



Hello from Maisaa!



Welcome to Newtown'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, such as a community garden or a little free 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 below!

Best wishes

Maisaa

Maisaa Sweid

This issue

Page 1&2

- Introduction
- Community pop up

Page 3

- CB role and walking group

Page 4

- Newtown Groups

Page 5 & 6 & 7

- Inclusive Exeter and more!

Page 8-9

- Community events, groups posters

Page 10

- Useful info

Page 11-14

- What's on & Wellbeing

Residents Feedback

Listening is an important part of a Community Builder's work. Here's what residents said when I connect with them in Newtown:

"What a lovely, thoughtful message. Thank you for checking on us during this heat. It really means a lot to know that someone is looking out for the community."

"This is a great idea. I'm going to write a letter, introduce myself to my neighbours, and invite them to join a neighbourhood WhatsApp group."

"You know so much. I'm so glad you knocked on our door."

"You are so helpful. In one pop-up session, you achieved what we had been trying to achieve for a whole year."

Creative Connection Pop Up

Unity in Community

At our Creating Connections Pop-up we met a wonderfully diverse group of people from many different cultures and backgrounds. Some have called Exeter home for just two years, some for twenty, and others have lived here their entire lives.

It was inspiring to hear people share stories about their cultures, experiences, and what community means to them personally. We spoke with people from Sudan, Ireland, and other parts of the world, all bringing unique perspectives and experiences to the conversation. One of the most interesting parts was discovering the different ways people connect with one another ~ through old neighbours, new neighbours, friendships, shared spaces, and everyday interactions that help create a sense of belonging.

The conversations were so valuable that we'd love to organise another pop-up event soon to hear from even more residents and students. We want to explore how people would like to come together, work together, and shape a stronger, more connected community for everyone in Exeter. Thank you to [The Bill Douglas Cinema Museum](#) for joining us and [St Sidwell's Community Centre](#) for the delicious catering, 100% recommended



Newtown Gentle Walk: Are you interested?

Hidden Corners of Newtown Walk

Now that the weather is becoming a little kinder after the heatwave, I wondered if anyone would be interested in a gentle walk around Newtown.

Over the years, I've discovered some lovely hidden alleyways, colourful murals, tucked-away paths, and little corners of the neighbourhood that many people walk past without noticing. It could be a nice opportunity to get active, enjoy some fresh air, meet neighbours, and see Newtown from a different perspective.

The walk would be gentle, relaxed, and suitable for most abilities, with plenty of time to stop, chat, and admire the hidden gems along the way.

If this sounds like something you would enjoy, please let me know. If there is enough interest, Please let me know.

It would be lovely to explore Newtown together!



Community Builders Door Knocking in Newtown

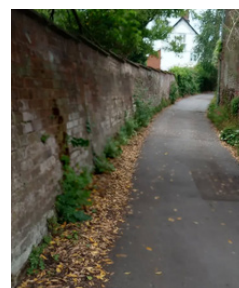
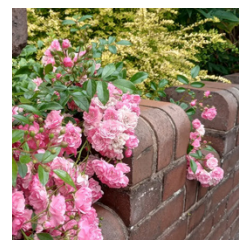
What can happen from a simple knock on a door?

This morning, Charlotte the Community Physical organiser and I spent time door knocking in Jesmond Road. Surrounded by beautiful flowers, vibrant colours, and wonderful scents, we had the chance to meet residents, listen to their ideas, and connect them with local activities and support.

One conversation led to a discussion about free outdoor yoga sessions in Belmont Park and the possibility of more outdoor exercise equipment for adults to use independently, helping people stay active and improve their wellbeing. Another resident told us he already has a WhatsApp group with his immediate neighbours. After chatting about how neighbourhood-wide WhatsApp groups have helped strengthen connections in other parts of the city, he was inspired to take the idea forward and plans to write to his neighbours to invite them to join a wider community group.

One of the joys of door knocking is discovering the hidden gems that make a neighbourhood special. At the end of the road, we came across a lovely tucked-away pathway and a beautiful mural that many people might walk past without noticing. These small discoveries remind us how much character, creativity, and community pride can be found right on our doorstep.

This is the power of door knocking. It's not just about sharing information, but it's about listening, building relationships, uncovering local strengths, and helping good ideas grow. Every conversation has the potential to spark new connections, strengthen community spirit, and create positive change from the ground up.



