



## Hello from Amy!



Welcome to the August edition of the St Thomas 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

*Amy*

Amy Jones

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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 more craft groups or opportunities in St Thomas. Can you help and do you know others who might be interested?

I'd like to start a residents association. Can you help with this?

I'd like to have a coffee morning to get to know the other people in the building.

I'd like to see more things to do for older kids.

## Love St Thomas Festival



What an amazing success the first Love St Thomas festival was! Thank you St Thomas for coming out in your thousands to support it. It's been 10 months of hard work but it has been a pleasure to support James, Louise, Debbie and Ian, the core Love St Thomas festival team to get this festival up and running. The feedback from the community, stall holders and food vendors has been overwhelmingly positive. Thank you to everyone who volunteered or sponsored the event. Thank you to Sophie Parker-Rees our volunteer photographer for the day for supplying these fantastic photos. If you would like to see more of her photos check out her instagram account (@sophie\_parkerrees).

It's hoped that the festival will become a regular summer fixture in St Thomas. The Love St Thomas crew would love to grow the festival planning team and increase the pool of volunteers to help out on the day. There are so many way you could help including fundraising, volunteer management, social media, health and safety, finding acts and stall holders, stewarding, site decoration, manning a stall, collecting and sourcing equipment. You don't need to have any experience, just a willingness to get stuck in and help out. Please get in touch if you would like more information. To keep up to date with Love St Thomas event be sure to like the Facebook page



# Merrivale Big Breakfast Pop Ups



During August i've been hosting a series of pop up events with **Exeter Community Initiatives** and **Wellbeing Exeter** at Merrivale park each week. We've been offering a free snack style breakfast, craft activity, adults yoga 11am-12pm with Karen Whitfield of Your Yoga Practice.

Having listened to residents the theme of anti social behaviour and lack of youth provision has come up. We discussed what could be the next steps to resolving some of the issues by offering more activities to the youth in the area. I will be facilitating a meeting with local residents, organisations who may be able to offer activities and hopefully the PCSO and local Councillors at a later date in September. If you or anyone you know would be interested to share your views and ideas and be part of this conversation, please let me know.

Other ideas have included improving the play equipment and look into the possibility of outdoor gym equipment. It was also suggest that a community litter pick would be a good way for the community to come together and take care of the park.

## News from Felix - CPAO



Hi, my name is Felix and I am the Community Physical Activity Organiser (CPAO) for West Exeter, covering Exwick, St. Thomas

Some of you may be aware that we had planned a large family-friendly Walking Sports Festival to take place at the Exwick Playing Fields in July. After lots of work planning and organising the event, we had to postpone it due to severe weather warnings the day before. This was very disappointing and we are now looking for an alternative date. Keep an eye on my Facebook page for updates.

On the day, the Exwick Playing Fields will be transformed into a festival space for several hours of free drop-in taster sessions including Walking Cricket, Walking Tennis, Walking Football, Non-Contact T1 Rugby. our experienced coaches, will be on hand to help. suitable for any age (16+) and ability. Come and join us for a chance to play, socialise and enjoy a fun day out this summer! More info: [facebook.com/CPAOExeterWest](https://facebook.com/CPAOExeterWest)  
[felix.elsen@ecct.co.uk](mailto:felix.elsen@ecct.co.uk)

### Walking Basketball

Based on feedback from residents in St.Thomas and Exwick, I am looking at the possibility to organise some trial Walking Basketball sessions. It would be really helpful if anyone who may be intrigued by this could let me know, so that I can get an idea of how much interest there may be.

Please email or text:  
[felix.elsen@ecct.co.uk](mailto:felix.elsen@ecct.co.uk)  
07736 918280

# West of the River Magazine Second Edition



Areas that need more deliverers:

Wardrew Road, Regents street, Buddle Lane, Union Street, Chiefton Way, Cowick street, Newman Road, Dunsford gardens, Beaufort Road, Church Road and more!

