



## Hello from Emma!



Welcome to my Summer Countess Wear Community Builder newsletter! My role is to map what resources exist, create new networks and connect people and opportunities. I also support people to grow their own ideas and try new things together to help improve wellbeing and make our community

an even better place to live. So if you've got a great idea for your street or neighbourhood, be it a community garden, festival or new group, but don't know how to start, I can support you to turn it into a reality. Equally, if you've got an 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 back page!

Best wishes

*Emma*

Emma Wonnacott

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## Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have shared with me at recent events.

I'd like to know more about activities for my 14 year old son. What can you tell me about the 100 club?

I'd like to see the wildflower patch by the school restored as it seems have been left, can you help?

I'd like to see more events happening within the community.

I'd like to see more more planting to compliment the existing greenery.

## Countess Wear Primary School

It was a real pleasure to have spent the day at Countess Wear Primary School Summer School Fair, meeting and chatting with, the wonderful staff, the amazing children and their families.



## Community AGM's



It was the Newcourt Community Association AGM on July 2<sup>nd</sup> and we have the SORG (Seabrook Orchards Residents Group) On September 25<sup>th</sup> September.

It was great to hear about the wonderful work the Newcourt Community Association are doing. It was also good to hear feedback from residents, things that concern them and things that they would like to see implemented.

If you are passionate about an issue, or you have an idea, I would love to hear from you so that we can work together to make our community thrive together.

## Trinity Primary School Sports Day



It was fantastic to see the children at Trinity Primary School enjoy the ice lollies that were donated by Aldi at their sports day. It really illustrates how working together, with the school, the LYN scheme and the PTA can really have a positive impact on our local young people.



## News from Ed - CPAO

Summer is here, and it's the perfect time to explore the many green lanes and footpaths that wind through Countess Wear and Newcourt. Whether you're walking for fitness, fresh air, or just a bit of peace and quiet, there's always something new to discover.

One of the latest additions is the lovely new path connecting Topsham Road to Dart Avenue through Seabrook Orchards — a great route for a summer wander. Do you have a favourite local path or cool, leafy shortcut? I'd love to hear about it!

If you enjoy walking with others, Westbank hosts a variety of group walks across Exeter — the nearest one sets off from King George V Park every Friday. You can find more details on their [www.westbank.org.uk/healthwalks](http://www.westbank.org.uk/healthwalks)

Looking ahead, I'm in conversation with Westbank about starting a Newcourt community walk in early autumn. Can't wait that long? Join the Countess Wear Walkers every Thursday morning at 10am, meeting outside Café 24. It's a friendly, gentle walk with a coffee stop afterwards — a great way to get moving and meet others.

Interested in joining a walk or starting one (or anything else active) in your neighbourhood? Get in touch — I'd love to help you get involved.

Contact me:

✉ [edward.shaw@ecct.co.uk](mailto:edward.shaw@ecct.co.uk)

