



Hello from Amy!



Welcome to the Spring 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 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.

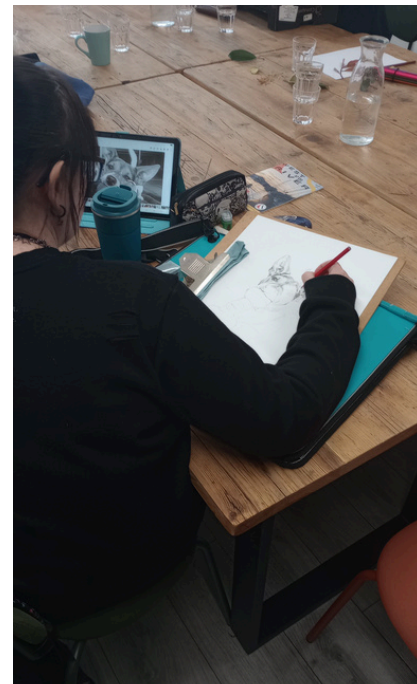
"I'd like to set up a free little library, can you help me do this?"

"I'd like to organise a street clear up with my neighbours and improve the green spaces on the street".

I'd like to set up a community project but need help with funding. Can you help with this?"

"I'd like to find out about local volunteering opportunities."

Community Builder Pop Events



Over the past few months, I've been helping out at Love Food CIC—covering shifts at the community fridge, chatting with local residents, and supporting resident Nicky in launching a new drop-in arts and crafts session.

At last two sessions, up to 12 residents joined us and got involved in a range of activities, including art projects, crochet, clay work, Easter basket making, and more. Love Food also kindly provided everyone with a free bowl of soup.

If you'd like to join us for the next session on Tuesday 19th May, please let me know in advance so we have an idea of how many people to cater for. The group thoroughly enjoyed it, and we're make this a regular monthly drop-in on the third Tuesday of each month.



Bring Your Own Art or Craft Drop In With a Free Bowl of Soup

Tuesday 19th May 11:30am-1.00pm
Love Food, 95 Cowick Street, St Thomas, Exeter EX4 1JF

Love arts or crafts? Want to meet other people in your area? A local resident came up with the great idea of a bring your own art and craft session. Love Food will be providing a free bowl of soup (Please let us know if you would like soup in advance). This session is **FREE** but please bring a donation if you would like a tea or coffee.

Amy Jones (CB St Thomas) Community Builder

07935 218747 amy.jones@eci.org.uk CB St Thomas (amy jones)

Park Yoga & History Walks



Venue Partners



Park Yoga is back! Thank you to the folks at Cowick Roots & Recreation who succured the funding for this year. This means yoga remains free for the community. Bring a mat if you have one, no booking required. Sessions run from Sunday 3rd May 9:30 am for 20 weeks.

Exwick Roots & Shoots Walk

A guided food heritage walk exploring Exwick's horticultural history

Tuesday 28th April 2026
10:30am-12pm
(Free Eventbrite booking required)






Find out about the old nurseries and market gardens of Exwick, including:

- Exotic plants - Melons and magnolias
- Plant theft - Crime & punishment
- Allotments and orchards - Linking past and present growing activities

Starting at Miller's Crossing

A gentle circular walk (level ground) from Miller's Crossing through Exwick, followed by coffee and a chance to share local memories at the Mill on the Exe pub.

A collaboration between:

Reserve your free ticket on Eventbrite

Limited spaces!
tinyurl.com/mth3cz9k

For questions email felix.elsen@ecct.co.uk

Keep an eye out for Roots & Shoots walks in Exwick and St Thomas. Organised by Zero Miles Gardens, Exwick History Group and Wellbeing Exeter. They will be focusing on local horticultural history.

News from Felix - CPAO



Hi, my name is Felix and I am the Community Physical Activity Organiser (CPAO) for West Exeter, I recently had the pleasure of visiting the friendly folks at the Exeter Croquet Club at Pincas Gardens, where I learned what this social game is all about. It's easy to learn and a great way for any age or ability to be active. Played on grass using a wooden mallet, the aim is to strike balls through a number of hoops. This welcoming club has a very supportive atmosphere, and the social aspect is just as important as the game itself.