Edition two of the West of the River Magazine was delivered to 9000 house in St Thomas, Exwick and arears of Haven banks and Alphington in July. Thank you to all of those people who came forward to help with the delivery, wrote articles and bought advertising. It's a mammoth task to get it delivered. We still need more volunteers in all areas, but i've listed a few of the St Thomas streets in the picture above where we are short of volunteers. The next edition will be out on November 1<sup>st</sup> with an advertising deadline of October 1<sup>st</sup> . If you can help please get in touch with me, or the Editor Benji. Email: [Editor@westoftheriver.org](mailto:Editor@westoftheriver.org) . If you spot a mistake in the listings or you would like to add a regular or one off event, go to <https://westoftheriver.org> or send the details of your event to [listings@westoftheriver.org](mailto:listings@westoftheriver.org)

## Friends of St Thomas Health Centre



Are you a member of St Thomas Health Centre? Did you know you can access a range of groups and outings via the Friends of Group? Recently I learned about Fish & Chip Monday. The group get together to enjoy lunch together at 1pm at Trefoil Lodge in Buddle Lane. One of the volunteers kindly picks up the food from Smarts Fish bar and delivers it to the group. If you would like to join this group for lunch or learn more about the carers group, coffee mornings, craft groups and bus trips, please contact Denise on 01392 676676 and press option 3.



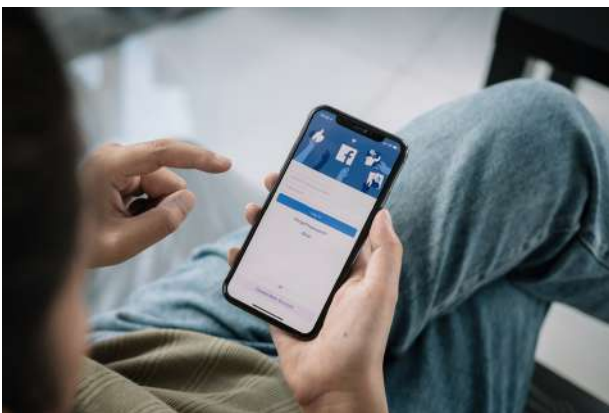
# Fundraising for Blood Kits



This week I met 16 year old Mia and her mum to discuss the important topic of blood kits and the impacts of youth knife crime. Last year one of Mia's friends was killed in a knife crime attack in Bristol. They were 15 years old and it was a case of mistaken identity. He had only gone out to buy a pizza. This has had a pre-found impact on Mia who has become an Ambassador for the Daniel Baird Foundation and is on a mission to install blood kits in every area of Exeter. Blood kits can be used in any major incident and provide extra time for people to get emergency care. They cost £100 each.

We discussed funding opportunities and talked about connecting Mia to Exeter Secondary schools so she could share her experiences and the impacts of knife crime with as many young people in Exeter as possible. If you would like to contribute to this cause please get in touch. Mia would like to get blood kits in St Thomas, Exwick and Wonford next.

## Get Social



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

- St Thomas, Exeter
- Brillsville Market St Thomas
- Love St Thomas Festival
- West of the River Magazine
- Love Food CIC
- Cowick Roots and Recreation
- Friends of Merrivale Park
- Family Garden CIC
- St Thomas Winter Market (Winter Festival)
- The Birdhouse Cafe
- Zero Mile Gardens
- St Thomas Community Garden
- St Thomas Local History Group
- St Thomas Squilometre open group
- St Thomas Food Fight
- Friends of St Thomas Heath Centre
- Crafts, Arts & Produce (CAP) St Thomas

## 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/>

# New Play Cafe Dates at Theatre Alibi Aug-Sept

## Café Dates & Times

Tue 26th August – 9.30am – 1pm

Get your hands on an iconic bit of Alibi history at the Alibi Jumble Sale + bounce and rhyme in St Thomas Library

Tue 2nd September – 10am – 1pm

Toys, colouring and drawing + bounce and rhyme in St Thomas Library

Thu 4th September – 10am – 1pm

Toys, colouring and drawing

Tue 9th September – 10am – 1pm

Toys, colouring and drawing + bounce and rhyme in St Thomas Library

Thu 11th September – 10am – 1pm

Toys, colouring and drawing

Thu 18th September – 10am – 1pm

Toys, colouring and drawing

Thu 23rd September – 10am – 1pm

Toys, colouring and drawing

Thu 25th September – 10am – 1pm

Toys, colouring and drawing

**All events are free to attend!**



# Events & Activities Continued



**REMEMBER THAT SONG!**

**COME AND JOIN US**

Do you enjoy music and singing?