☎ 07736 918281

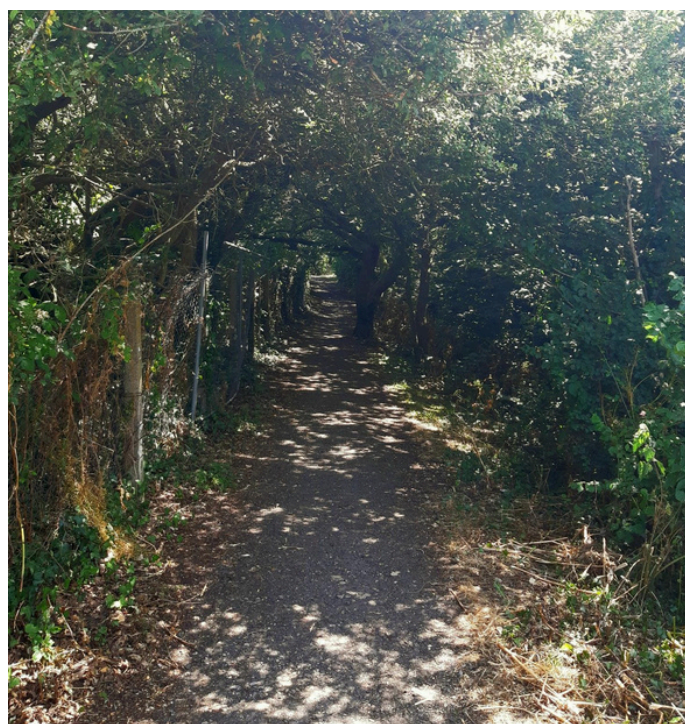
📘 Facebook: CPAO Exeter South

Ed Shaw

Wellbeing Exeter

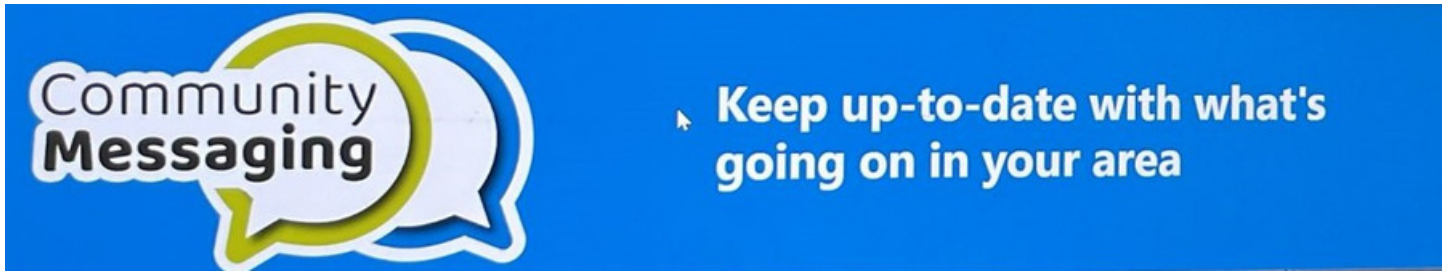
Community Physical Activity Organiser

Exeter South (Heavitree, St Loyes, Priory and Topsham)





# Our local police team



Part of my job role involves working with organisations outside of our organisation, including our local policing team. Andrew Bailyes is our officer for Countess Wear and Wonford while Oli Conram covers Newcourt and Topsham.

The police have recently updated and refreshed their communication system, they have renamed it as 'Devon & Cornwall Community Messaging'.

You will now be able to find your local neighbourhood teams, contact officers directly, and stay up to date with important information and events through brand new team webpages.



The website details where you can sign up are here: <https://community-messaging.dc.police.uk>



## Free Bike Marking

**Saturday 26th July and Sunday 24th August outside Newcourt Community Centre 10am – 12pm.**

Your local policing team are holding two FREE bike marking events. In the unfortunate event that your bike is lost or stolen, and then recovered, we can scan the QR code on your bike's Bike Register sticker and can return your bike to you.

This is also the perfect opportunity to come along and have a chat with your local Officers and your Community Builder.

☎ 07902 119 083

emma.wonnacott@eci.org.uk 📧 EmmaWonnacottCommunityBuilder

## Bike and owner reunited

Local resident Celia approached me to enquire how she may deal with the situation of having a bike left on her doorstep.

The police came out the same day to collect the bike, which had indeed been stolen from the city centre.

The police were able to reunite the bike with its owner, who was obviously thrilled to get their bike back.





# Max? Mr Tom? Sir Baldy Bottom?

Most families in Countess Wear will know of or hosted the feral black Tom cat that lives on the estate. I have had many conversations with residents who all told me the same story. He comes in and eats, but will not be handled, humans (food aside) were not his friends. Back in early June, and as his stray lifestyle had been catching up with him, he was in bad shape. A resident, with the help of the RSPCA's 'cat trap' caught 'Max' and handed him over to the RSPCA.

Unfortunately, due to his lifestyle Max would not be able to be rehomed, he was just too feral. Normally a farm placement is sought out for such felines, but alas no place could be found for him. Molly at the RSPCA suggested that after treatment that he could be returned to Countess Wear to live as he had been, over the last few years. I spoke to locals to find a family that would agree to take the lead on Max's care.

Justine and her family agreed to take on the task. She has been sharing their journey on the Countess Wear Community Facebook page. Below are some of the updates from Justine.



"Max came back onto the estate, under house arrest in his garden apartment. He has been aged at 8 years old. after extensive dental treatment, he doesn't have many teeth now so his little tongue pokes out."

"He has been fully vaccinated, neutered and all blood test results were negative so he is fighting fit which is great news. His fur has all grown back so I'm not sure BaldyButt is an appropriate nickname for him anymore!"

