



Hello from Bernice!



Welcome to Wonford's 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 or a little library, 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

Bernice

Bernice

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said when meeting me out and about:

"We are so lucky to have this lovely green space."

"I wouldn't want to live anywhere else."

"The lane has a great community spirit."

"I haven't lived here very long but love it as everyone is really friendly."

Working Together

My colleague Ed and I have been outdoor knocking around Hazel Road, and have had some great conversations about what an amazing community Wonford has. We discussed what sorts of things that residents like to get involved in, and sharing information on what is happening within the community.



We will be door knocking across the whole community, so please do open your door and chat with us as we are keen to hear your thoughts and interests. We also enjoyed meeting parents at Wynstream School's Parents Evening.

Northbrook Park Wildlife Haven



The Devon Wildlife Trust has turned this former golf course into a tranquil green space for residents and wildlife. They have planted trees, placed benches and children's balance equipment for residents' use, so do go and explore the site.

Devon Wildlife Trust is keen that residents and community groups are a part of the future of the park and any changes.

If you are interested in being a part of a Northbrook Group or would like to stay updated, please email me at bernice.endacott@eci.org.uk

Wonford Community & Learning Centre



Neighbourly Donations, Book Swap and Seed Library! Do come and use the Food Pantry as it is there to be used for the community and there is always a friendly welcome.

Or pop in and pick up an interesting book for a cosy, cold weather afternoon from our book share. Or if you're feeling energetic and are preparing your garden for the New Year, then come and pick up some seeds from our seed library.



Coffee and Catch Up

Andrew Baylis (PCSO), ECC Housing Officer, Lee Bunn, and I hold a "catch up and chat" once a month in the Thursday Cafe at Wonford Community Centre.

The next dates will be posted on my Facebook page, Wonford CB.

Do come and have a chat.



Ed the Community Physical Activity Organiser



Hello! For those of you who don't know me, I'm Ed, the Community Physical Activity Organiser for Exeter South including Wonford. My job is to connect people to the physical activity happening in their neighbourhood and to work alongside residents and groups to grow their ideas for getting their communities moving more.

If you'd like to get in touch, please see my contact details here or I'm often at the Westbank Health Walk on a Wednesday or the Community Cafe on a Thursday at the Community and Learning Centre, so please stop by and say hello.

Email:
edward.shaw@ecct.co.uk
 Phone: 07736 918281
 FB: CPAO Exeter South



Walking Sport in Wonford

With the Women's Rugby World Cup bringing excitement to Exeter over the summer, we wanted to share some of that buzz locally—so we hosted the Wonford Walking Sports Festival in August, giving residents a chance to try walking sports, and our fantastic local groups stepped up, including walking netball, football, and rugby (with players joining from Topsham).

Wonford Community Centre helped out with refreshments and there was a multisport activity for families. Despite a grey day, plenty of locals came along to give walking sports a go—with walking rugby a real hit, no doubt thanks to World Cup fever! Families enjoyed the activities, and there's already talk of another festival in the spring.

The festival wasn't just about walking sports; it was also a chance to hear from residents about what they'd love to see next. We had some brilliant suggestions, including women's weightlifting, women's badminton, and even a "school games" night with activities like dodgeball.

We're hoping to support these ideas as part of Exeter City Council's upcoming This Girl Can campaign in the new year. If you've got other ideas for women's sports or activities in Wonford, we'd love to hear from you—just get in touch!



New Groups

Struggling with chronic pain?

JOIN US AT THE PAIN CAFE!

Meet others and learn skills to self manage your pain. You can even move your body with gentle, seated yoga from Mobilitates (optional). Refreshments available. All sessions are free.

Last Weds of the month, 10am-12pm. Starts 26th November. The Community Cafe, Wonford Community and Learning Centre, Exeter.



Kindly sponsored by 

If this is something that would help and support you, then please do come along. The Pain Cafe will be starting on the 26th November at the Wonford Community and Learning Centre and will run on the last Wednesday of every month.

Mindfulness Mood benefits Friendship

Up Beat Singers

- Come and join the Upbeat Singers!
- Professionally led by singing teacher Emma Williams
- No experience necessary
- See improvements in your mental and physical health!
- Come and have fun and free your voice!

Fridays 10am -11.30am
Free taster sessions weekly from the 28th Nov till 19th Dec

From January £2.00 a session at Wonford Community and Learning Centre

Contact Emma: williamsemma24601@gmail.com

Improve breathing Have fun!

