

Hello from Rachel!



Welcome to the Spring edition of the Exwick Community Builder newsletter!

Over the next couple of months there's plenty to look forward to and lots of opportunities to get involved in local activities; such as Pop-up Play, Litter Picks and planting events.

Part of 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 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, 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

Rachel

Rachel Gilmore

This issue

Page 1

- Introduction

Page 2

- Taking Action on Litter
- Fruit Trees in Farm Hill

Page 3

- Listening Post
- Growing Activities

Page 4

- Exwick Food Hub
- Volunteering Opportunities

Page 5

- Update from Felix (CPAO)

Page 6

- Events
- Walking Tennis
- Community Connectors

Page 7

- What's On

Page 8

- Devon & Cornwall Police
- Useful Information & Get Social

Page 9

- Contact Details

Taking Action on Litter



A group of residents in Exwick have been meeting regularly to carry out litter picks around Kinnerton Way and Farm Hill. These sessions are about taking pride in our local area and doing something practical to care for the places we all use every day. The litter picks are also a great opportunity to get some fresh air, meet neighbours, and enjoy working together on something positive. The group is friendly and welcoming, and new faces are always encouraged to join. There's no expectation to attend every session, whether you come along regularly or just once in a while, your help is appreciated. Discussions are also underway about a larger Community Action Day in Farm Hill. If you'd like to get involved, please get in touch. (Contact info on the back page).

Fruit Trees in Farm Hill

Did you know that Farm Hill is home to many fruit trees?

Apple, plum, hazelnut and cherry trees are dotted around the area, producing an abundance of seasonal food - yet much of it has been going to waste.

Exciting plans are emerging to identify and map the trees, helping to ensure the fruit is not lost and raise awareness of this valuable natural resource within the community. By creating a map of their locations, we can celebrate local biodiversity, reduce waste, and encourage responsible foraging. Keep an eye out for more details about some mapping and foraging events taking place over the coming months.

If you'd like to get involved, please get in touch!



Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said they that they would like to see in the area;

It would be good to have another Community Action Day to tackle fly tipping in the area

I'd love to have a street party in my street next Summer, where people can bring and share food.

We need more activities for young people

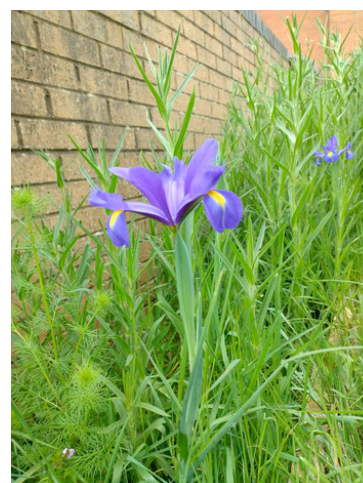
It would be great to have a bench at the Community Garden

Growing Activities

It's been wonderful to see the community garden at the top of Farm Hill continue to grow and develop over the past year. What started as an idea from local resident Zoe to transform an unused green space into a community garden has blossomed into a valued community project bringing neighbours together. Regular planting sessions have continued throughout the year, with bulbs planted over winter now beginning to flower and bring colour to the space. The herb bath created by residents is also thriving, and plans are currently underway to install a bench so people can sit and enjoy the garden together.

The community's growing activities are also spreading beyond the original garden area. Residents have been exploring other areas around Farm Hill for wildflower planting and discussing ideas for additional community growing projects, including possible fruit bushes and more trees.

The next gardening and crafting event will take place on Saturday 6th June at 2pm at Exwick Community Garden, more details can be found on page 6



Exwick Food Hub

The new Exwick Food Hub has recently opened at St Andrew's Church, helping reduce food waste while supporting the local community. Running every Friday from 10am-12pm, the Hub shares a wide variety of surplus food that would otherwise go to waste. The range of products available include tinned food, and fresh fruit and vegetables. The Hub also has a fridge and freezer for more perishable items.

The food is supplied by [Exeter Food Action](#), a local charity that collects excess food from supermarkets and other suppliers and distributes it to food banks and local community groups across the city by a team of local volunteers.

The Food Hub is open to everyone, not just those in need, anyone who wants to help reduce food waste.