"The RSPCA will cover future veterinary costs and his microchip will be registered to them. Maximus is now free to come and go as he pleases, as yet he seems to be hanging around so we're hoping he sees us as his family. If anyone does see a large black cat hanging around Mount Wear Square area it is him, he's not very recognisable as the balding waif he was. He has been neutered which may not be obvious as he still has the facial characteristics of an entire male"





# Our Wonderful Community

The amazing ladies at the local Knit n Natter Group have once again brightened up the post box on Glasshouse Lane with a sea themed post box topper.



The wild flower patch at Grandisson Court is blooming well and a great addition by and for the local residents.

It was also a real pleasure to Chat with Arlo and his mum while I was at one of my regular 'pop ups' Arlo and I had a fabulous talk about worms while we dug around trying to find them!



## Community BBQ

**Wednesday August 6th from 12pm - 2pm**

Your local Wellbeing Exeter team are holding a FREE BBQ run by Lou at Cafe24 for local residents, on the green opposite the shops on Glasshouse Lane.

Come along and socialise with your local community, your Community Builder Emma & Your Local Physical Activities Organiser Ed. Bring a blanket! Please scan the QR Code above to book. Children must be accompanied by an adult.

07902 119 083

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[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)

## Community BBQ and Table Tennis

Ed and I are pleased to invite you a Community BBQ on August 6<sup>th</sup> 12pm - 2pm This is a free event, but tickets must be booked, full details are on the poster.

There are bats for you to use free of charge for the two table tennis table that we have in our local play parks. In Countess Wear the table is in the park on Lakeside Avenue and you can grab the paddles from the staff at Cafe24 (Lou pictured bottom left)

In Newcourt the table is in the smaller child play area on Liberty Way, the paddles can be collected from the Spar shop staff (Jane bottom right)







## PLACES WHERE KIDS EAT FREE (OR FOR £1) SUMMER HOLIDAYS 2025

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

### ASDA

Kids eat for £1 daily, with no adult spend

### ASK ITALIAN

Kids under 10 eat for £1 during school holidays

### BEEFEATER

Kids Eat FREE with Newsletter Voucher this Summer

### BELLA ITALIA

Children eat for £1 with any adult main

### BILLS

Kids Eat Free weekdays, 21st July - 29th Sept

### BREWERS FAYRE

Kids Eat FREE with Newsletter Voucher this Summer

### BREWDOG

2 Kids eat free with 1 adult, 19th July - 31st August

### BURGER KING

From 28th July - 31st August, Kids Eat Free (via app)

### CHIQUITO

Kids eat FREE Daily Until August 31st

### DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

### FRANKIE & BENNY'S

Kids Eat Free from 14<sup>th</sup> July - 31<sup>st</sup> August 2025

### FUTURE INNS

Under 5s eat for free with any adult meal

### GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

### HARVESTER

Kids eat for £1, Mon - Fri via the App

### HUNGRY HORSE

Kids eat for £1 on Mondays

### IKEA

Kids get a meal from 95p daily from 11am

### LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguar

### MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adu

### MORRISONS

Kids Eat FREE all day, every day with a £5

### PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3

### PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

### PRETO

Kids up to age 10 eat free with 1 paying a

### PUREZZA

Kids under 10 get free pizza with every ac

### SA BRAINS PUBS

Kids eat for £1 on Wednesdays

### SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 1

### TABLE TABLE

2 Kids Eat free breakfast daily with 1 payin

### TESCO

Kids Eat FREE with a 60p spend until Aug

### TGI FRIDAYS

Kids Eat Free with any adult meal (Via App

### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 s

### TOBY CARVERY

Kids eat for £1 all day (weekdays) until Au

### WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

### YO! SUSHI

Kids eat free all day (weekdays) in school

### ZIZZI

Kids eat free this summer holidays (ex Sa

Copyright of MONEY SAVING CENTRAL



# LYN - Love Your Neighbour



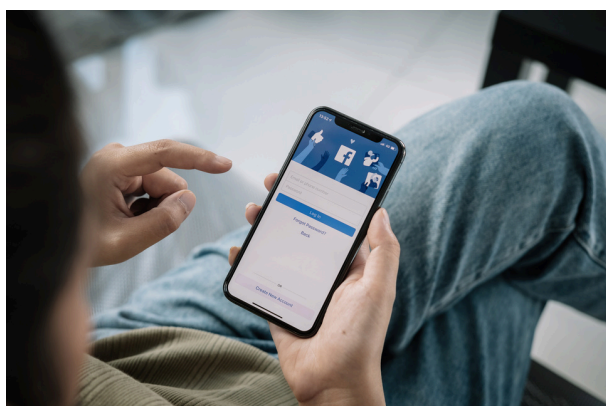
LYN (Love Your Neighbour) is what we call our community food boxes in Newcourt, which our lovely volunteers keep topped up with surplus food from local supermarkets.

