner Katie, the residents are now independently exercising as a group on a regular basis. Funding for their group membership was kindly provided by Live & Move and, since first starting in late March, the residents are now exercising on a weekly basis. Some of the participants have shared how beneficial this regular work out is for their wellbeing, saying that they "can't wait to go again".”

What is a CPAO?

Community Physical Activity Organisers (CPAOs) focus on being active as one of the 5 Ways to Wellbeing. They work with people who aren't currently active to find new opportunities to move more as part of their daily lives. This can include:

- connecting people to the community and opportunities to be more active, in ways which work for them
- working in Exeter's local neighbourhoods with residents, groups and networks to support physical activity ideas to get off the ground, grow and keep going.

Felix works across St David's, St Thomas and Exwick. If you have an idea you'd like to discuss or would like to find out more about his work, get in touch.

felix.elsen@ecct.co.uk or phone 07736 918280.

Follow Felix on Facebook:

[Felix - Community Physical Activity Organiser Exeter West](#)

Cafe EX4



Did you know there is a community cafe in St David's?

Cafe EX4 (formerly the 'DBN cafe') was set up in 2023 by a group of residents who wanted to help people affected by poverty and loneliness in their community.

The cafe focuses on making friendships, giving people a safe, social space and providing a hub for information. This is an affordable café for everyone, where food and drink is sold on a 'pay what you can' basis.

The cafe is run by volunteers and all donations are reinvested in the café and its community. The cafe provides leaflets of helpful organisations and local affordable activities.

Dan, one of the founders, says "We had heard how a resident in Swanage in Dorset had set up a community café, so, we decided to set up one of our own, where people could come, get warm, enjoy a sandwich or toastie and a hot drink, and meet and chat to other people."

The cafe is open on Wednesdays from 10am-12pm at St David's church (Queen's terrace, EX4 4HR).

St David's church fete - could you help?



St David's church are organising a Summer Fete on **Saturday 28th June from 11.30am-2pm**. There will be stalls selling cakes, books, bric-a-brac and plants, a BBQ, prize draw and Pimms bar!

If you would be happy to help at the book and plant stalls, please contact admin@stdavidschurchexeter.org.uk . Or you can pop into St David's church to speak to one of the church team.

St David's Church is opposite Exeter College on Hele Road.

Cricklepit Mill garden

Have you ever been to Devon Wildlife Trust's award-winning garden?

Tucked away in the heart of Exeter, this garden is looked after by a team of volunteers and includes two ponds, a bug hotel and wildflower meadows. It's a great spot to eat your lunch, read a book or just enjoy the sunshine.

The garden entrance is through the staff car park, near Commercial road and is open to the public Monday to Friday 9am - 5pm (except bank holidays).



Freewheelin is back!



Join freemovement on their summer bike ride programme. All their rides are more about lifestyle than lycra and destination rather than distance.

Meet at Piazza Terracina, Exeter Quay (outside Clip n Climb)

Dates:

7th June, 12pm - Powderham Castle Picnic
14th June, 12pm - Lymptone leisure ride
28th June, 10am - Ice-cream Sunday Orange Elephant

[More details here.](#)

June Boom



Get ready for #JuneBoom: Exeter's month of Culture, Comedy, Music and More!

From live music and laugh-out-loud comedy to inspiring heritage festivals and creative arts and literature events, there's something for everyone.

Clear your calendars for the 'Bumper Weekend' on the 7-8th of June. Activities include Respect festival, Exeter Book Market, Heritage Harbour Festival and The Exeter Comedy Festival.

[Full details here.](#)

Get Social



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

What to do in Exeter UK and surrounding area.

