



Hello from Sam!



I'm pleased to introduce myself as the new Community Builder for Countess Wear, and 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.

I've had the chance to explore the areas many green walks, brimming with wildlife and history.

And I've had the pleasure of meeting a range of people,

and discovering some of the brilliant things that are already happening. Thank you to everyone I've met so far, for the warm welcome.

I'm here to support anyone who wants to try something new or bring an idea to life – whether that's a new group, a little library, or something else entirely.

If you've got an event or activity you'd like featured in this newsletter, or if we haven't met yet and you'd like to share an idea or find out more about what's going on locally, my contact details are on the back page.

Best wishes,

Sam Gilroy

Sam

This issue

Page 1

- Introduction

Page 2

- Listening post
- Recent Events

Page 3

- Staying Active in Countess Wear - News from Ed your local CPAO

Page 4

- Green Walks, Family Activities + Allotments Available

Page 5-6

- Youth groups, Activities & Family support

Page 7

- LYN
- Get Social & Useful Info

Page 8 - 9

- What's On

Page 10

- Contact Details

News from Ed - CPAO

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

It's been great to welcome Sam, the new Community Builder to the area and over the past few months. Sam and I have been out and about in Countess Wear, listening to what the community would like to see locally. We've heard great ideas for possible fun activities and games on the Lakeside Avenue green space, and for themed walks with possible topics about the local history and nature - watch this space!

We also enjoyed joining residents for a community litter pick using the equipment from Café 24, as part of the Great British Spring Clean. It was a wonderful reminder of how a community can come together to care for the green spaces they share, and there was a real sense of pride in being part of something that helped make the neighbourhood a bit tidier.

The Westbank Health Walk on Mondays starting at the Newcourt Community Centre at 10.30am has now established itself as a popular activity for locals. Sam and I joined the group for a very pleasant stroll down to the Nancy Potter House, for a coffee stop, and back to the community centre. This is just one of the routes they use and new members are most welcome to join.

If you'd like to share an idea or just have a chat about getting active, you can often find me at Café 24 on Thursday mornings, when we like to go for a short walk with residents at 10am. Or, you can get in touch through any of the channels below. Contact me, Ed Shaw here:

✉ edward.shaw@ecct.co.uk

☎ 07736 918281

📘 Facebook: CPAO Exeter South

Wellbeing Exeter

Community Physical Activity Organiser

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



Countess Wear Walks



These past 3 months, I've had the pleasure of joining the Countess Wear Walkers on a Thursday morning, like regular walkers Moira and Gill. I've discovered the beautiful routes down by the Riverside Meadow, along the water out along Glasshouse Lane to Mill Lane, that is surrounded by the tranquil life of the white swans and water birds. There's also a strong sense of history of the place with the old Mill building still remaining. We're hoping a very knowledgeable local resident will share the tales of Countess Wear and it's glass making with a history walk in the coming months. Stay tuned!

Community Table Tennis

Now the warmer weather is here, have you thought about a game of Table Tennis? There are bats for you to use free of charge for the two table tennis tables 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 Café 24 from Lou, pictured bottom left.

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



Baby & Toddler Groups



Did you know there are 2 Toddler groups in Countess Wear and Newcourt?

I've visited both and had a really warm welcome, and discovered they each have a huge selection of toys and train sets, with every corner of the room filled with play kitchens, slides, and other equipment, as well as books.

The Stay and Play at the 100 club finishes their 1.5hr session with a book read by Angie who leads the group, and a little song and bubbles, plus a snack to take away.

The Trinity Toddler and Baby group finishes their session with a cup of tea and a biscuit, and Emma & Ruth from YMCA who facilitate the session, also offer flyers with other information to support families.



[SPACE] Youth Clubs at the 100 Club £1 entry.



SENIORS [SPACE]

WEDNESDAYS - 6:30PM-9PM - £1 ENTRY - YEAR 9 to AGE 19

100 CLUB, WEAR BARTON ROAD, EXETER, EX2 7EH



INTERIORS [SPACE]

FRIDAYS - 6:30PM - 9PM - £1 ENTRY - YEAR 8, 9, 10

100 CLUB, WEAR BARTON ROAD, EXETER, EX2 7EH

Groups & Events



GIRLS RUGBY @ TOPSHAM

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

Search TOPSHAMGIRLS RUGBY on

TikTok, Facebook, Instagram icons

Helping you through Parenthood

YMCA EXETER  

Sometimes we just need a little bit of reassurance that we are doing the right thing.
Sometimes we just need some more information.
Sometimes we just want to chat things through.