Sessions are often followed by hot drinks in their club house. The club is actively encouraging younger players to come along and join them. If you're interested and want to give it a try, come to one of their weekly free trial sessions on Tuesdays or Thursdays at 11am. More information at <https://croquet-websites.org.uk/exeter/> or contact 0792940893.

With the weather getting so much better now, I have been joining Westbank's fortnightly St.Thomas Health walks on Wednesday mornings. If you're looking for an easy (grade 1) social walk around Cowick Barton Fields, with a coffee stop at Pincas Gardens, come along every second and fourth Wednesday. The group meets at St.Thomas Medical Practice at 10:30am and sets off for a relaxed stroll and friendly chat along the way. The next few walks will be on Wed 22nd April, Wed 13th May and Wed 27th May. For more info take a look at my social media pages. Facebook: facebook.com/CPAOExeterWest/ Instagram: instagram.com/cpao_exeterwest/

St Thomas's Thriving Festival & Market Scene

St Thomas continues to shine with its vibrant market and festival scene, offering something for everyone throughout the year. This May, don't miss the Mindful Market at the Birdhouse Café, where you'll find a wonderful selection of eco-conscious gifts and locally made treasures.

Brillsville Market is always bustling with talented local makers, creating a lively atmosphere and a perfect opportunity to support small businesses. Meanwhile, the Love St Thomas Festival returns for its second year, bringing an exciting programme of live music, unique stalls, hands-on workshops, and plenty of entertainment for children.

Later in the year, the much-loved St Thomas Winter Festival will be back in November, rounding off the season with festive cheer for the whole community.

These free community events take a great deal of time, energy, and support to organise. If you'd like to get involved—whether by volunteering your time or making a donation to help fund these fantastic projects—please do get in touch. Your support makes all the difference.



Renowned for its lively atmosphere and diverse selection of stalls, Brillsville Market has something for everyone. Whether you're looking for fresh local produce, handmade crafts, or unique finds, the market is a vibrant hub that celebrates and supports local businesses.

We also offer **FREE** children's craft sessions or entertainment at each market.

So, whether you're a seasoned market-goer or visiting for the first time, Brillsville Market is the place for you. Save the dates, bring the family, and enjoy the very best of what Brillsville has to offer.

The Kings car park, Cowick Street, St Thomas, Exeter
Join us every second Saturday of the month from 9am to 1pm!

January - no market	11th July 2026
14th February 2026	8th August 2026
14th March 2026	12th September 2026
11th April 2026	10th October 2026
9th May 2026	14th November 2026
13th June 2026	12th December 2026

Follow us on social media for regular updates:
 [brillsville_market](#)  [brillsvillemarketsstthomas](#)



CIRCULAR SOCIAL'S MINDFUL MARKET

Sunday 31st May
The Birdhouse Cafe,
Pines Gardens,
Exeter EX2 9EL
10am-3pm

The Mindful Market by Circular Social, where wellness, community and sustainability meet. An event featuring eco-conscious business stalls, interactive zones and lots more.



St Thomas Winter Festival
more than a market

WE'LL BE BACK
November 21st
2026



LOVE

ST THOMAS SUMMER FESTIVAL

SATURDAY 4TH JULY
12 – 7PM • ST THOMAS CHURCHYARD
A FAMILY FRIENDLY, COMMUNITY CENTRED FESTIVAL

FRESHLY SQUEEZED

BIG FISH LITTLE FISH • IMPOSSIBLE GOSPEL MISSION CHOIR
POCO DROM • UNCLE TACKO'S FLEA CIRCUS • CARPARK COMEDY
AND LOTS MORE TBC

MUSIC • DJS • TALKS • KIDS ACTIVITIES • INTERNATIONAL FOOD MARKET
BAR • INDEPENDENT MARKET STALLS AND SO MUCH MORE

ST THOMAS CHURCHYARD, COWICK STREET, EX4 1AP • FIND OUT MORE ABOUT THE FESTIVAL AT  

The St Thomas Repair Cafe



The St Thomas Repair Cafe runs every 3rd Saturday of the month from St Thomas Church hall in St Thomas (10am-1pm). Repairs on offer are clothes and accessories, jewellery, Small electricals, electronic devices, ornaments and crockery, toys and small items of furniture. Only one item per visit, please. Last repair accepted at 1pm. Drop in for tea and cake whilst you wait for repairs and chat others in the community.

