

Created by ESOL students from Exeter College



Hello from Natalie!



Hello St James!

One of the best parts of building this community is seeing the connections, ideas, and support that emerge between neighbours. In my summer edition, I'm shining a light on the St James Community Action Group and Volunteers Voice highlighting the many conversations and achievements to celebrate.

Every shared insight, question, introduction and act of support helps create an environment where people can learn, collaborate, and thrive. Thank you for being an active part of what makes this community so special, I'm looking forward to continuing to grow and achieve great things together.

Best wishes,
Natalie
Natalie

This issue

Page 1

- Introduction

Page 2

- Exeter Community Garden

Page 3

- Hello from CPAO Charlotte / St James Community Action

Page 4

- Volunteer Story / Hospital Radio

Page 5

- Bee Tour / Diverse Communities

Page 6

- Hospicare South West / Nature

Page 7

- Custard Town / City for All

Pages 8 & 9

- What's On - St James

Pages 10-11

- Opportunities & Events

Page 12

- Student Research / Useful Information

Pages 13

- Your Local Exeter

Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have been saying:

thanks for sharing, Natalie
St Sids is an amazing resource

I really wish I knew about
Transitions in my previous job,
it is so needed in Exeter

I would like to see more
events put on in the
City Centre,

There's so much support from
Wellbeing Exeter- Builders,
connectors and Activity
professionals "

Exeter Community Garden



St James residents, volunteers, students, and Community Builders came together at Exeter Community Garden to raise money for the wonderful charity Hospiscare in May.

The whole team worked collaboratively to showcase the garden at its very best. The weather was beautiful, the food was delicious, and there was plenty for visitors to enjoy, including fantastic raffle prizes, a tombola, a plant sale, gorgeous strawberry plants, and a variety of houseplants. It certainly helped to have a Biologist on hand at the plant stall! People travelled from across Exeter to celebrate the garden, connect with one another, share gardening tips, and appreciate the incredible space that this community has created. Visitors were also able to purchase delicious local honey from Bee Keeper Zoe, whose beehives are located just across from the garden.

Overall, it was a fantastic day and a wonderful example of what can be achieved when a community comes together. Thanks to everyone's generosity and hard work, Team ECG raised £819.88 for Hospiscare.

What a brilliant collective effort and a wonderful celebration of community spirit.



Hello St James from CPAO - Charlotte

As a Community Physical Activity Organiser, my role is to help people find achievable ways to move more and feel better. It's easy to worry about not fitting in or not feeling "fit enough." I've heard that echoed by many and what I'm coming to understand is that it's rarely about ability, but instead knowing where to begin and finding an environment that enables you to feel confident.

Across North Exeter, there are various free and low-cost ways to get moving. A big part of what I do is helping others discover what's out there and connect them with activities at their own pace.

It is clear how powerful physical activity can be in bringing people together. I'm regularly inspired by residents that are creating welcoming, inclusive spaces where others can join and feel part of something.

If you would like the opportunity to move more and feel more connected to your community, please get in touch by referring on the Wellbeing Exeter website [here](#)

Charlotte Flavell- Community Physical Activity Organiser

LOCAL PHYSICAL ACTIVITY GROUPS

- ST SIDWELL COMMUNITY CENTRE GARDENERS** (FREE)
Community Gardening Group
Tuesdays: 11:00AM-01:00PM
Thursdays 01:00PM-03:00PM
01392 666 222 or email volunteer@stsidwells.org.uk
- CITY SISTERS SWIMMING** (£2.50)
Weekly women's-only swimming sessions offered until 07/07/2026
Tuesday Sessions: 07:00PM - 7:50PM & 08:00PM - 08:55PM
Book via Abler
- THE SUNSET SOCIETY**
Womens social running group
Wednesdays: 09:00AM & Sundays: 10:00AM
[@sunset_strides](https://www.instagram.com/sunset_strides)
- METHODIST CHURCH ST SIDWELL STREET** (£3)
Badminton Group
Tea & Biscuits provided
Thursdays at 07:30PM
Glenn: 07837789394
- WEST BANK HEALTH WALKS** (FREE)
Community Walk
60-90 minutes
Wednesdays at 10:30AM
Meet outside Boots High Street Exeter
<https://www.westbank.org.uk/healthwalks>
- BOOTS** (FREE)
- ST JAMES PARK LOOSE 2 WIN** (FREE)
Supporting men to improve their health. Offers information on nutrition, exercise & goal setting. Along with circuit-style workouts & taster sessions in different sports
Thursdays 06:30PM - 08:00PM
peter.ferlie@ecct.co.uk

St James Community Action

Volunteer Celebration - One year in action

After cheering on the Great West Run runners last month, 12 volunteers collected 10 bags of litter and headed to The Victoria Inn on Union Road for some social connection and a wee tippie and some delicious cake.