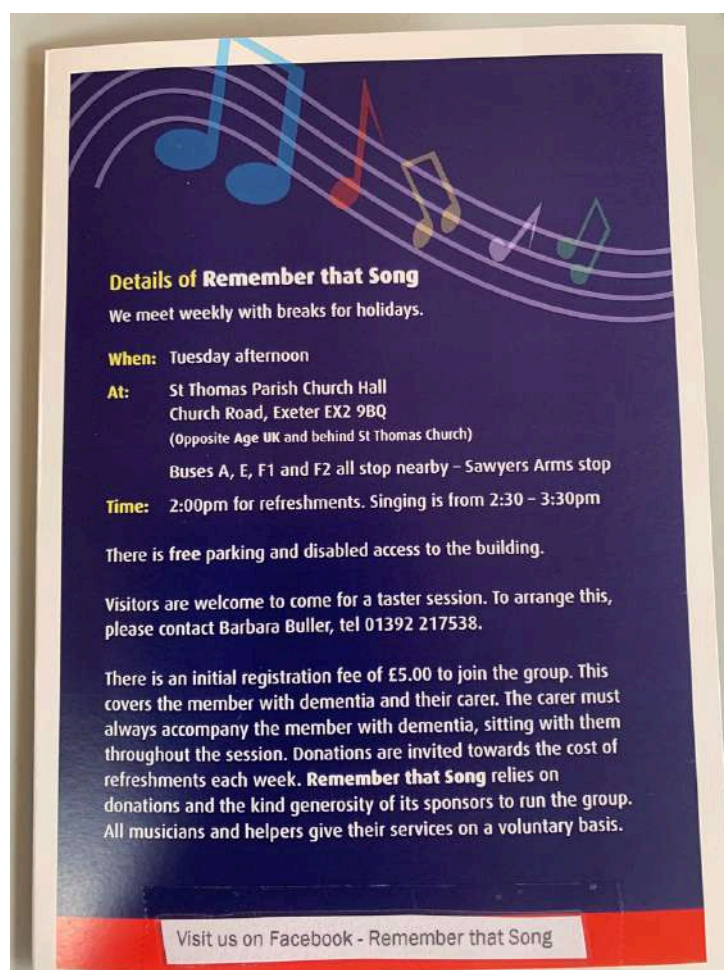
Do you have dementia or care for someone who has dementia?

Would you like to sing in a group, in a warm and welcoming environment, with people who understand your situation?

Charity reference number: EW38247

**making music**

Visit us on Facebook - Remember that Song



**Details of Remember that Song**

We meet weekly with breaks for holidays.