Exeter Notice Board

What's on Exeter

Fun & Free (or cheap) Events Activities

Families Exeter

Exeter Girl

Exeter Community, UK

Friends of Exeter Ship Canal

Exeter - Past and Present

What's Happening Exeter

Exeter Wild City

Exeter Community Group Uk

Exeter Family Hub

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/>
- Exeter Community Energy - Tel: 0800 772 3617

Young women 18+ are welcome to:



Every 1st Saturday of the Month
10:30am - 12:30pm at the Salvation Army, Friars Walk, Exeter, EX24AZ

Email: exeter.temple@salvationarmy.org.uk, www.salvationarmy.org.uk/Exeter-Temple, Phone: 01392 216553
Charity no 218576 & 250779 (England and Wales), SC009389 & SC337061 (Scotland) and CI 015390 (Republic of Ireland)



St. David's Church, Exeter
(opposite Exeter College, Hele Road)

Summer Fête

Saturday 28th June 2025
11.30-14.00

CAKE STALL * PLANT STALL
BBQ * PRIZE DRAW * BOOK STALL
*** REFRESHMENTS * BRIC-A-BRAC ***
PIMMS BAR

**EXPAND
YOUR
WORLD**

ramm

FREE

Museum Meet-Up

A monthly dose of relaxed culture and company

Explore the museum through a varied programme of free activities including informal tours of exhibitions, handling artefacts behind the scenes and creative artist-led sessions.

We offer a different activity each month. Pick what interests you or come to them all.

All sessions 11am to 1pm. Refreshments included.
Summer dates:
Friday 23 May 2025
Friday 27 June 2025
Friday 25 July 2025

Venue: Royal Albert Memorial Museum & Art Gallery (RAMM), Queen Street, Exeter EX4 3RX (in city centre)

Get in touch to book or find out more
Call 01392 269960, email susy.dunne@exeter.gov.uk or visit ramm.uk/meetup

These mornings are aimed at anyone over 50 dealing with anxiety, isolation or low mood, or who may be supporting someone in a caring capacity. Visitors with mild dementia are welcome with a companion. We are a friendly supportive group helping people build confidence and expand horizons through connecting with culture and creative activity.

Funded by National Lottery Community Fund for Devon residents.

Exeter
City Council

Supporting public life by
ARTS COUNCIL
ENGLAND

COMMUNITY
FUND

NEIGHBOURHOOD ACTION DAYS

Help make
Exeter Great.

AN OPPORTUNITY TO FOCUS ON QUEEN STREET AND NORTHERNHAY GARDENS TO CLEAN, PLANT, AND REFRESH.

**THURSDAY,
JUNE 19TH**


**QUEEN STREET &
NORTHERNHAY
GARDENS**

IN EXETER

CONNECTING COMMUNITIES

[HTTPS://NEIGHBOURHOODACTIONDAYS2025.EVENTBRITE.CO.UK](https://neighbourhoodactiondays2025.eventbrite.co.uk)

Exeter City of Literature



Silent Book Club

Silent Book Club Dates for 2025

TOPSHAM BREWERY
First Wednesday of the month
From: Wednesday 5th February

THE HOUR GLASS INN
Third Tuesday of the month
From: Tuesday 21st January

THE HOUR GLASS INN



kaleidoscopic minds

Festival of Neurodiversity

Sun 13 Jul 2025, from 11am, Exeter Phoenix



Exeter Phoenix festival

Sunday
6th July

from 11am ✖ free entry ✖

MUSIC | FAMILY ACTIVITIES
ART | FILM SCREENINGS | LEARNING
STALLS | PERFORMANCE | POETRY

Inspiring a sustainable future through a day of creativity and action

exeter phoenix

Six degrees of separation
Let's map our connections in Exeter together

Exeter Community Centre
17 St David's Hill,
EX4 3RG

Sunday 15th June
2pm - 4pm

Community Assembly
LET'S MAKE A CHANGE!



Libraries Unlimited


THE NOT DEAD POETS SOCIETY

EXPLORE 2 contemporary poets each month.
No need to read in advance or own the books—
come along to listen, share & eat biscuits

FREE No need to book

THE LAST TUE OF EACH MONTH
17:30 - 18:30

SPORK!