Here what the St James volunteers had to say:

"I like making somewhere look good, safer for dogs, cats, and wildlife."

"I like the compliments we receive, we're setting a good example to others"

"It's good to care for your environment and neighbourhood."

"It shouldn't always be up to the council to do everything"

"It's good gentle exercise and good for the soul."

"It's a public service."

"You get to see parts of Exeter you haven't been to before."



Community Litter Pick

Sundays, 11.00am -12.00pm

26th July, 23rd August, 20th September, 25th October & 22nd November

Meet at Devonshire Place Orchard with local neighbours to keep St James tidy. All litter pickers, gloves and bags are provided. Everyone is welcome.

Contact: [07856917894](tel:07856917894) natalie.smith@eci.org.uk [Natalie Smith - St James](https://www.facebook.com/Natalie-Smith-St-James)

www.wellbeingexeter.org.uk



Volunteer Celebration Story

“ I volunteer in two places in the city, and both opportunities mean a great deal to me.

One of the places I've volunteered for many years is a community café. During my time there, I've learned so many valuable skills, especially around preparing and cooking food. Recently, I made a vegetable pie completely from scratch, and I thoroughly enjoyed the experience. It was therapeutic, rewarding, and gave me a real sense of achievement.

I get a real buzz from volunteering at the café. It gets me out of the house and away from my accommodation, gives me something positive to focus on, and allows me to spend time with community-minded people. We communicate, share stories, and have a laugh together. It feels like a family. The other volunteers are like brothers and sisters to me.

With the support of Community Builder, I also volunteer with a local charity. The staff there are wonderful, and the manager is very approachable. I volunteer because I genuinely want to be there and give something back to society. Being part of a charity that helps others is something I'm proud of.

One of my favourite sayings is, “Work doesn't find you – you've got to find it.”

Volunteering has had a huge impact on my life. If it wasn't for these volunteering roles, I don't think I'd be where I am today. They mean so much to me. They get me out of the house, help me meet new people, teach me new skills, and most importantly, give me purpose.

I'd encourage everybody to volunteer. Not only do you give something back, but you also learn something new about yourself along the way.




”



Photo: Vegetable Pie,
I made from scratch

Tune into Hospital Radio

Tune into Hospital Radio to listen to Zoe and I talk about our role as Community Builders, covering Pinhoe, St David's and St James.

-  Monday 21st July
-  12 noon
-  Listen [here](#)

Phone in and ask us questions, live on air:
Text Hospital Radio Exeter on 07469 979 881



Free Community Roof Top Bee Tours

Community members and Wellbeing Exeter Community Builders accompanied Bee Keeper Jason on a Roof Top Bee Tour, recently.

What to expect:

- An hour's free tour
- You'll see the bees hovering around the hives
- Beekeeper Jason's extensive knowledge of the bees over a 14 year period
- You'll see objects related to bees - Queen Cell, Hive Frames, etc.
- Stickers for children

and so much more, book a visit [here](#)



Did you know?
The honey is sold in Chandos Deli in Princesshay!

Hikmat & Inclusive Exeter- Diverse Communities

Hikmat Devon CIC and Inclusive Exeter are both community-led co-operatives based in Exeter. They provide vital support, social groups, and health and wellbeing services for culturally diverse and minority ethnic communities in Devon.

Both Community Interest Companies support families to intergrate into Exeter, supporting wellbeing through conversation and guidance, with physical activities, community festivals, workshops, etc being available to community members from all over the world.

Find out more about:
Hikmat [here](#)
Inclusive Exeter [here](#)

Event	Date	Location
SPORTS DAY	4 JULY 2026	Wonford Playing Fields, Exeter
COMMUNITY FAMILY PICNIC	12 JULY 2026	Cockington Country Park, Torquay
FAMILY FUN DAY	1 AUGUST 2026	Wonford Community Centre and Playing Field, Exeter
FAMILY FUN DAY	8 AUGUST 2026	Clyst St Mary Village Hall, Exeter
SPORTS FESTIVAL	15 AUGUST 2026	Sports Park, University of Exeter, Exeter

Logos at the bottom include: COMMUNITY FUND, Exeter City Council, and several other community organization logos.

Support needed at Hospice South West

Join Hospice as a volunteer

Volunteers really are community stars. They support in many ways and help to make the world of difference to our families. It is through the time and care of ordinary people that we can do extraordinary things.