There is one box in the garden alley next to Newcourt Community Centre and another at Trinity Primary School.

Their goal is simply to help minimise food waste, by sharing the surplus with our community.

For information on when food is available to collect, please follow the Facebook page - LYN Newcourt Exeter.

## Get Social



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

- Countess Wear Community Group
- Southbrook Residents Group
- Newcourt Community
- Seabrook Orchards Community UK
- Topsham Community Group
- Digby Local Community Group
- Countess Wear Born and Breed
- Trinity Church
- Newcourt WI
- 100 Club (Youth Group)
- Newcourt Community Centre
- LYN Newcourt Exeter (Reducing food waste)
- Newcourt Babies and Toddlers
- Centre Newcourt - For full listings of events and activities at the community centre

## 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](http://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](http://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/](https://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](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children [www.homestarteemd.org.uk/](http://www.homestarteemd.org.uk/)
- Exeter Food Bank [exeterfoodbank.co.uk/](http://exeterfoodbank.co.uk/)
- Lightning Reach - financial support portal  
<https://www.lightningreach.org/>
- Early help - child safeguarding  
<https://www.devonscp.org.uk/early-help/>



# 100 Club Youth Centre

**SENIORS @ 100 CLUB YOUTH CENTRE**

**£1 ENTRY**

**Year 9+**

**EVERY WEDNESDAY**

**6:30PM - 9PM**

A safe space to chill with friends or make new ones. With exciting opportunities, activities & competitions, there's ALWAYS something on



 exeterspace  
 100 CLUB

 01392 662227

WEAR BARTON ROAD,  
COUNTNESS WEAR, EXETER,  
EX2 7EH

**INTERZ YOUTH SESSION**

100 CLUB YOUTH CENTRE



 EXETER

**EVERY FRIDAY**  
6:30 - 9:00PM

**YEAR 8, 9 + 10**

**£1 ENTRY**

Looking for a safe space to chill with friends or to make new ones? With exciting opportunities, activities & competitions, there's ALWAYS something on



 100 CLUB  
 exeterspace

 100 Club, Wear Barton Road,  
Countess Wear, Exeter, EX2 7EH  
01392 662227

**JUNIORS YOUTH SESSION**

100 CLUB YOUTH CENTRE



 EXETER

**EVERY TUESDAY**  
6:30 - 9:00PM

**YEAR 7 + 8**

**£1 ENTRY**

Looking for a safe space to chill with friends or to make new ones? With exciting opportunities, activities & competitions, there's ALWAYS something on