**When:** Tuesday afternoon

**At:** St Thomas Parish Church Hall  
Church Road, Exeter EX2 9BQ  
(Opposite Age UK and behind St Thomas Church)

Buses A, E, F1 and F2 all stop nearby - Sawyers Arms stop

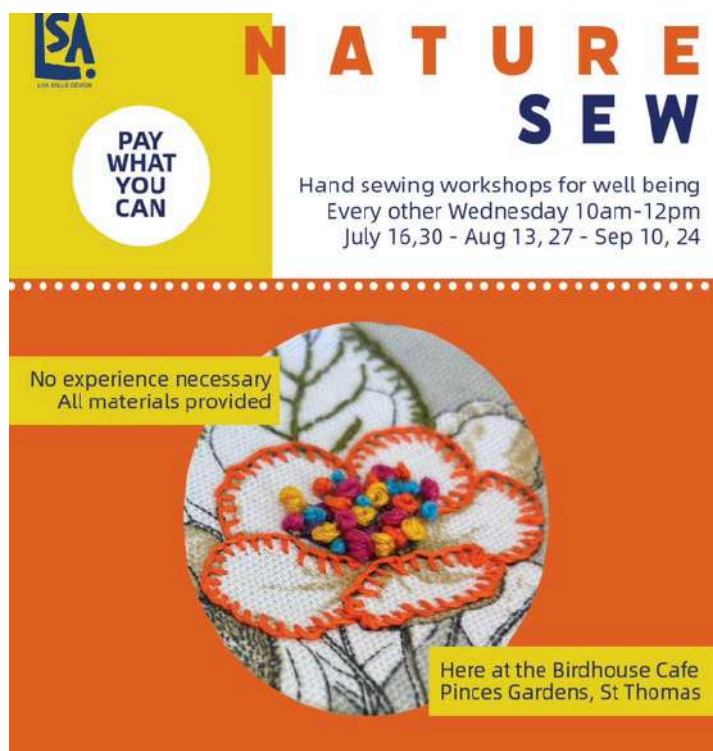
**Time:** 2:00pm for refreshments. Singing is from 2:30 - 3:30pm

There is free parking and disabled access to the building.

Visitors are welcome to come for a taster session. To arrange this, please contact Barbara Buller, tel 01392 217538.

There is an initial registration fee of £5.00 to join the group. This covers the member with dementia and their carer. The carer must always accompany the member with dementia, sitting with them throughout the session. Donations are invited towards the cost of refreshments each week. **Remember that Song** relies on donations and the kind generosity of its sponsors to run the group. All musicians and helpers give their services on a voluntary basis.

Visit us on Facebook - Remember that Song



**LSA**  
LISA MILLS DESIGN

**PAY WHAT YOU CAN**

**NATURE SEW**

Hand sewing workshops for well being  
Every other Wednesday 10am-12pm  
July 16,30 - Aug 13, 27 - Sep 10, 24

No experience necessary  
All materials provided

Here at the Birdhouse Cafe  
Pinces Gardens, St Thomas

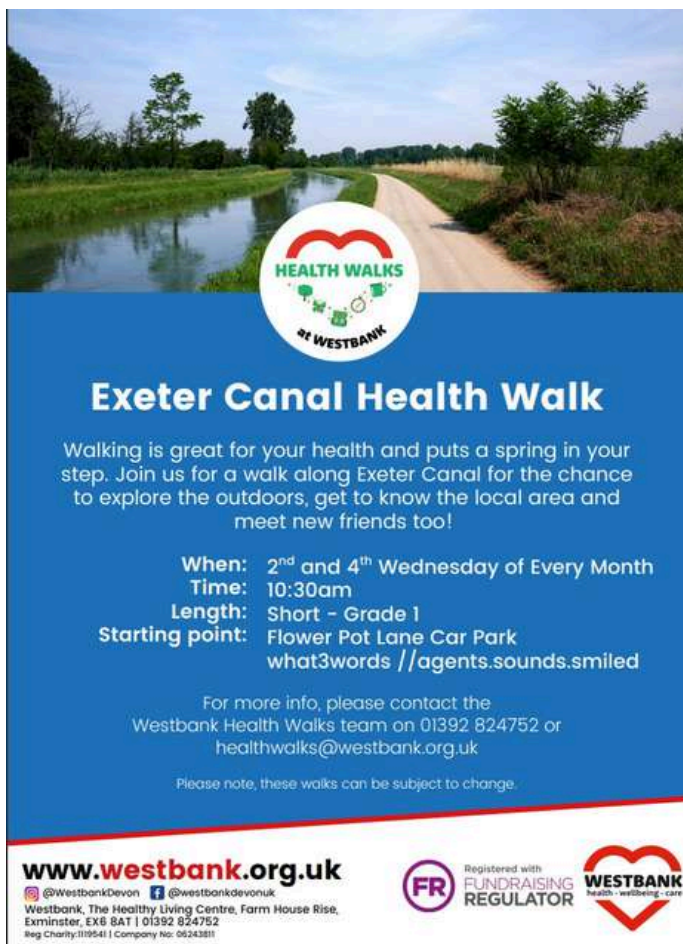


Booking Essential Online or email  
Pay what you can  
[www.lisamills.design](http://www.lisamills.design)





# Events & Activities Continued



**HEALTH WALKS**  
AT WESTBANK

## Exeter Canal Health Walk

Walking is great for your health and puts a spring in your step. Join us for a walk along Exeter Canal for the chance to explore the outdoors, get to know the local area and meet new friends too!