Why not volunteer some of your time and share your skills to help make the most of short and precious lives. Every hour you can give will make a difference to families facing an uncertain future.

If you're having a clear out, Children's Hospice South West on Sidwell Street are seeking donations of men's and women's clothing and accessories.

For more information and to apply [here](#)



Exeter Uni Biodiversity Trails

Biodiversity Trails can be used to help you take a walk around campuses and see the species that live on site and the techniques used to support biodiversity and wildlife on our grounds.

- Community Garden Field
- Taddiforde Valley (Higher Hoopern)
- Tree Belt Car Park A-B to Harrison Building
- Harrison Bank
- Laver Pond
- Plantation
- Lower Hoopern Valley and Hatherly Labs Banking
- Queen's Building/Washington Singer
- Reed Pond and Reed Hall Gardens

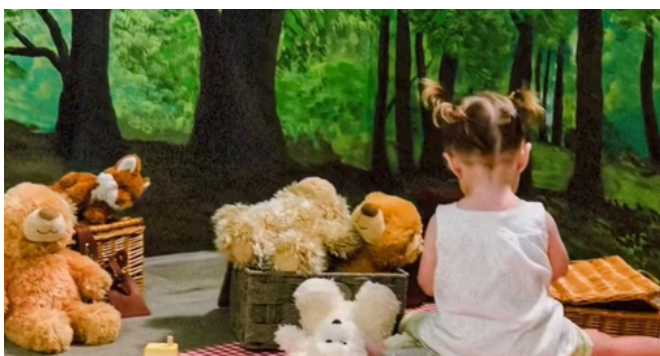
Download the [Biodiversity Trail Streatham Campus](#)



Custard Town

Custard Town opens its doors on 2nd July at Guildhall Shopping Exeter, and you can now book your adventure! Designed for children aged 0-6 years, Custard Town is a safe, welcoming and imaginative play space where little ones can explore, create and play while families make memories together. From creative play and sensory activities to teddy bears' picnics, discos and special events, there's always something exciting happening at Custard Town.

Book [here](#)



CUSTARD
town

Booking Information:
9.30 am - 11.30 am
12.30 pm - 2.30 pm
7 Days a week

Our Bookings are live!

Scan to Book!

Unit 27, Guildhall Shopping Centre, EX4 3HL

Community Ticket Scheme

The City For All - Community Ticket Scheme which has paid for hundreds of people who might not otherwise have been able to afford it to attend matches at St James Park will run again this coming season.

City For All was established after an idea from Exeter City Supporters' Trust member Tom White, and began during the 22/23 season and since then has provided more than 840 tickets to supporters enabling them to attend matches and watch the team they love.

The scheme was initially available to supporters and families, last season it was extended to community organisations, The Club and Supporters' Trust donate the tickets towards the scheme and do not make a profit from ticket sales.

Supporters can contribute either by donating toward the cost of further tickets exetercityfc.ktckts.com/brand/donations or by donating season tickets for matches they are unable to attend by emailing cityforall@ecfc.co.uk

Fixture are now released, supporters can apply for them [here](#)





What's on: St James: Summer 2026

Monday

- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-1.30pm Age UK Between Us Cafe - Age UK Exeter, The Sycamores, Mount Pleasant Road, EX4 7AE. 01392 202092 - Free
- 3pm-5pm - Gardening Group - Community Rainbow Garden at Sidwell Street Methodist Church (Feb-Oct) - Free -
- 6pm-7pm - Andy's Man Club - Exeter City Football Club - Free

Tuesday

- 10am-12pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B). Email: exetercommunitygarden1@gmail.com - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre. Email: maria@stsidwells.org.uk for more information - Free
- 10am-12pm - The Sidwell Street Gardeners - St Sidwell's Community Centre - Free
- 10.00am-4.30pm - Merry Go Round Toy Library - Positive Lights Projects. Browse and book at my.mgrtoylibrary.org - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-12.00pm - Creating Connections Social Cafe - Grecian Centre at St James Park - Free
- 1pm-4pm - Board Games & Books - St Sidwell's Community Centre - Free
- 2pm-4pm - CoLab Men's Group - CoLab, King William Street - Free
- 2pm-4pm - Work & Wellbeing Drop In at St Sidwell's Community Centre. Email: dropin@stsidwells.org.uk - Free
- 7.30pm - Community Quiz Night at St Anne's Well, 31 Well Street - £2.00 per person. Tel: 01392 305411