Come and join if you like singing, meeting others, and having fun! The Up Beat Singers Group starts on the 28th November and will run until 19th December.

Volunteer Needed



Knit & Natter

Knit and Natter volunteer needed! Wednesday mornings in our community cafe: 10am till 12noon.

Do you enjoy crafts, or chatting and meeting new people?

We are looking for someone to help each week with welcoming people to our cafe and supporting the creation and ongoing development of a knit and natter session in the cafe.



Wonford Health Matters

**Do you live in Wonford?
Are you interested in health?**

Then this new group could be for you!

Wonford Health Matters aims to:

- provide and maintain defibrillators which can be accessed 24 hours a day
- support local activities and events that improve physical health and wellbeing
- encourage health education and the take up of screening opportunities
- create a link between the surgery and the community

If you would like to find out more or have any suggestions please email: wonfordhealthmatters@gmail.com

Community Activities



Wonford Community & Learning Centre

CAFE OPENING TIMES

WEDNESDAYS 10:00AM - 12:00 PM

THURSDAYS 10:30 AM - 1:00 PM

A cartoon character of a white coffee cup with a green saucer and a green stem and feet, wearing a green hat, is smiling and pointing upwards. The character has a speech bubble that says "WEDNESDAYS 10:00AM - 12:00 PM" and another speech bubble that says "THURSDAYS 10:30 AM - 1:00 PM".

WEDNESDAY CLUB



Join us on Wednesday Afternoons for Bingo, Trips out, and a Weekly Raffle.



Community Cafe open
for snacks, drinks and hot food
from 10am until 1.30pm



Wednesday Club Open from 2.00pm until 4pm
Community Centre Membership Required

PRIZES | FRIENDS | FUN

 Wednesdays
1.30 till 4pm

 Location:
Burnthouse Lane, Exeter, EX2 6NF

 Contact: 01392 217868

 Email: wlcentre@outlook.com

 Website: www.wonfordclc.org.uk



Wonford Welcome

Saturday morning drop-in with free tea, coffee, squash and biscuits!

Chat over a cuppa, join in
with activities such as board
games and quizzes or browse
in the Book Nook.

Every Saturday
10.30 am - 12 pm

Wonford Methodist
Church Hall

**Everyone
welcome!**




YOU ARE INVITED TO A

**WINTER WREATH
MAKING SESSION**

DECEMBER 15TH
10.30AM TO 2.30PM

WONFORD COMMUNITY CENTRE

WE WILL START WITH A WELLBEING WALK
ACCOMPANIED BY DEVON WILDLIFE TRUST,
FOLLOWED BY MAKING A WREATH TOGETHER AT THE
COMMUNITY CENTRE

PLEASE BRING

- ANY ADDITIONS YOU WOULD LIKE FOR YOUR WREATH (FIR CONES, DRIED ORANGE SLICES ETC. BUT PLEASE NO GLITTER OR NUTS)
- A STRONG PAIR OF SCISSORS OR SECATEURS
- THE CAFE WILL BE OPEN UNTIL 12PM, BUT PLEASE FEEL FREE TO BRING A PACKED LUNCH

THIS IS A FREE SESSION, PLEASE BOOK AT WONFORD COMMUNITY CENTRE RECEPTION FOR YOUR PLACE
ANY QUESTIONS PLEASE CONTACT KATE HIND
KATEHIND@DEVON.GOV.UK



Community Activities

MOVE MENT

Right moves
Right vibe
For men



This is MoveMENT!

A welcoming and inclusive environment perfect for men looking join a strength and flexibility community. The best poses and pace specifically designed for men, from Yoga, Animal flow and strength and flexibility training. Looking to get started, improve performance in other areas of your life or simply somewhere to have fun and relax...

Come along and get stuck in.

WHY CHOOSE MOVEMENT?

- Suitable for all levels.
- Flexibility and strength for men.
- Good music and good fun!
- **FIRST SESSION FREE!**

More info by emailing or calling Tom
mrfranklinteach@gmail.com
 07900395141 – or just come along!

GRUNT
MOAN
FART
FAIL



Wonford Health Walks

Join us for a grade 1 walk for 30 minutes.

When

Weekly on Wednesdays at 10.30am.