 100 CLUB  
 exeterspace

 01392 662227

100 Club, Wear Barton Road,  
Countess Wear, Exeter, EX2 7EH

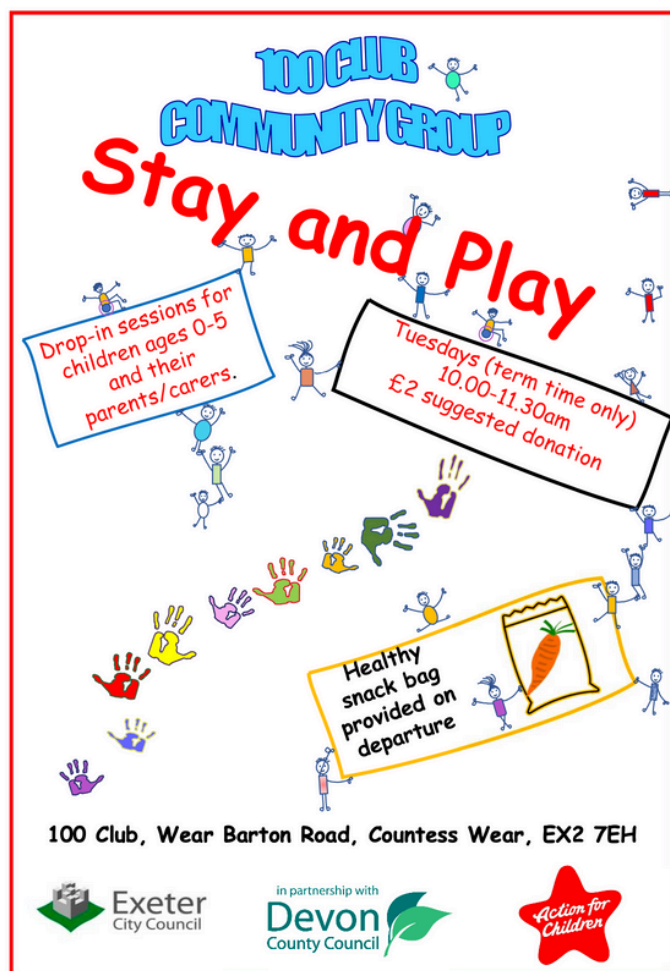
## SUMMER TRIPS 2025

Please return completed forms and payment ASAP - places are offered on a first come, first serve basis.

22/07 - Splashdown (Year 7+)  
24/07 - Tiverton Host Day (Year 7+)  
31/07 - 100 Club Host Day (Year 7+)  
05/08 - Ultimate Adventure (Year 7+)  
07/08 - Exmouth Host Day (Year 7+)  
12/08 - YEAR SIX ONLY - Creaky  
14/08 - RAMM visit  
19/08 - Woodlands (Year 7+)  
22/08 - RAMM visit







**100 CLUB  
COMMUNITY GROUP**

# Stay and Play

Drop-in sessions for children ages 0-5 and their parents/carers.

Tuesdays (term time only)  
10.00-11.30am  
£2 suggested donation

Healthy snack bag provided on departure

100 Club, Wear Barton Road, Countess Wear, EX2 7EH

Exeter City Council

in partnership with  
**Devon**  
County Council

Action for Children



**100 CLUB  
COMMUNITY GROUP**



## BINGO

**2<sup>nd</sup> Saturday of the month**  
**Eyes down 7.00pm**  
**At the 100 Club**  
**Countess Wear**  
**EX2 7EH**

**Tea, coffee, and  
soft drinks on sale**



for parents/carers, when coming to the group we ask that you...

1. Take full responsibility for the safety of the child/children you bring to the group from the time of arrival until the time you leave the premises and supervise your child/children at all times.
2. Supervise your child/children during any craft activity, especially if scissors are being used.
3. Ensure that your tea or coffee is always in a safe place and supervise your children during tea/coffee time.
4. Do not bring your child/children if they are suffering from any infections or within 48 hours of the last attack of diarrhoea/sickness.
5. Agree to your child's details being held by the committee and advise the committee of any amendments.
6. Do not smoke in the Centre building or grounds.
7. Sign yourself and your child/children in (fire regulations) and pay at each session; and sign out if you leave the group early.
8. Park your pushchair carefully in the designated area, so as not to block fire exits.
9. If there is a fire, proceed, with your child/children through the French/Fire doors, into the garden and assemble in the car park at the back of the building, as directed by a team member.
10. Take home any litter and soiled nappies.

**NEWCOURT**  
babies & toddlers



...a safe & friendly place to meet and play  
at the heart of our community

### Information for parents/carers

Newcourt Community Centre  
Blakeslee Drive  
EX2 7FN

**Wednesdays 10am-11.30am**  
**Term time only**

Admission: £1 per family

For more information or to register, contact Judy  
01392 757063 or judy.cretney@talktalk.net





## Free Bike Marking

**Saturday 26th July and Sunday 24th August outside Newcourt Community Centre 10am – 12pm.**

Your local policing team are holding two FREE bike marking events. In the unfortunate event that your bike is lost or stolen, and then recovered, we can scan the QR code on your bike's Bike Register sticker and can return your bike to you.

This is also the perfect opportunity to come along and have a chat with your local Officers and your Community Builder.