Get Creative and Connect: Coffee & Chat

Creative Drop-in
Friday's 1.30-3pm
 (starts April 10th)

At Newtown Community Centre – Belmont Park

Get Creative
Connect

Bring an existing craft project or come and try something new

Coffee & Chat
 Suggested donation £2

For info: bookings@newtowncommunity.org.uk



Whether you enjoy sewing, crochet, crafts, or simply catching up with neighbours over a cuppa, this is the perfect place to relax, create, and connect with others in the community. This group was very friendly and creative but at the moment the group is paused until the end of July. It then might come back again depending on the volunteers availabilities and the interest, so please get in touch if you are interested!

Crochet Newtown

A friendly and relaxed group who meet on Tuesdays 2-3pm at a local cafe'. They do knitting, crochet or just socialise!

If you are interested and would like to know more, please let me know or contact Natalia on: 07757205376



Newtown's Wildflower Gardens for the Bees



This friendly gardening group meet every other Thursday 10.30-12.30 at Clifton road. They garden then have coffee and socialise. If you are interested please email Judith: richardson.dawes@btopenworld.com

Exeter Seed Bank

Hello everyone. We would like to come together to create a garden and community space on the library terrace. Please contact them on the email wildroofgarden@gmail.com if you would like to be contacted about our first meet up. Everyone welcome, bring your ideas for this blank canvas.



Update From Devon And Cornwall Police



Don't suffer in silence
Report it

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

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

101 Non-emergency
999 Emergency

“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.”

Exeter Respect Festival 2026



I always leave the Respect Festival feeling hopeful.

First weekend of June at Belmont Park was a beautiful celebration of the many cultures, traditions, and people that make up our community. It was wonderful to share food, conversations, laughter, and experiences with people from all around the world.

For me, the festival is a reminder that our differences are not something to fear but something to celebrate.

They bring colour, flavour, knowledge, and strength to our lives. When we take the time to respect, notice, and care for one another, we create a community where everyone belongs.

I feel proud to be part of a city that embraces these values. Exeter is stronger when we stand together.

Inclusive Exeter

Inclusive Exeter is a community interest company bringing grassroots community groups and individuals together. They offer free drop in sessions for people from diverse backgrounds, English conversation cafe and free groups such as yoga.

- admin@inclusiveexeter.org.uk
- <https://www.facebook.com/inclusiveexeter>
- [inclusiveexeter.org](https://www.inclusiveexeter.org)

WE'RE BACK AT SOUTHERNHAY URC CHURCH

Drop-in Service (Free Service)
Tuesdays & Thursdays
9:30 am - 1:30 pm
At Southernhay URC Church

WOMEN'S YOGA
EVERY TUESDAY & THURSDAY 9:30 - 10:30 PM
WELCOMES PEOPLE FROM EVERY BACKGROUND, ANY LANGUAGE IS NOT ENGLISH

ENGLISH CONVERSATION GROUP
EVERY THURSDAY 12:30 PM - 1:30 PM
WELCOMES PEOPLE FROM EVERY BACKGROUND, ANY LANGUAGE IS NOT ENGLISH

Drop-ins
Women's Yoga
English Conversation Group

Dix's Field, Exeter EX1 1QA

TUESDAYS

9:30 AM - 1:30 PM - DROP-IN SERVICE
12:30 - 1:30 PM - WOMEN'S YOGA

THURSDAYS

9:30 AM - 1:30 PM - DROP-IN SERVICE
12:30 - 1:30 PM - WOMEN'S YOGA
12:30 - 1:30 PM - ENGLISH CONVERSATION GROUP

<https://www.inclusiveexeter.org/> admin@inclusiveexeter.org.uk

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.



Newtown Community Centre

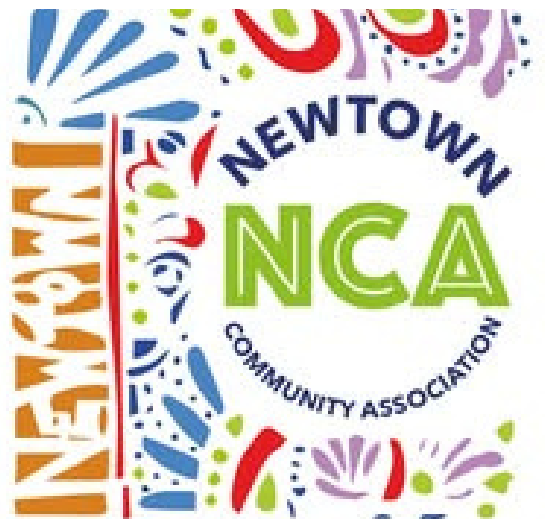
The Newtown Community Centre hosts a range of weekly classes including Yoga, dance, music, drama, social groups and much more. For more info see our what's on posters, our social media or visit the website.