Where

Meet at Wonford Green Community Centre, Burnthouse Lane, Exeter, EX2 6NF.

Suggested Donation

As a charity, we rely on donations. Donations can be made on the day!

By donating, you will help us to continue to deliver these services, or others like it, to more people in our community in need of our support.

To Book

It is not necessary to book.

For more information, please contact the Health Walks Team on 01392 824752 or email healthwalks@westbank.org.uk

EXETER PICKLEBALL CLUB PRESENTS



EXETER PICKLEBALL YOUTH CLUB

A CROSS BETWEEN BADMINTON, TENNIS AND TABLE TENNIS

WONFORD SPORTS CENTRE
FRIDAYS 19:15-20:15
9-13 YEARS OLD
£5 PER SESSION OR £2 FOR WONFORD CHILDREN



LED BY LEVEL 1 IPTPA QUALIFIED COACH, TIM SUPPORTED BY BETH
FULLY INSURED AND ENHANCED DBS CHECKED



SIGN UP ON
WWW.EXETERPICKLEBALLCLUB.CO.UK
 ALL EQUIPMENT PROVIDED



Age UK Exeter Tea Dance



Every Friday 2PM-4PM, Wonford Community Centre

Fun, social and inclusive environment!

Light refreshments included

£3 a session



Community Activities

Inclusive Exeter's
2025 - 2026

PHYSICAL ACTIVITIES

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

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

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

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

admin@inclusiveexeter.org.uk
mansin.mabub@inclusiveexeter.org.uk

FREE

ENGLISH CONVERSATION GROUP

EVERY THURSDAY 12:30PM-1:30 PM
SOUTERNHAY URC HALL

COME, JOIN OUR FRIENDLY GROUP

admin@inclusiveexeter.org.uk

Wonford Community Centre and the Wonford Wednesday Club

Carols by Candlelight

Friday 12th December 2025
7.30pm

*With the Summerland Singers
Music director Colin Ellis*

All Welcome
Tea, Coffee, Mince Pies
Christmas Draw

Wonford Community & Learning Centre

CHRISTMAS Party

Saturday 13th Dec 2025
2 pm - 5 pm
Wonford Community Centre

Book a FREE Family Ticket
by calling into reception
Mon to Thu 9am till 12pm
or Fri 1pm till 4pm
Sat Cafe 11am - 2pm
or emailing us on bookings@wonfordclc.org.uk

FREE Soft play, party games, music, drinks and snacks.

All children must be accompanied and supervised by an adult

www.wellbeingexeter.org.uk

Support

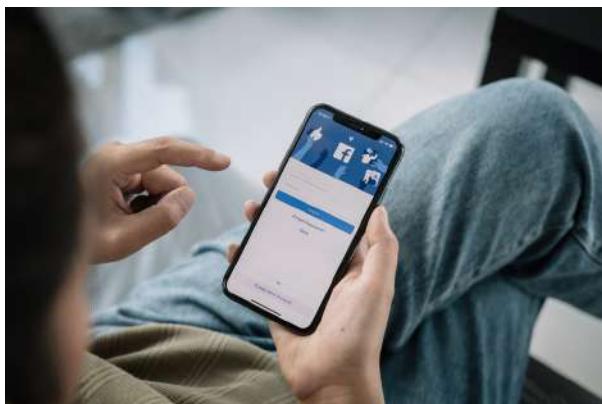


Fancy a free brew and chat? ☕

Our [Andy's Man Club](#) groups are a safe, non-judgemental space for guys to talk. They run every Monday 7-9pm (excluding bank holidays) for any man 18+.

Why not come along to the [Wonford Community & Learning Centre Ltd](#) or [Exeter City Football Club](#) this Monday for a brew and chat? There's no pressure to talk, you can simply sit and listen.

Get Social



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

- What Wonford Wants
- This is Wonford
- Wonford Planters
- Wonford Community & Learning Centre Ltd
- Wonford Methodist Church
- Wonford Sports Centre
- Wonford and Heavitree United Services Club
- Krafty Kafe - Wonford Community Craft Group
- Wonford Community Builder
- Tuesday 'Wonford Sports Centre Badminton Club'

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/Andy'sManClubExeter/
- 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.homestarteeemd.org.uk/
- Exeter Food Bank exeterfoodbank.co.uk/

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.

Wonford Community Builder

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[Facebook](#)