Nature in Exeter



Wellbeing Exeter have launched a new Wellbeing in Nature website.

Nature in Exeter is a simple, easy to use directory of the city's parks, waterways and green spaces. Whether you're looking for somewhere to walk, relax or explore, you'll find all of Exeter's natural spots in one space. To find out more or to add an organisation or community group to the directory click here <https://www.natureinexeter.org.uk/>

Devon Wildlife Trust, the University of Exeter, the Met Office and other partners, Exeter City Council would like your views on nature in Exeter. Whether you live, work or visit Exeter, you are invited to take part in this survey. Your responses will help us create a shared vision and action plan for people and nature in Exeter including biodiversity in our parks, natural and green places, and waterways. You can find the survey online at <https://engage.exeter.gov.uk/wild-exeter-a-city-for-people-and-nature>

Mindfully Wild CIC

VOLUNTEERS WANTED

HELP RESTORE THE ALPHIN BROOK, EXETER

NEW COMMUNITY RIVER RESTORATION PROJECT

- Help remove invasive Himalayan balsam
- Wildlife & water quality surveys
- Habitat restoration
- Boost your wellbeing in nature
- Be part of a positive local community project
- Share your own ideas, interests & skills
- No experience needed

Whether you're interested in learning new skills, practical conservation, surveys, fundraising, legal, admin, or sharing memories and photos of the brook, your contribution is valued. Sponsorship and donations are also welcome.

Email: info@mindfullywild.org.uk
WWW.MINDFULLYWILD.ORG.UK

SUSTAINABLE SEAS FESTIVAL

20TH JUNE • 11AM - 5PM

EXETER QUAYSIDE

HERITAGE BOATS & CRAFTS
 KIDS ENTERTAINMENT - MUSIC
 ENVIRONMENTAL TALKS
 STALLS & FILMS

20TH JUNE • 11AM - 5PM

Mindfully Wild is a new Community Interest Company based in St Thomas. They will be starting a community river restoration project on the Alphin Brook this summer. They are also organising Exeter's first Sustainable Seas Festival at Exeter Quayside on Saturday 20th June 11am-5pm. To find out more about how to get involved click here to access their website

<https://www.mindfullywild.org.uk/>
 or follow them on Facebook or Instagram at Mindfully Wild CIC.

Events & Activities



Volunteer Fair

11am - 2 pm, Thursday 23rd April, Exeter Cathedral

Want to volunteer but not sure where? Visit our Volunteer Fair & find out!

To book: ☎ 01392 205800 📧 info@eci.org.uk



WEST EXE NURSERY SCHOOL

SPRING CELEBRATION

1ST MAY 2026

2.30PM TO 4.30PM

Open to all

Come along and join us!

Music Stalls

Raffle Face Painting

Garden Play Activities

Refreshments & Snacks

StepOne
A brighter path to wellbeing

Improve your health & wellbeing

Yoga4MentalHealth (8-Week Course)

Who is it for:

- Anyone experiencing stress, anxiety or mild to moderate depression
- At risk of Type 2 diabetes or cardiovascular disease
- Suffering from social isolation

Dates:

- April: 20th & 27th
- May: 11th & 18th
- June: 1st, 8th, 15th & 22nd
- *June 29th (optional Breath Ambassador Workshop)

Time: 10 am - 11.30 am

Location: The X Centre, Commercial Rd, Exeter EX2 4AD

With the option to become a Breath Ambassador

Sign up here



www.steponecharity.co.uk/exeter-yoga-wellbeing-group

For further information:
01392 255 428
training@steponecharity.co.uk

the hope programme

HOPE Programme
Chronic Pain, Fatigue & Low Level Anxiety & Depression

hope for the community

Aimed at people living with chronic pain, fatigue and low level anxiety and depression who are wanting to make a positive change

The Help Overcoming Problems Effectively (HOPE) Programme supports individuals to focus on themselves as a person, and to consider "What is important to me?". It is a **FREE**, six week, self-management programme where we bring groups of people together that are going through a similar experience. You are not alone!