What's on: St David's

Monday

- 9.30-10.30am Yoga Wellbeing Group (Starts 24th Feb, 3 week course) - X Centre, Exeter Quay
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army, Community Hall, Lucky Lane
- 10am-12pm Tech Buddy - Exeter Library
- 10.30am-12pm Making Mondays - Children's Pop Up Library (Princesshay)
- 10.30am-12pm Exeter Bereavement Friendship Group - The Palace Gate Centre
- 1-4pm Adult Mental Health Drop-in - Exeter Library
- 1.30-3.30pm Linking Voices, Community Choir - The Mint Methodist Church
- 2-4pm Open Studios, A Creative and Social Workshop - Exeter Phoenix
- 6-7pm Women's Walking Football - Riverside Leisure Centre (contact Felix Elsen, page 3)

Tuesday

- 9.30-11.30am Family Cafe & Church Mice (school holidays) - The Mint Methodist Church
- 10-11.30am Bounce and Rhyme - Exeter Library
- 10.30am-2pm Dove Cafe - The Palace Gate Centre
- 10.30am-12pm Friendship Cafe - St David's Church
- 1.30-3pm Visual Arts Group (adults with learning disabilities) - Exeter Phoenix
- 2.30-3.30pm Tai Chi (17+ experiencing mental health problems) - The Mint Methodist Church
- 2.30-4.30pm Employment + Local (employment support) - Salvation Army, Main Hall, Friars Walk
- 5.30-6.30pm The NOT Dead Poets Society (Last Tuesday of month) - Exeter Library
- 6.30-7.30pm Food Cycle Free Meals - The Mint Methodist Church
- 6-8pm Silent Book Club (Third Tuesday of month) - The Hourglass Inn
- 7pm Man Down (men's mental health group) - Exeter Community Centre

Wednesday

- 8.45-9.45am Weekly Walks - St David's Church
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army, Lucky Lane
- 10am-12pm Stay and Play (toddler group, term time) - Exeter Library
- 10am-12pm Tech buddy - Exeter Library
- 10am-12pm Coffee Morning - The Mint Methodist Church
- 10am-12pm Exeter Forum (social group, including talks) - The Mint Methodist Church
- 10am-12.30pm Women in the Workshop (4 wk course, starts 6 Nov) - Exeter Quayside (Co Create)
- 10am-1pm Exeter Wellbeing Craft Group - X Centre, Exeter Quay
- 10am-12pm Cafe EX4 - St David's Church
- 10.30am-12pm Exeter Climate Cafe - Exeter Phoenix (1st Wednesday of month)
- 10.45am-12.30pm Exeter Wellbeing Walk (fortnightly, starting 25th sept) - X Centre, Exeter Quay
- 1-3pm Chop & Chat (men's group) - Exeter Quayside (Co Create)
- 2-3pm IT Drop-in (1st Wednesday of month) - The Mint Methodist Church
- 4.15-5.30pm After School Lego Club - Exeter Library (Pop up in Princesshay)
- 5.30-7.30pm Little Scratch Night (Creative session, last Wednesday of month) - Exeter Phoenix
- 6-8pm Silent Book Club (First Wednesday of month) - Topsham Brewery
- 7-9pm Exeter Folk Choir (membership based, try for free) - Exeter Community Centre
- 7-9.30pm Bricks & Booze (£4 per adult and BYOB, last Wednesday of month) - Exeter Library
- 8pm Taking the mic (Spoken word, third Wednesday of month) - Exeter Phoenix



What's on: St David's

Thursday

- 9.30am Men's Mental Strength Club (1st Thursday of month) - Boatyard Cafe & Bakery (Quay)
- 10-11.30am Bounce and Rhyme - Exeter Library
- 10am-12pm U3A Learn, Laugh, Love group (4th Thursday of month) - The Mint Methodist Church
- 10am-12pm Knitting, Crochet and Hand-Crafts - The Mint Methodist Church
- 10am-12pm Drama Group (see Magic Carpet website) - The Mint Methodist Church
- 10am-12.30pm Boatyard Bikes (motorbikes) - Exeter Quayside (Co Create)
- 10.30am-12.30pm Exeter Energy Advice Clinics (2nd Thursday of month) - Exeter Library
- 11am-12pm Words & Music - Exeter Library
- 12.30-2.30pm Thursday Activity Group (Shilhay Community Centre) - See Facebook group
- 1-4pm Boatyard Bikes (motorbikes) - Exeter Quayside (Co Create)
- 1.30-4pm Renew, Refresh - The Palace Gate Centre
- 2-4pm Open Studios - A Creative and Social Workshop - Exeter Phoenix
- 5.15-6.45pm Creative Writing Hub (Alternate Thursdays, book from 6th Feb) - Exeter Library
- 6-7.30pm Brownies - The Mint Methodist Church
- 6-8pm Freefall Youth Arts Group (13-16 years, pay what you can, term time) - Exeter Phoenix
- 6.30-7.30pm Front Foot Running Club (First session free, joe@joeedmonds.co.uk) - Exeter Quayside
- 7-9.15pm Exeter Bach Choir (membership based, try for free) - Salvation Army, Friars Walk