Wednesday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre . Email: maria@stsidwells.org.uk for more information - Free
- 10am-1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1pm-4pm - Rekindle Arts & Crafts Recovery Drop In - St Sidwell's Community Centre - £2.00
- 2pm-4pm - St Sidwell's Community Knitting/Craft Group - St Sidwell's Community Centre - Free
- 3pm-5pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ. Email: exetercommunitygarden1@gmail.com - Free
- 6.30pm - Freemoovement Exercise Class at West Garth Park. Email: freemoovement@hotmail.com - Free
- 7.30pm - Fellowship with Speakers (1st Wed of month) Sidwell Methodist Church - www.sidwellstreetmethodist.org.uk - Free



What's on: St James: Summer 2026

Thursday

- 10am - Sporting Memories for over 50s - Grecian Centre at St James' Park - Free
- 10am-1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - Free. Email: maria@stsidwells.org.uk for more information
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1pm-3pm - Sidwell Street Gardeners - Sidwell Street Community Centre - Free
- 7.30pm (Term Time) - Badminton - Sidwell Street Methodist Church - £3.00 play/refreshments
- 7pm-9pm - Open Mic Night - The Sunset Society, 5 Old Tiverton Road - Free to take part

Friday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre
Email: maria@stsidwells.org.uk for more information - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 12.30-2.30pm Volunteer Drop In - St Sidwell's Community Centre
Email: volunteer@stsidwells.org.uk
- 1.30pm-3.00pm - Friday Club - St Sidwell's Community Centre - £3.00 with refreshments
- 1pm-3pm - Exeter Multicultural Choir - The Upper Chapel, St Sidwell's Community Centre - email: ESOL@devon.gov.uk - Free
- 1pm-4pm - Board Games Afternoon - St Sidwell's Community Centre Cafe - Free
- 2pm - El Conversatorio Spanish Conversation Cafe - St Sidwell's Community Centre - Free
- 2.00pm-3.30pm - Sidwell Scribblers - St Sidwell's Community Centre - Free

Saturday

- 9.30am-10.45am - ESOL Conversation Class - Sidwell Street Bakehouse - Free
- 10am - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B) Email: exetercommunitygarden1@gmail.com - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free

Sunday

- 9am - Freemovement Exercise Class at West Garth Park. Email: freemoovement@hotmail.com - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free

Volunteer Drop In

Every Friday 12:30-2:30pm

A weekly free and friendly drop-in at St Sidwell's Community Centre


What is it?
A drop in to meet with the Volunteer Coordinator to find out more about volunteering both at St Sidwell's & elsewhere in Exeter.

Who is it for?
Anyone can attend if you want to get volunteering.

Where?
At St Sidwell's Community Centre in the cafe.

Do I need to book?
Noooo, come along between 12:30-2:30pm.

volunteer@stsidwells.org.uk
01392 666 222
www.stsidwells.org.uk



REKINDLE RECOVERY

We are a grassroots, volunteer-led, peer support group for people with lived and living experience of mental health and other life interrupting challenges

We run informal weekly drop-ins for peer support, friendly connection, and quiet conversation with games, puzzles, and a wide range of creative materials to meet the needs of almost everyone!

Exeter: Every Wednesday from 1-4
St Sidwell's Community Centre, Sidwell Street, EX4 6NN

Find us on Facebook
www.rekindlerecovery.org.uk

Age UK Exeter's Death Café

A warm, welcoming space to talk about death and dying

We welcome people of all ages and experiences to come together, share stories and build a kind, caring community conversation around death and dying.

Upcoming Dates:

- 14th August
- 16th October
- 11th December

Time:
10:30am - 12:30pm

Location:
Age UK Exeter, The Sycamores, Mount Pleasant Road, Exeter, EX4 7AE



WHAT TO EXPECT:

- Tea, coffee and plenty of cake!
- A guest speaker
- Open, respectful conversation
- Open to all ages
- No need to book – just drop in

Free to attend
Donations welcome for refreshments
www.deathcafe.com

Age UK Exeter is a registered charity (1010973) and company by guarantee. Registered in England and Wales number 02703636. Registered office: The Sycamores, Mount Pleasant Road, Exeter, Devon, EX4 7AE

The Big Knit is back!

Exeter ageUK Let's change how we age

We are looking for knitters to take on this years Knitathon challenge.

For every hatted smoothie sold, 30p goes straight to Age UK Exeter, helping older people in our community.

50 hats Introduce an older person to a weekly visitor, reducing loneliness.

100 hats Help someone get 2 hours of vital advice when they need it most.

200 hats Enables us to host a forum for older people, where they can express their concerns and be heard.