**When:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of Every Month  
**Time:** 10:30am  
**Length:** Short - Grade 1  
**Starting point:** Flower Pot Lane Car Park  
 what3words //agents.sounds.smiled

For more info, please contact the Westbank Health Walks team on 01392 824752 or [healthwalks@westbank.org.uk](mailto:healthwalks@westbank.org.uk)

Please note, these walks can be subject to change.

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

Registered with FUNDRAISING REGULATOR

**WESTBANK**  
health - wellbeing - care

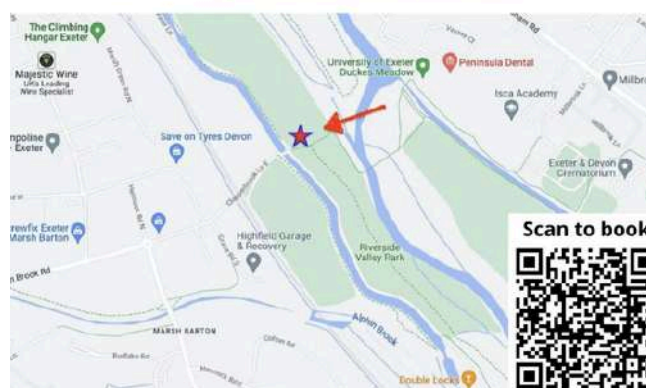


## MEN'S MORNING WALK

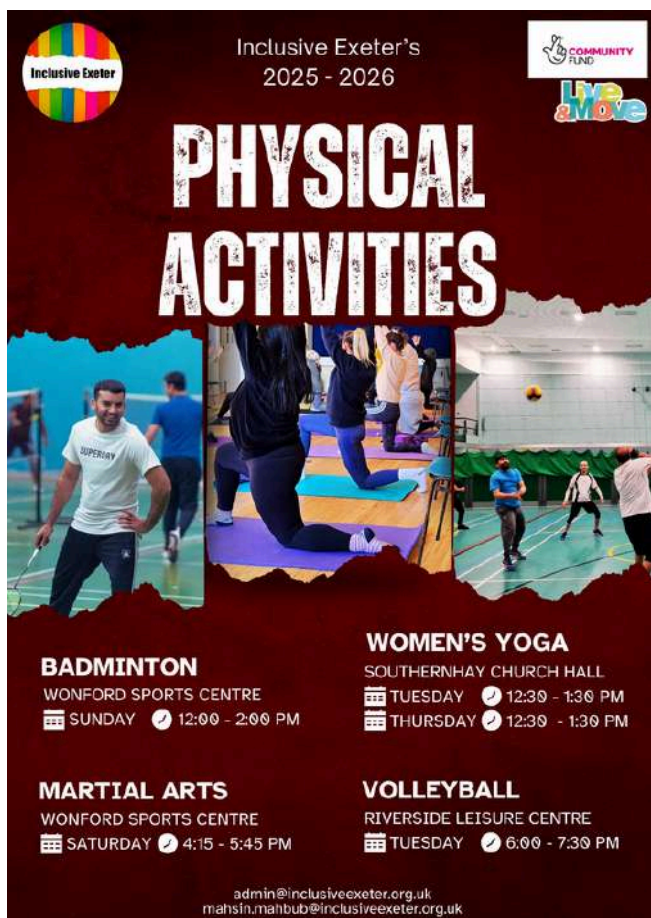
Join us Fortnightly on a Tuesday at 7.00am