Friday

- 9.30-11.30am Toddler Group (Mini Mints, term time) - The Mint Methodist Church
- 10am-12pm IT Drop-in - Exeter Library
- 10am-12pm Connect (activity group for adults) - Salvation Army, Main Hall, Friars Walk
- 10-11.15am Sing Out (fortnightly, from 18th October) - Exeter Library
- 10.30am-12.30pm Story into Art (mild learning disabilities/neurodivergence) - Exeter Phoenix
- 11am-12.30pm Museum Meet-up (over 50s, last Friday of month, book ahead) - RAMM
- 11.30am-12.30pm Sport in Mind (17+ mental health problems) - Riverside Leisure Centre
- 1-2pm Singing by Heart (1st Friday of month), Salvation Army, Main Hall, Friars Walk
- 1.30-3.30pm Snapdragon - A visual arts group (check website) - Exeter Phoenix
- 2-3.30pm Spanish Conversation Cafe (3rd Friday of month) - Exeter Library
- 4-5.30pm The Bookery (13-16 year olds, once a month, check website) - Exeter Library

Saturday

- 9am Exeter Park Run - Start by the Red & White Buoy at South end of Exeter Quay
- 10.30am-12.30pm Women's Group Chat (1st Saturday of month) - Salvation Army, Friars Walk
- 1pm from Nov Community Takeaway Meals - Salvation Army, Community Hall, Lucky Lane

Sunday

- 10am-1pm Local Nature Volunteer Day (Most Sundays, check page 3) - Friends of Belle Isle Park
- 12-4pm Role Up! Role playing games (alternate Sundays, next 4th May) - Exeter Library
- 12.30-2pm Lego Drop-in (alternate Sundays, next 27th April) - Exeter Library
- 1pm Community Takeaway Meals - Salvation Army, Community Hall, Lucky Lane
- 2-3.30pm French Cafe (2nd Sunday of month) - Exeter Library

Mondays-Fridays

10am-12pm - Jigsaw Puzzle Library (free puzzles to borrow) - The Palace Gate Centre



What's on: St David's

Contact Details for venues

- Co Create - 07817928845, steph@cocreateexeter.co.uk
- Step One, X Centre - 01392 255 428, info@steponecharity.co.uk
- Salvation Army - 01392 216 553, exeter.temple@salvationarmy.org.uk
- Exeter Library - 01392 407027, exeter.library@librariesunlimited.org.uk
- The Palace Gate Centre (South Street Baptist Church) - 01392 279485
- The Mint Methodist Church - 01392 279786, admin@themint.org.uk
- Exeter Community Centre - 01392 420549, admin@eccentre.org
- Exeter Phoenix - 01392667080, marketing@exeterphoenix.org.uk
- Royal Albert Memorial Museum (RAMM) - 01392 265858, susy.dunne@exeter.gov.uk
- Riverside Leisure Centre - riverside@exeter.gov.uk, 01392 265898
- Daily Bowl - 07466649255
- Friends of Belle Isle Park - WildBelleIsle@gmail.com, Meetup app (Changemakers group), or contact Zoe Hughes for more details (see below)
- Silent Book Club - Exeter City of Literature - hello@exetercityofliterature.com
- Front Foot Running Club - Joe Edmonds Personal trainer at Quay Fitness Gym - 07903682932, joe@joeedmonds.co.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.

St David's Community Builder

Name: Zoe Hughes

Phone: 07719239551

Email: zoe.hughes@eci.org.uk

Facebook: [Zoe Hughes \(Community Builder St David's\)](#)



Community Physical Activity Organiser - West Exeter

Name: Felix Elsen

Phone: 07736 918280.

Email: felix.elsen@ecct.co.uk

Facebook: [Felix - Community Physical Activity Organiser Exeter West](#)



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