Volunteering Opportunities:

Join the Exwick Community Association

Exwick Community Association is a group run by and for the people in Exwick. They currently run the Exwick Community Centre, as well as putting on a few events every year like the Summer and Christmas Fetes. The Charity seeks to work with other groups and organisations to improve things for people in Exwick. They also support other groups and activities such as the Tuesday Art group, Crafty Chat, Exwick Tots, Exwick Youth Council and the Exwick News. There's lots of ways to get involved, from helping at one off events, supporting regular activities or getting involved with running the Community Centre. To get in touch contact Trevor Sharp: eca@ewick.org

The Exwick News

The free community magazine Exwick News will be out again this Summer. It brings a mix of local stories, listings of regular groups as well as upcoming events, local history, the latest news and views.

The magazine needs volunteers to help find local advertising to support the magazine and more people to help with deliveries. To help with advertising contact Linda: exwicknews@gmail.com
To help with deliveries Contact Rob: 07707 985379
rob.masding@gmail.com.



Update from Felix - CPAO

Try Walking Tennis this spring

With generous funding from Live & Move and with the support of a qualified coach from the Exwick Tennis Club, I have recently helped launch free weekly Walking Tennis sessions in Exwick. With winter and the heavy rain finally behind us, it's a great time to make use of our Exwick's amazing tennis courts. Walking Tennis is low-impact and suitable for all abilities and experience levels, offering a gentle and sociable way to stay active. Sessions run weekly on Sundays 12:30-1:30 with all equipment provided and open to ages 18+ (children welcome if supervised by their caregiver). Come along and give it a go!

Find further info on the Facebook group:
facebook.com/groups/1761463477829777



'Roots & Shoots' Guided History Walk

Our first free guided history walk, called Roots & Shoots, took place a few weeks ago. The event explored the food heritage of Exwick's old market gardens and former plant nurseries. An incredible 30 people took part in what will be a series of local history walks across Exwick and St.Thomas. Thanks to all who joined us. It was great to see so many people interested in learning more about the area's history. We are looking forward to further walks organised collaboratively by Wellbeing Exeter, the Exwick History Society, Zero Mile Gardens and Westbank Health. Future events will be announced later in the year. Keep an eye on the CPAO social media pages for information.

Facebook: CPAOExeterWest

Instagram: @cpao_exeterwest





Calling Farm Hill Neighbours!

Join us for

Summer Planting & Crafting at Exwick Community Garden

Sat 6th June | 2pm

Meet at green squares on top of farm hill, next to bus stop.
(EX4 2ND, What3Words jabs.loved.fuzzy)

All welcome, we'll be planting some
edible plants and making crafts

Google maps
location here



If you have questions, please contact Rachel, Exwick Community
Builder: 07542041672 or rachel.gillmore@eci.org.uk.



Pop Up Play

Wednesday 27th May 1pm-3pm

Exwick Play Area, Station Road & Exwick Parish Hall

Meet neighbours & share ideas with your local Community Builder
& Community Physical Activity Organiser.
Free drinks and snacks. Children must be accompanied.

Contact: [07542 041 672](tel:07542041672) rachel.gillmore@eci.org.uk [Rachel Gillmore - Exwick](https://www.facebook.com/RachelGillmore-Exwick)

www.wellbeingexeter.org.uk

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

WELLBEING
EXETER

WELLBEING
EXETER

WALKING TENNIS

Sundays
12:30-1:30

Exwick Tennis Courts

FREE!

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



What's on Exwick: Spring - 2026

non-for-profit or low cost activities

Monday

- **9.30am** - Polo Tinies - Play group for parents and their under ones - St Andrew's Church -Free

Tuesday

- **12.15-2.15pm** - Art for All at EPH - email tanyart1@proton.net -£5.00
- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief - Free

Wednesday

- **2.00-4.00pm** - Exeter Quilters at EPH info@exeterquilters.co.uk (Monthly) £5.00
- **8.00pm** - Quiz Night - The Thatch House www.thatchedhouse.net - Free

Thursday

- **6.00pm** - Brownies - Exwick Heights School www.devonguides.org.uk (see website)
- **7.00-9.00pm** 1st & 3rd Thurs - Exwick Crafty Chat - friendly craft group for adults - EPH £2.00

Friday

- **10.00am-12.00pm** - Friday Friendship at EPH (Term Time) - Free
- **10.00am-12.00pm** - Exwick History Society - in the back room at EPH (1st & 3rd Friday of the month - email to confirm it's on - exwicklocalhistory@gmail.com) - Free
- **12.00pm-2.00pm** Job Club Exwick at Exwick Parish Hall (Term Time) - Free

Saturday

- **10.00am-12.30pm** Saplings Go Wild - Jubilee Garden - Exwick Parish Hall - £5.00
- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief - Free