**WHO NEEDS INSTRUCTIONS**

Meet at 7am at Bromhams Playing Field Car Park (near Marsh Barton railway station). We'll walk a 2.5 mile loop through Riverside Valley Park - about 45 mins of gentle exercise and good conversation to start the day. Walking boots and weather appropriate clothing recommended. MEN ONLY event. Book here or scan the QR code: <https://tinyurl.com/yb2pf6mb>



Scan to book



Inclusive Exeter's  
2025 - 2026

# PHYSICAL ACTIVITIES

**BADMINTON**  
WONFORD SPORTS CENTRE  
SUNDAY 12:00 - 2:00 PM

**MARTIAL ARTS**  
WONFORD SPORTS CENTRE  
SATURDAY 4:15 - 5:45 PM

**WOMEN'S YOGA**  
SOUTHERNHAY CHURCH HALL  
TUESDAY 12:30 - 1:30 PM  
THURSDAY 12:30 - 1:30 PM

**VOLLEYBALL**  
RIVERSIDE LEISURE CENTRE  
TUESDAY 6:00 - 7:30 PM

[admin@inclusiveexeter.org.uk](mailto:admin@inclusiveexeter.org.uk)  
[maahsin.mahbub@inclusiveexeter.org.uk](mailto:maahsin.mahbub@inclusiveexeter.org.uk)



# PARK YOGA

**COWICK BARTON PLAYING FIELDS**  
**COWICK BARTON**  
 FREE Outdoor Yoga Every Sunday  
 9.30am - 10.30am  
 4th May - 14th September  
 Look out for the Park Yoga flag

Park Yoga is for everyone!

No need to book.  
 Bring a mat or towel.  
 Stay hydrated, bring water.  
 Don't forget sun cream.

**VENUE PARTNERS**

**Cowick ROOTS AND RECREATION**

**Live & Move**





## What's on: St Thomas

### Monday

- 09.00-11.15 Baby & Toddler Group - St Thomas Baptist Church (STBC) (Term time only)
- 10:00-10:30 Story Time - St Thomas Library (STL)
- 10:00-13:00 Play space - The Family Garden (FG) (term time only)
- 10:00-15:00 Community Fridge & warm hub - Love Food CIC (LF) (term time only)
- 10:30-12:00 Knit & Natter - (STL)
- 11.30-16:00 Exeter Food Bank (EFB) (referral service only)
- 13:30-17:30 Tech Cafe-IT Support- (STL) (3rd Monday of the month only)
- 15:30-17:00 Exeter City Community Trust Youth Club Years 7 & 8 - West Exe School (WES)
- 17:00-18:00 Premier League Kicks Football Sessions 4-11 Years (WES)
- 17.45-18:45 50th Exeter Brownies - St Thomas Methodist Church (STMC)
- 18:00-19:30 Brownies 7-10 years - Trefoil Lodge (TL)
- 18:00-19:00 Womens Walking Football - Riverside Leisure centre (RLC)
- 18:30-19:30 Freemovement Circuits in the Park - Cowick Barton Fields (CBF)
- 19:00-20:30 Guides 10-14 years - (TL)
- 19:30-20:30 Exeter 45th Guides (STMC)
- 19:30-21:00 Rangers 14-18 years (2nd and 4th Monday) (TL)

### Tuesday

- 10:00-15:00 Community Fridge & warm space - (LF) (term time only)
- 10:00-10:30 Bounce & Rhyme - (STL)
- 10:00-12:00 Memory cafe for dementia and memory disorders & or carers Riverside Church (RC)
- 10:00-13:00 Play space - (FG) (term time only)
- 11:00-13:00 Breastfeeding support drop in- Birdhouse Cafe (BC)
- 11:30-12:00 Bounce & Rhyme - (STL)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 St Thomas Library Book Chat- Luccombe Oak Pub (LO)
- 16:45-17:45 Rainbows - (STMC)
- 16:45-17:45 Rainbows 4-7 years - (TL)
- 18:00-19:00 Rainbows 4-7 years - (TL)
- 18:00-19:00 45th Exeter Brownies - (STMC)