The course will be held at the X Centre in Exeter and will run on a Monday from 13:00pm-15:30pm on the following dates:

Week 1 - Monday 11th May
Week 2 - Monday 18th May
Week 3 - Monday 1st June
Week 4 - Monday 8th June
Week 5 - Monday 15th June
Week 6 - Monday 22nd June

StepOne
A brighter path to wellbeing

Call - 01803 320696
Email - hope.devon@nhs.net



Events & Activities Continued



ALBI GARDEN OPEN DAY
SATURDAY 25TH APRIL 2026 9.30-1PM

**VEGETABLE SEEDLINGS AND WILDFLOWERS
 PLANT SALE**

**SUNFLOWER SEED SOWING &
 SEED BOMB MAKING WORKSHOP & CRAFT
 FOR CHILDREN AND FAMILIES**

ALL WELCOME!
EMMANUEL HALL EX4 1EJ

Are you looking to feel more connected?

Would you like a few more friendly faces in your week?
 Not sure where to start? You don't have to do it on your own.
 Contact Wellbeing Exeter to ask about support from a
 Community Connector. Our Connectors can meet you locally to:

- Have a chat**
 We'll listen to your story and explore what you enjoy, what you miss, what you'd like more of, and any challenges you're facing.
- Explore what's nearby**
 Together, we'll look at local groups, activities and support that match your interests and needs.
- Take the next step**
 Your Connector can support you to try something new — at your pace and in a way that feels comfortable. You don't have to do it alone.
- Build confidence and connections**
 Over time, you can grow your confidence, meet new people and feel more connected to your community.

We're free, friendly and local. Why not get in touch with a Community Connector? If you are 18 or over, you can:

- Complete a simple online form, use this QR code
- Call us directly on 01392 284271
- Email us on info@wellbeingexeter.org.uk

We look forward to hearing from you.

www.wellbeingexeter.org.uk



**INCLUSIVE
 WALKING
 BASKETBALL**

**SUNDAY
 EVENINGS
 7-8PM**

Exeter College Sports Hall
 Victoria Yard (off Queen St)
 Exeter, EX4 3SR

£3/session
 (Card payment onsite)

FIRST SESSION FREE!

Inclusive sessions for all ages (18+) and abilities, focusing on fun and friendly games. No running, no physical contact and no experience required.

Join the Facebook group or contact info@exeterspartans.co.uk for more info!

Join the Facebook group to stay up to date.



Supported by




**WALKING
 TENNIS**

**Sundays
 12:30-1:30**

FREE!


Exwick Tennis Courts

Starting soon!

WHAT?
 Free Walking Tennis sessions, open to all ages (18+) and abilities. Just turn up.

WHERE?
 The Pavilion, Ennerdale Way, Exwick, Exeter, Devon EX4 2BQ
 (Parking available)