Sunday

- **12:30pm-1:30pm** Free Walking Tennis at Exwick Tennis Club at Exwick Tennis Club - Free
- **4.00-6.00pm** Messy Church (2nd Sunday of the month) at EPH - Free

Contact Details for Venues and Classes:

- Art for All - Contact Tanya - tanyart1@proton.me
- Brownies - www.devonguides.org.uk/divisions/exeter
- Exwick Community Centre - bookings@exwick.org www.exwick.org
- Exwick Parish Hall - bookings@exwickparishhall.org www.exwickparishhall.org.uk
- Girls Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Exwick Cricket Club - ExwickCC@outlook.com www.exwickcricket.co.uk
- Exeter Quilters - info@exeterquilters.co.uk
- Exwick Sport Hub - Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Exwick Tennis Club - www.exwicktennisclub.co.uk
- Job Club Exwick - Chris Carter chris.carter@exwickcommunitychurch.org.uk
- Saplings Go Wild saplingsgowild@hotmail.com
- The Thatched House - www.thatchedhouse.net info@thatchedhouse.net

Update from Devon & Cornwall Police



Don't suffer in silence
Report it

Go online:
www.devon-cornwall.police.uk/reporthis

Call Devon & Cornwall Police: 101
Non-Emergency:

Sign Live (Video relay via BSL interpreter)
SMS/text 67101
Minicom/textphone 18001 101

Emergency:

If a crime is in progress, call 999
999 BSL (national video relay via BSL Interpreter)
SMS/Text 999 (pre-registered)
Minicom/textphone 18000

"We stand together with our communities to remind everyone that we have zero tolerance to hate crime. We acknowledge that this is a very difficult time for many diverse communities, and we want to provide some reassurance that we are here to provide support where hate crimes may be happening. We have teams dedicated to supporting victims of hate crime. If you have been the victim of abuse or targeted because of your race or ethnicity, we want you to know that we are there for you. Please report it to us so we can investigate offences fully and signpost you to support. An increase in reporting helps us understand what is happening in our communities and how best to tackle it. Don't suffer in silence. Report it."

Useful Information

- Parental Minds gives support to families who are struggling www.parentalminds.org.uk/
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+.
Tel: 07990 790 920
- Andy's Man Club - Talk through issue and problems that men face.
Monday evening 7pm
www.facebook.com/andyManClub
Exeter/Remote
- 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.homestart.org.uk

Local PSCO Team

PC 7907 Charlie James and
PCSO 30753 Gavin Menditta

Email:

EXETERNEIGHBOURHOOD@devonandcornwall.pnn.police.uk

Exwick Councillors

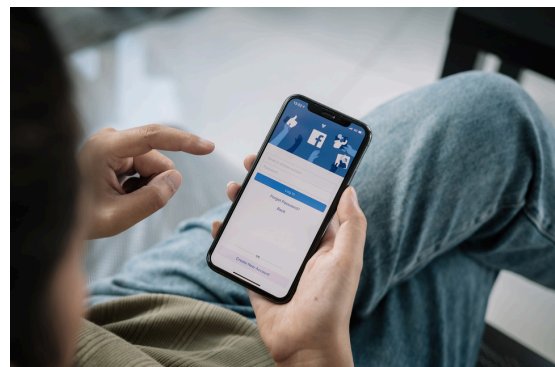
Exeter City Council:

Councillor Philip Bialyk
cllr.philip.bialyk@exeter.gov.uk
Councillor Paul Knott
cllr.paul.knott@exeter.gov.uk
Councillor Susannah Patrick
susannah.patrick@exeter.gov.uk

Devon County Councillor - Exwick:

Councillor Tony Stevens
tony.stevens@devon.gov.uk

Get Social



Keep up-to-date - Local Facebook pages/groups:

- Exwick
- Exwick Community Association
- Exwick Cricket Club
- Be Inspired Exwick Community Group
- Exwick Parish Hall
- Exwick Free Toy Shed
- Exwick Community Larder



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



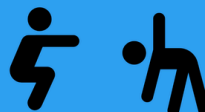
Community Building

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

Exwick Community Builder

Rachel Gillmore

Tel: 07542 041 672

email: rachel.gillmore@eci.org.uk

Facebook: Rachel Gillmore

(Community Builder Exwick)

Community Physical Activity Organiser (CPAO)

Felix Elsen

Tel: 07736 918 280

Email: felix.elsen@ecct.co.uk

Facebook: CPAO Exeter West