### Wednesday

- 10:00-15:00 Community Fridge & warm space- (LF) (term time only)
- 10:00-13:00 Play space (FG) (term time only)
- 10:00-12:00 Friendship hub, knit & natter & community cafe (RC)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 13:15-14:45 Songbirds Choir St Thomas the Apostle Church Hall (STACH)
- 13:30-15:00 Mums Choir - (STL)
- 17:00-18:00 Squirrels 4-6 years - 6th Exeter St Thomas Scout Hut (STSH)
- 17:00-18:00 Beavers 6-8 years - (STSH)
- 18:30-20:00 Cubs 8-10 1/2 years (STSH)
- 18:30-19:00 Freemovement Circuits in the Park - (CBF)

***\*Abbreviations in brackets ( ) relate to the location. See back page for contact details***



## What's on: St Thomas

### Thursday

- 09:00-11:00 Community Gardening Session Zero Mile Gardens - Emmanuel Hall (EH)
- 09:15-10:30 Stay & Play Baby & Toddler group - Montgomery School (MS) (term time)
- 09:30-11:00 St Thomas Tots - (STAPH) (term time)
- 10:00-12:00 Community Drop-in - (STBC)
- 10:00-15:00 Community Fridge & warm hub - (LFC) (term time)
- 11:30-14:00 Exeter Food Bank - (EFB) (referral service)
- 12:00-14:30 Craft Group - Shilhay Community Centre (SCC)
- 12:30-13:30 Community Lunch Club, Love Food CIC - 95 Cowick Street (term time)
- 15:00-17:00 Warm Space Hub Community Drop-in - (STACH)
- 16:30-17:30 Wicketz Kids Cricket Sessions 8-16 Years - Riverside Leisure Centre (RLC)
- 17:45-18:45 Super 1's Disabilities Cricket Sessions 12-25 Years - (RLC)
- 18:00- 20:30 5th Boys Brigade 5-18 Years - (STMC)
- 19:00-20:30 Crafting 4 Others - St Thomas Methodist Church (every other Thursday) (STMC)
- 19:00 -20:30 Bell Ringers - (STPH)

### Friday

- 09:00-11:00 Stay & Play - West Exe Nursery Cowick Street (WEN) (term time)
- 09:30-11:00 Community Breakfast Club all welcome - (STL)
- 10:00-12:00 Stay & Play Toddler Group - Riverside Church (RC)
- 10:00-10:30 Story Time - (STL)
- 10:00-12:00 Knit & Natter- Trefoil Lodge (TL)
- 10:15-11:00 Chair Based Exercises - (TL)
- 11:30-12:30 Table Tennis, Badminton & Pickle Ball - Sport in Mind - Sport for improving mental health - (RLC)
- 11:30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 Tea, Craft & Chat - (TL)
- 14:30-16:30 Carers Group - (TL) (First Friday of the month only)
- 19:00-20:00 St Thomas Local History Group (monthly - 1st Friday of the month)
- 19:00-21:00 Scouts 10 1/2-14 years (STSH)
- 19:30-21:00 Youth Club (RC)
- 19:30 -St Thomas Local History Group (monthly - 1st Friday of the month) (STACH)

### Saturday

- 09:00-10:00 Freemovement Circuits in the Park - St Thomas Pleasure Grounds (STP)
- 10:00-12:00 Lego Club - (STL)
- 09:00-13:00 Brillsville Market & Repair Cafe (Second Saturday of the month only) - Kings Carpark, Cowick Street (KC)

### Sunday

- 08:50- 09:30 Junior Park Run 4-14 Years - (CBF)
- 10.15-12.15 Natter Club - (TL)
- 11:00-12:00 Community Gardening Session - St Thomas Community Garden (STPG)
- 11:30-12:30 St Thomas Food Fight (free hot food and drinks) - St Thomas Precinct, Cowick Street.