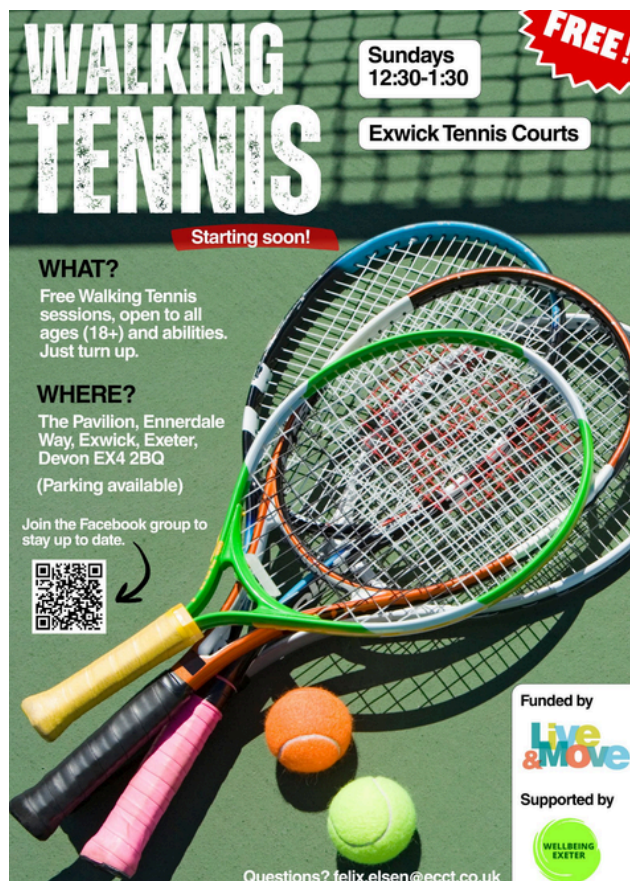
Join the Facebook group to stay up to date.



Funded by **Live & Move**

Supported by **WELLBEING EXETER**

Questions? felix.elsen@ecct.co.uk

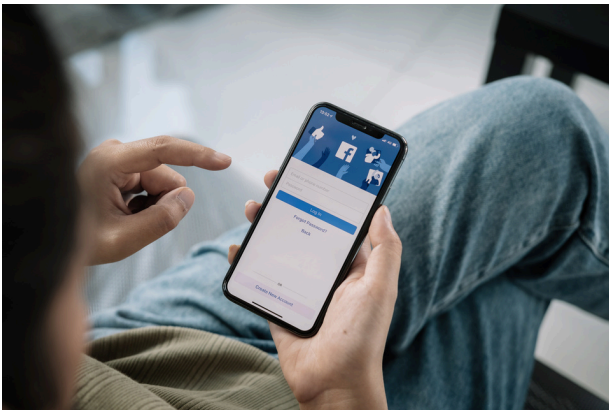


Love Your Lane Exeter

Local resident Issy came up with the great idea of creating a community mural under the St Thomas railway arches to brighten the area up. The hope is to install a free little library and planters too. I've been supporting Issy to find funds, resources, artists and residents to get involved. Issy would love help from others in the community, so please contact Issy by email on loveyourlaneexeter@gmail.com or I can pass on more information.



Get Social



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

- St Thomas, Exeter
- Brillsville Market St Thomas
- West of the River Magazine
- Love Food CIC
- Cowick Roots and Recreation
- Mindfully Wild CIC
- Family Garden CIC
- St Thomas Winter Market (Winter Festival)
- The Birdhouse Cafe
- Zero Mile Gardens
- St Thomas Community Garden
- St Thomas Local History Group
- Love St Thomas Summer Festival.
- St Thomas Food Fight
- Friends of St Thomas Heath Centre
- St Thomas Repair Cafe
- Wellbeing Exeter
- Exeter Community Initiatives

Useful Information

- Parental Minds gives support to families who are struggling with their mental health
<https://parentalminds.org.uk/>
Tel: 07907 614 516
- Devon Domestic Abuse Alliance
<https://ddaa.org.uk/>
Tel: 08082 816161
- 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/>



What's on: St Thomas

Monday

- 09.00-11.00 Baby & Toddler Group -St Thomas Methodist Church (STMC) (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)
- 13:00-14:00 Fish & Chip Lunch Club-Friends of St Thomas Medical Centre Trefoil Lodge
- 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)
- 19:15-20:45 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 Community cafe (Donation only) (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

- 09.30 -11.15 Baby & Toddler Group - St Thomas Baptist Church (STBC) (Term time only)
- 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 (donation only) (RC)
- 10:00-13:00 Step One Wellbeing Craft Group-The X Centre (XC)
- 10:30-11:30 Westbank Health Walk (every 2nd & 4th Wed) St Thomas Health Centre (STHC)
- 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)