Patterns available!!!



www.innocentdrinks.co.uk/big-knit/knitting-patterns
Please drop off any hats to Reception during office hours
The Sycamores, Mount Pleasant Road, Exeter, EX4 7AE during opening hours.

Age UK Exeter is a registered charity (1010973) and company by guarantee. Registered in England and Wales number 02703636. Registered office: The Sycamores, Mount Pleasant Road, Exeter, Devon, EX4 7AE

WELCOME DESK VOLUNTEER



Welcome Desk Volunteer Greet visitors, answer enquiries, and help create a warm, inclusive atmosphere at St Sidwell's Community Centre. Be the friendly face that makes everyone feel at home.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:
 Phone: 01392 666222
 Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre

WORK & WELLBEING VOLUNTEER

TUESDAYS 2-4PM



Volunteer at our Weekly Drop-in
 Volunteer at our weekly drop-in and make a real difference in your community. You'll support people with a wide range of needs, from IT help and job searching to CV writing and interview preparation. You'll also provide signposting to other organisations, wellbeing support, and sometimes provide a listening ear when it's needed most. Join us and help people feel more confident, connected, and supported.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:
 Phone: 01392 666222
 Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre

CUSTOMER SERVICE VOLUNTEER



Bakery Customer Service Volunteer Join our friendly team in a busy, fast-paced bakery environment. You will learn about our products, serve customers, handle cash, and card payments, and be the welcoming face that greets everyone who walks through the door. This role is perfect for someone who enjoys a busy and vibrant environment, is adaptable and flexible, and enjoys working as part of a team to create a positive customer experience.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:
 Phone: 01392 666222
 Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre

COMMUNITY FRIDGE VOLUNTEER



Help Support our Community Fridge:
 Passionate about the environment and food waste? We're looking for volunteers to collect surplus food from local supermarkets and deliver it to our community fridge. You can do this by bike, car or on foot - whatever works best for you.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:
 Phone: 01392 666222
 Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre

International Students

Can you help Uni Student, Jasmine with her research?

Are you an International Student and over 18?

If the answer is yes, to both of these questions, and you have an hour to spare
Email -
tc822@exeter.ac.uk



PARTICIPANTS NEEDED

We would like to know about your experience of being an international student in the UK!

TASK

- 45 - 60 minutes 1-1 Interview

WHO CAN PARTICIPATE?

- International students who are currently studying at a UK university for the first time
- 18+ years old

BENEFITS!!

- £10 shopping voucher

FURTHER INFORMATION

tc822@exeter.ac.uk
or scan the QR code




Get Social



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

- Natalie Smith CB -Instagram - Follow [here](#)
- Natalie Smith CB - Facebook -Follow [here](#)
- Wellbeing Exeter
- Exeter Community Initiatives
- St James with Duryard Community Support
- St Sidwell's Community Centre
- Exeter City Football Club
- Exeter City Community Trust
- Exeter Community, UK
- Mums in Exeter
- Age UK Exeter
- Mount Pleasant Health Centre
- Exeter Community Garden
- Refugee Support Devon
- St Anne's Well Exeter
- Bill Douglas Cinema Museum

Useful Information



- Andy's Man Club - Mondays 7pm
www.facebook.com/andyManClub
- TALKWORKS - 0300 555 3344
www.talkworks.dpt.nhs.uk
- Parental Minds gives support to families who are struggling with their mental health
www.parentalminds.org.uk/
Tel: 07907 614 516
- Domestic Violence Splitz Devon Helpdesk
Tel: 0345 1551074
- Exeter City Council Tel: 01392 277888
- Exeter University - general enquiries
Tel: 01392 727272
- Mental Health Mind charity
Tel: 0300 123 3393
- Devon MASH - Multi Agency Safeguarding Hub Tel: 0345 155 1071
- Age UK Exeter Tel: 01392 202092
- Adult Social Care team Tel: 01710 424000
Out of hours Tel: 01720 422699

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 James Community Builder

Name: Natalie Smith

Tel: 07856917894

Email: natalie.smith@eci.org.uk

Facebook: Natalie Smith (Community Builder - St James)

[Click here](#)

Instagram: Natalie Smith (Community Builder - St James)

[Click here](#)

Community Physical Activity Organiser (CPAO)

Name: Charlotte Flavell

Tel: 07926 127 824

Email: charlotte.flavell@ecct.co.uk

Facebook: CPAO Exeter North

[Click here](#)

Find out what's on locally at our new website

www.yourlocalexeter.org.uk



www.wellbeingexeter.org.uk