## What's on: St Thomas

### Contact Details for Venues and Classes:

- **(STBC)** St Thomas Baptist Church - 01392 421707 - <https://www.stbc.org.uk/>
- **(STL)** St Thomas Library - 01392 407061 - [stthomas.library@librariesunlimited.org.uk](mailto:stthomas.library@librariesunlimited.org.uk)
- **(LF)** Love Food CIC - [info@lovefoodcic.co.uk](mailto:info@lovefoodcic.co.uk) - <https://lovefoodcic.co.uk/>
- **(EFB)** Exeter Food Bank St Thomas Hub - 07818 226 524 - [info@exeterfoodbank.org.uk](mailto:info@exeterfoodbank.org.uk)
- **(WES)** West Exe School Premier Kicks & Youth Club - 01392 255611 - [inclusion@ecct.co.uk](mailto:inclusion@ecct.co.uk)
- **(RL)** Womens Walking Football - <https://www.eventbrite.com/.../stthomas-womens-walking...>
- **(LO)** Luccombe Oak Pub - 01392 966695
- **(STMC)** St Thomas Methodist Church - <https://www.stthomasmethodist.co.uk/>
- **(STMC)** Crafting for others email: [mrsmaacookie@sky.com](mailto:mrsmaacookie@sky.com)
- 50th Exeter Brownies - [50thexeterbrownies@gmail.com](mailto:50thexeterbrownies@gmail.com)
- 45th Exeter Brownies - [exeterbrownies45@gmail.com](mailto:exeterbrownies45@gmail.com)
- Exeter 45th Guides - [exetergg45th@aol.co.uk](mailto:exetergg45th@aol.co.uk)
- **(STSH)** 6th Exeter St Thomas Scout Hut - <https://6thexeterscouts.org.uk/contact-us/>
- Freemoovement - 07709 300765 - [freemoovement@hotmail.com](mailto:freemoovement@hotmail.com)
- **(CBF)** Cowick Barton Playing Fields - 01392 262630 - <https://exeter.gov.uk/leisure-and-culture/>
- Rainbows - [westexerainbows2nd@outlook.com](mailto:westexerainbows2nd@outlook.com)
- **(BC)** Birdhouse Cafe breastfeeding support - Text 07484747923
- **(STACH)** St Thomas the Apostle Church Hall - 01392 437486 <http://www.stthomaschurchexeter.co.uk/>
- Mums Choir - [mums.choir.exeter@gmail.com](mailto:mums.choir.exeter@gmail.com)
- **(EH)** Zero Miles Gardens Community Gardening - [zeromilegardens@gmail.com](mailto:zeromilegardens@gmail.com)
- **(MPS)** Montgomery Primary School - 01392 285240 <https://www.facebook.com/MontyToddlerGroup>
- **(SCC)** Shilhay Community Centre, Thursday Activity Group (Shilhay Community Centre) - See Facebook group
- Super 1's Disabilities Cricket & Wickets Kids Cricket - [damian.price@devoncricket.co.uk](mailto:damian.price@devoncricket.co.uk)
- Sport in Mind Table Tennis, Badminton, Pickle Ball - [info@sportinmind.org](mailto:info@sportinmind.org)
- 5th Boys Brigade - [boysbrigade5thexeter@hotmail.com](mailto:boysbrigade5thexeter@hotmail.com)
- **(WEN)** West Exe Nursery Stay and Play - 01392 279361
- **(RC)** Riverside Church - 01392 210146 - [info@loveexeter.com](mailto:info@loveexeter.com)
- **(TL)** Trefoil Lodge - 01392 210232 - [Trefoillodgebookings@outlook.com](mailto:Trefoillodgebookings@outlook.com)
- Friends of St Thomas Health Centre - Knit & Knatter, Chair Exercise, Carers Group - 01392 676676 - [denise.knowles@nhs.net](mailto:denise.knowles@nhs.net) held at Trefoil Lodge
- **(STCG)** St Thomas Community Garden - <https://www.facebook.com/groups/2504356273192890>

# 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.

## St Thomas Community Builder

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Facebook: [Amy Jones Community Builder \(St Thomas\)](#)