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)
- 10:00-15:00 Community Fridge - Love Food CIC (LFC) (term time only)
- 10:00-12:00 Community Drop-in - (STBC)
- 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)
- 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 St Thomas the Apostle Church Bell Ringers - (STACH)
- 19:30-21:00 Craft 4 Others - St Thomas Methodist Church (every other Thursday) (STMC)

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)
- 14:15-16:15 Carers Group - (TL) (Every second 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 (Second Saturday of the month only) - Kings Carpark, Cowick Street (KC)
- St Thomas Repair Cafe (Every third Saturday of the month) - (STACH)

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:

- **(STMC)** St Thomas Methodist Church - <https://www.stthomasmethodist.co.uk/>
- **(STBC)** St Thomas Baptist Church - 01392 421707 - <https://www.stbc.org.uk/>
- **(STL)** St Thomas Library - 01392 407061- stthomas.library@librariesunlimited.org.uk
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- **(LF)** Love Food CIC - info@lovefoodcic.co.uk - <https://lovefoodcic.co.uk/>
- **(EFB)** Exeter Food Bank St Thomas Hub - 07818 226 524 - info@exeterfoodbank.org.uk
- **Friends of St Thomas Medical Centre** - Contact Denise 01392 676676
- **(WES)** West Exe School Premier Kicks & Youth Club - 01392 255611- inclusion@ecct.co.uk
- **(RL)** Womens Walking Football - <https://www.eventbrite.com/.../stthomas-womens-walking...>
- **(LO)** Luccombe Oak Pub - 01392 966695
- **(STMC)** Crafting for others email: mrsmaccookie@sky.com
- 50th Exeter Brownies - 50thexeterbrownies@gmail.com
- 45th Exeter Brownies - exeterbrownies45@gmail.com
- Exeter 45th Guides - exetergg45th@aol.co.uk
- **(STSH)** 6th Exeter St Thomas Scout Hut - <https://6thexeterscouts.org.uk/contact-us/>
- Freemoovement - 07709 300765 - freemoovement@hotmail.com
- **(CBF)** Cowick Barton Playing Fields - 01392 262630 - <https://exeter.gov.uk/leisure-and-culture/>
- Rainbows - westexerainbows2nd@outlook.com
- **(BC)** Birdhouse Cafe breastfeeding feeding support - Text 07484747923
- **(STACH)** St Thomas the Apostle Church Hall-01392 437486<http://www.stthomaschurchexeter.co.uk/>
- **(STHC) Westbank walks contact-** 01392 824752 healthwalks@westbank.org.uk
- Mums Choir - mums.choir.exeter@gmail.com
- **(XC)** The X Centre, Commercial Rd, Exeter, EX2 4AD - <https://steponecharity.co.uk>
- **(EH)** Zero Miles Gardens Community Gardening - 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
- Sport in Mind Table Tennis, Badminton, Pickle Ball - info@sportinmind.org
- 5th Boys Brigade - boysbrigade5thexeter@hotmail.com
- **(WEN)** West Exe Nursery Stay and Play - 01392 279361
- **(RC)** Riverside Church - 01392 210146 - info@loveexeter.com
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- Friends of St Thomas Health Centre - Knit & Knatter, Chair Exercise, Carers Group - 01392 676676- denise.knowles@nhs.net held at Trefoil Lodge
- **(STCG)** St Thomas Community Garden - <https://www.facebook.com/groups/2504356273192890>

Amy Jones - St Thomas Community Builder

Phone: 07935 218747

Email: Amy.jones@eci.org.uk

Facebook: CB St Thomas (Amy Jones)



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.

Community Connecting

One to one support for adults in Exeter plus adults, families



Community Building

Support people in their local neighbourhood to grow their ideas and try new things that bring people together



Community Physical Activity Organisers

Connect people to become more active and support neighbourhoods to get physical activity ideas off the ground



Community Engagement

Project Coordinators work with communities and local networks in priority areas to meet specific needs by creating new opportunities in walking, cycling, leisure services, and community engagement



Find out what's on locally at our new website:
www.yourlocalexeter.org.uk

**YOUR LOCAL
EXETER**



www.wellbeingexeter.org.uk

St Thomas Community Builder

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