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emma.wonnacott@eci.org.uk 📘 EmmaWonnacottCommunityBuilder

[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)

## Topsham Swimming Pool



### Moon Swim

**9.30pm – 10.30pm**

**Saturday 12<sup>th</sup> July**

**Saturday 9<sup>th</sup> August**

**Saturday 6<sup>th</sup> Sept**

**Just bring your  
swimmers and a  
swimming cap**

**Adults only 16+**

**Normal entry  
fees apply**





**PEOPLE ? CULTURE**  
**THE BIG TOPSHAM**  
**QUIZ NIGHT**  
 at Matthews Hall

**7:30 - 9:30**  
**LAST FRIDAY EVERY MONTH**  
 Entry £4 Prizes Refreshments

**HISTORY ? LITERATURE**  
**SPORT ? SCIENCE ? ART ?**  
**POLITICS ? MUSIC ? GEOGRAPHY ? TV & FILM**

TOPSHAM COMMUNITY ASSOCIATION

TO RAISE VITAL FUNDS FOR  
**Hospiscare**  
 Your local hospice

**EVERY SUNDAY**

**QUIRKY QUIZ Night**

**QUIZ STARTS AT 6:00PM**

£10 ENTRY PER TEAM (UP TO SIX PEOPLE)  
 1ST PRIZE: £50 DOUBLE LOCKS VOUCHER  
 FOOD AND DRINK AVAILABLE

DOUBLE LOCKS

**GIRLS RUGBY @ TOPSHAM**

Training  
 Thursday 6pm  
**COME & JOIN**  
**THE FUN!!**  
**FIRST 3**  
**SESSIONS FREE**

Search  
**TOPSHAMGIRLS**  
**RUGBY on**

TOPSHAM COMMUNITY ASSOCIATION

**WELLBEING EXETER**

**Community BBQ**

**Wednesday August 6th from 12pm - 2pm**

Your local Wellbeing Exeter team are holding a FREE BBQ run by Lou at Cafe24 for local residents, on the green opposite the shops on Glasshouse Lane.

Come along and socialise with your local community, your Community Builder Emma & Your Local Physical Activities Organiser Ed. Bring a blanket! Please scan the QR Code above to book. Children must be accompanied by an adult.

07902 119 083  
 emma.wonnacott@eci.org.uk EmmaWonnacottCommunityBuilder

[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)



# What's on:

## Countess Wear July & August 2025

### Monday

- **Mini Messy Church - Not So Messy Monday** Every Monday at 10 a.m. for 1 hour. St Margaret's Church 57 Fore Street, Topsham EX3 0HL, EX3 0HL, United Kingdom
- **Games morning Mon at 10:15 am to 11:30 am.** Free to attend Held in the Bradbury Cafe at Nancy Potter House, from 10.15 to 11.30am Kids and Adults welcome.
- **Soft Play** Mondays - £2.00 per child Tickets are available to purchase from the Reception Desk. Nancy Potter House, Nelson Close. 9.30am - 4pm.
- **Topsham Brownies** held at Nancy Potter House in the Community Room every Monday (Except Bank Holidays and School Holidays ) From 6pm until 7.30pm.
- **Goldies** at 11:15 am to 12:15 pm. Nancy Potter House, Nelson Close, Topsham EX3 0DX

### Tuesday

- **Clyst Heath Babies and Toddlers** at Newcourt community Centre 10am - 11:30 (Term time only)
- **Juniors youth group at the 100 club.** 6:30 - 9:00 pm. Years 7 & 8
- **Stay and Play at The 100 Club.** 10am - 11.30am (term time only) Cost: Suggested donation. At the 100 club Countess Wear.
- **Clyst Heath Nursery and Community Primary School,** Clyst Heath stay and play group. 10:00am – 11.20am Term Time only. Cost: £1
- **Topsham Bridge Club** Operates every Tuesday and Thursday evenings meeting at 6.15pm for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House, Nelson. £2.50 per table.
- **Over 50's Youth group.** 14.00 - 16.00 at the Dorothy Holman Centre Topsham. Free.
- **K@tch youth group.** years 3 - 6. Term time. 18:15 - 19:15 at Clyst Heath School. Free.
- **The Women's Institute.** 19.30 - 21.30 at Newcourt Community Centre - 3<sup>rd</sup> Tuesday of the month.