We offer free 1:1 non judgemental support on a range of topics including:
anxiety, challenging behaviour, toileting, sleep, sensory needs, neuro diversity and SEND

Contact Emma or Ruth (YMCA Young Families Workers) for more information

emma.mitchell@ymcaexeter.org.uk

07746 351016

ruth.unsworth@ymcaexeter.org.uk

07511 103117

Groups & Events

PATRON: SIR CLIFF RICHARD
Registered Charity Number: 1121600

Goldies

Sing & Smile UK

A good old SINGALONG

YOUR LOCAL GOLDIES SESSION: **We're NOT a CHOIR!!**

NEWCOURT COMMUNITY HALL
Blakeslee Drive, Exeter, EX2 7FN
NEWCOURT

Join your next Goldies Session on
THIRD MONDAY of each month
From 2.00-3.00pm with Katie Jones
£3 donation to attend

The W.G. Edwards Charitable Foundation 

Everyone Welcome!

www.golden-oldies.org.uk
01761 470006



Newcourt Health Walk

Walking is great for your health and puts a spring in your step. Anyone can turn up and join in, it's FREE, fun and friendly! Come and take a leisurely walk with like-minded people. These volunteer-led walks offer a variety of grades in and around the Newcourt Area

When: Every Monday starting 22nd September
Time: 10:30am
Length: 30-90 mins
Starting point: Newcourt Community Centre

For more info, please contact the Westbank Health Walks team on 01392 824752 or healthwalks@westbank.org.uk

Please note, these walks can be subject to change.

www.westbank.org.uk

 Registered with FUNDRAISING REGULATOR 

Westbank is a registered charity with the Charity Commission. Registered office: Westbank House, 10, The Quadrant, Exeter, Devon, EX1 1QD. Registered office: Westbank House, 10, The Quadrant, Exeter, Devon, EX1 1QD. Registered office: Westbank House, 10, The Quadrant, Exeter, Devon, EX1 1QD. Registered office: Westbank House, 10, The Quadrant, Exeter, Devon, EX1 1QD.



BINGO

2nd Saturday of the month
Eyes down 7.00pm
At the 100 Club
Countess Wear
EX2 7EH

Tea, coffee, and
soft drinks on sale



EXPECTING A BABY IN EXETER?

JOIN OUR FREE ANTENATAL CLASSES!

OVER 2 SATURDAYS

30TH MAY & 20TH JUNE

10AM -4PM

SOUTH WEST MS

THERAPY CENTRE

EX2 7EY

To book your free ticket
head to



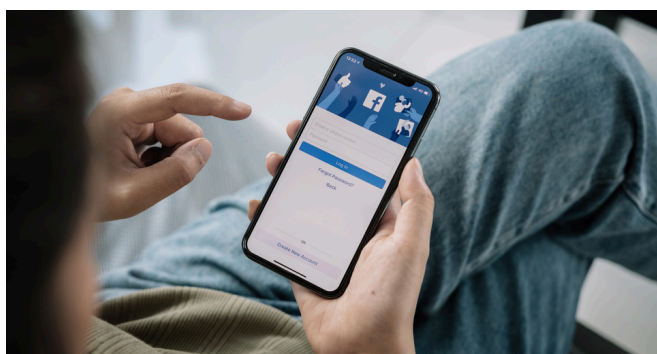
LYN - Love Your Neighbour

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 Connected



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)
- LYN (Love Your Neighbour) Newcourt Exeter (Reducing food waste)
- Trinity Baby and Toddler Group
- [Newcourt Community Centre](#) - for regular listings of events and activities
- Topsham Community Association ([What's On](#))
- Nancy Potter House activities: [Estuary League](#)
- Countess Wear Village Hall [Activities](#) - <https://www.countesswearvillagehall.com>

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
- [NHS after care](#)
- 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: Countess Wear & Newcourt

Mondays

- 10.30am - Westbank Health Walk Grade 1-3, meet at Newcourt Community Centre. 30-90mins. Free
- 11.15am-12.15pm - Goldies singing group (3rd Monday of the month) 20th April, 18th May, 15th June at Newcourt Community Centre, Green Room. Donation of £2-£3
- 6pm-7.30pm - Topsham Brownies held at Nancy Potter House in the Community Room, every Monday (Except Bank Holidays & School Holidays)