### Wednesday

- **Newcourt Babies and Toddlers** at Newcourt community Centre 10am - 11:30. Term time only.
- **Seniors youth group** at the 100 club 6:30 – 9:00 pm. Years 9 to aged 19
- **Knit and Natter.** Every 4th Wednesday of the month at the Heneaton Square Community Room. 19:30 - 20:30.
- **Grandissan Court Coffee morning.** 10am - 11:30am. at Grandissan Court Community Room.
- **Goldies** Grandissan Court Community room. Every 3rd Wednesday. 14:00 - 15:00.
- **Needlecraft** 10am - 12pm The Bradbury Café, Nancy Potter House Nelson Close.
- **Topsham Sea Scouts** during term time 6pm - 7pm. Nancy Potter House Nelson Close.
- **Bingo Wednesdays.** 2:00 pm to 3:30 pm. Nancy Potter House, Nelson Close, Topsham EX3 0DX





# What's on:

## Countess Wear July & August 2025

### Thursday

- **Mini Messy.** 10am – 11:30am Term Time and Holidays! Cost: £1 per child. St Margaret's Church 57 Fore Street, Topsham EX3 0HL, EX3 0HL, United Kingdom
- **Countess Wear Walkers,** Led by Ed our CPAO. 10am -11am. Meet outside cafe24.
- **Topsham Bridge Club** Operates every Tuesday and Thursday evenings meeting at 6.15pm for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House, Nelson Close. £2.50 per table.

### Friday

- **Over 50's Coffee club** at Newcourt Community Centre 09:15 - 11:45
- **Inters youth group** at the 100 club. 6:30 – 9:00 pm. Years 8, 9 & 10
- **Walking Group.** Soutbrook - Grandisson Court 11am. Led by Ed our CPAO.
- **Soft Play** £2.00 per child Tickets are available to purchase from the Reception Desk. Nancy Potter House, Nelson Close. 12pm - 16.00.
- **Veterans Armed Forces Group** meets in the Bradbury Cafe, Nancy Potter House, Nelson Close. last Friday monthly for a social gathering with optional full English Breakfast for £7.
- **The Big Topsham Quiz** A fun quiz night with a bar all evening, to be held on the last Friday of every month. at Matthews Hall, Topsham. The next date is Friday 25th July, 7.30 pm start. Cost £4.
- **Goldies.** Fri 18th July 2025 at 11:15 am to 12:15 pm, Nancy Potter House, Nelson Close, Topsham EX3 0DX.
- **Regular Councillor Drop-ins.** Second Friday of the month 9.30am - 11.30am at Cafe24 in Glasshouse Lane. Pop along and chat with your local callers about any issues, concerns or projects that you may want some help or support with.

### Saturday

- **FREE Bike Making with your local policing team.** Outside of the Newcourt Community Centre, Blakeslee Drive, Newcourt, Exeter, EX2 7FN. 10 am - 12pm. Saturday 26<sup>th</sup> July and Sunday 24<sup>th</sup> August.
- **Adults Only Moon Swim** At Topsham pool, normal entry fees apply, 21.20 - 22.30. Saturday July 12<sup>th</sup> Saturday August 9<sup>th</sup> and Saturday September 6<sup>th</sup>
- **Litter pick** the last Saturday of the month - Meet Bridget and the team at Newcourt Community Centre at 10:45. Upcoming dates: July 26<sup>th</sup> August 30<sup>th</sup>
- **Bingo** 2nd Saturday of the month at the 100 club. Eyes down at 19:00.
- **Soft Play** Saturday 2.00 per child Tickets are available to purchase from the Reception Desk. Nancy Potter House, Nelson Close. 9am - 12pm.

### Sunday

- **Messy Church.** Trinity Church at Trinity C of E primary. 15:30 - 17:00. Free. The dates for the upcoming year are: 20/7/25
- **The Quirky Quiz Night in aid of Hospice Care** - Every Sunday at Double Locks, quiz starts at 6pm, teams of up to six people, £10 per team.

# About Wellbeing Exeter



Wellbeing Exeter 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.

## Countess Wear Community Builder

Name: Emma Wonnacott

Phone: 07902 119 083

Email: [emma.wonnacott@eci.org.uk](mailto:emma.wonnacott@eci.org.uk)

Facebook: [facebook.com/countesswear.cb](https://facebook.com/countesswear.cb)

## Community Physical Activities Organiser

Name: Ed Shaw

Phone: 07736 918 281

Email: [edward.shaw@ecct.co.uk](mailto:edward.shaw@ecct.co.uk)

Facebook: CPAO Exeter South