Tuesdays

- 9am-1.30pm - Robot Reg & Toddler Group - tickets available from Reception at Nancy Potter House.
- 10am-11.20am - Trinity Babies & Toddlers at Newcourt Community Centre (Term time only). £2
- 10.15am-11.30am - Games morning for Kids & adults, at Bradbury Cafe, Nancy Potter House. Free.
- 10am-11.30am - Stay and Play at The 100 Club. Term time only cost: suggested donation: £1-2
- 10am-11.20am - Stay and play group at Clyst Heath Nursery & Community Primary School (Term Time only) Cost: £1.00
- 1pm-4.30pm - Soft Play, tickets available from Reception Desk at Nancy Potter House. £2 per child.
- 2pm-4pm - Over 50's 'Youth' Group to keep the body active, at the Dorothy Holman Centre Topsham. Free to attend.
- 6.15-7.15pm - Trinity Church's K@tch Youth Group (Yrs 3-6). Term time at Clyst Heath School. Free.
- 6.15-7.15pm - The Women's Institute, at Newcourt Community Centre - 3rd Tuesday of the month.
- 6.15pm - Topsham Bridge Club runs every Tuesday & Thursday, meeting at 6.15pm for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House £2.50 per table.
- 6.30-8.30pm - Topsham Sea Scouts 10-14yrs (during term time) at Nancy Potter House.

Wednesdays

- 10-11.20am - Trinity Babies & Toddlers at Newcourt Community Centre (term time only). £2
- 10-11.30am - Coffee morning at Grandisson Court, Countess Wear, Exeter, Devon, EX2 6NJ. 50p
- 10-11.30am - Needlecraft at The Bradbury Café, Nancy Potter House Nelson Close. Free to attend.
- 2-3pm - Bingo at Nancy Potter House. First Weds of the month. Free to attend, £1 a game.
- 6-7pm - Topsham Sea Beavers 6-8yrs (during term time) at Nancy Potter House.
- 6.30-9pm - Seniors Youth Group at the 100 Club years 9+ (ages 9-19 years old). £1.00
- 7-8.30pm Knitting Group: every 2nd & 4th Wednesday of the month at Heneaton Square Community Room EX2 7DE (Cornerstone Housing Association), starting Wednesday 8th April 2026.



What's on: Countess Wear & Newcourt

Thursdays

- 10.00am-11.00am - Countess Wear Walkers*, Led by Ed our CPAO. Meet outside café 24. Free.
*Soon to be Themed walks, watch this space!
- 1.00pm-4.30pm Soft Play at Nancy Potter House - tickets available from Reception Desk. £2.00 per child
- 6.15pm - Topsham Bridge Club suggested arrival time: 6.15pm, for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House. £2.50 per table.

Fridays

- 9.30-11.30am - Regular Councillor Drop-ins. Second Friday of the month at Cafe 24, in Glasshouse Lane. Pop along and chat with your local councillors about any issues, concerns, or projects that you may want some help or support with.
- 9.15-11.45am - Over 50's Coffee Club at Newcourt Community Centre (£1.50 donation suggested)
- 10.30am - Topsham Health Walks (Westbank), meet at The Lord Nelson Car Park, EX3 0DU. Suggested donation.
- 10.45am - Countess Wear Health Walks (Westbank), meet at the rear of King George V Playing Fields EX26LR. Suggested donation.
- 11.00am - Walking Group: Southbrook - Grandisson Court, Led by Ed our CPAO. Free
- 9.30am-12.00pm - Veterans Armed Forces Group meets in the Bradbury Café, Nancy Potter House, on the last Friday of the month for a social gathering. Free, with optional full English Breakfast for £8.
- 6.30-9pm - Inters Youth Group at The 100 Club (Years 8, 9 & 10). Free
- 11.15am-12.15pm - 'Goldies' singing group at Nancy Potter House. Every 3rd Friday of the month £4

Saturdays

- 9am-12pm - Soft Play at Nancy Potter House. Tickets available to purchase from Reception Desk. £2.00 per child.
- 10am-1.00pm - Topsham Repair Café in the Dorothy Holman Centre, Ferry Road (by the recreation ground). First Saturday of the month. Free to attend.
- 10.45am - Litter pick. Meet Bridget and the team at Newcourt Community Centre, on the last Saturday of the month. 25th April, 30th May, 27th June, 25th July.
- 6.45pm - Bingo, at the 100 Club on 2nd Saturday of the month, Eyes down 7pm. April 11, May 9, June 13.



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



www.wellbeingexeter.org.uk

Countess Wear Community Builder

Name: Sam Gilroy

Phone: 07902 119 083

Email: sam.gilroy@eci.org.uk

Facebook: facebook.com/countesswear.cb

Community Physical Activities Organiser (CPAO)

Name: Ed Shaw

Phone: 07736 918 281

Email: edward.shaw@ecct.co.uk

Facebook: CPAO Exeter South