Volunteer opportunities - as a small local charity we are always looking for new volunteers to help with stewarding community events, light gardening, decorating, litter picking and much more. Please get in touch if you'd like to get involved.

Find out more or get in touch

Facebook page - Newtown Community Association -
Newtown Community Centre

Website www.newtowncommunity.org.uk





Newtown Community Get Together Gardening and Cafe

First Saturday of each month 1.30-3.30PM at Clifton St top car park

Join your neighbours by helping looking after the green spaces in Newtown and enjoy a cuppa and cake while socialising with them.

📞07746472581 📧maisaa.sweid@eci.org.uk 👤Maisaa Sweid Newtown

www.wellbeingexeter.org.uk

St. Sidwell's Community Centre

A NEW SERIES OF SEASONAL MEALS AND NATURE TALKS

THURSDAY 11 JUNE: COMPANION PLANTING FOR FOOD GROWERS WITH JULIE SMITH

THURSDAY 23 JULY: CREATING A BUTTERFLY HAVEN WITH PETER HURST, BUTTERFLY CONSERVATION TRUST

FRIDAY 18 SEPTEMBER: HERBS IN UKRAINIAN COOKING WITH DEVON UKRAINIAN ASSOCIATION

THURSDAY 15 OCTOBER: SAVE YOUR SEEDS WITH JULIE SMITH

WEDNESDAY 4TH NOVEMBER: FUNGI, THE MAKERS AND DESTROYERS OF HOMES WITH DR CHRISTIAN TAYLOR OF THE OPEN UNIVERSITY



ARRIVE FROM 6PM. TALKS START AT 6.30PM. FOLLOWED BY A HOME-COOKED, DELICIOUS, SEASONAL MEAL, CELEBRATING THE BEST PRODUCE FROM OUR GARDEN, BAKERY AND LOCAL PRODUCERS: WWW.STSIDWELLS.ORG.UK/WHATS-ON OR BOOK IN PERSON £10-20 PAY WHAT YOU CAN



BULGARIAN SOCIETY IN DEVON AND NEWTOWN COMMUNITY ASSOCIATION ARE INVITING YOU TO A BULGARIAN Cultural Cafe

Newtown Community Centre Belmont Park, Exeter EX1 2HG

CREATIVE WORKSHOP
make your own **KUKERSKI MASKI**
Discover the fascinating Bulgarian tradition of the Kukeri! Create your own colourful Kukerski mask using a variety of craft materials while learning about the ancient customs, folklore and symbolism behind these unique masks. A fun and creative activity for both children and adults.

DANCE
a couple of the very popular **BULGARIAN FOLK DANCES**

TRADITIONAL BULGARIAN CUISINE
FROM 14:00
SONG • DANCE & TRADITIONAL QUIZINE

SATURDAY 27TH JUNE 2026
FROM 12.30 - 15.30

Everyone Welcome! Come, Connect and Celebrate with Us!
BRINGING BULGARIA CLOSER TO OUR COMMUNITY

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!

LOCAL PHYSICAL ACTIVITY GROUPS

BARNFIELD THEATRE

SHE MOVES FREE

For female & non binary refugees & asylum seekers
Dance, yoga & meditation.
Wednesdays
Adults (18+) 10.30AM-12.00PM
Youth (12-21YRS) 4.15PM-5.45PM
@companysheic

BELMONT PARK

FREE MOVEMENT FREE

Mixed ability & inclusive physical activity circuit session
Tuesdays: 06:30PM
f FREEMOOVEMENT

SOUTHERNHAY URC

WOMENS YOGA FREE

All abilities and women welcome
Tuesdays & Thursdays 12:30PM – 01:30PM
f Inclusive Exeter

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

BOOTS

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

HEAVITREE PARK

FREE TENNIS FREE

Tennis for all ages and abilities! Led by volunteers and LTA accredited coaches, all welcome
Saturdays: 10:00AM
f Heavitree Park Tennis

WELLBEING EXETER

NORTH EXETER CPAO

Community Physical Activity Organiser

REFERRAL TO CPAO

Need a bit more help in taking that first step into physical activity? CPAOs can work with you directly to help connect you to opportunities locally. Supporting both confidence and connection.

Beacon Heath . Pinhoe . Whipton . St James . Newtown

Connecting you to the community and opportunities to be more active, in ways which work for you


Help towards developing your ideas for more physical activity locally

Supporting social connections through movement and exercise

HOW TO CONTACT

- Tel: 07926 127824
- Socials: CPAO Exeter North
- Email: charlotte.flavell@ecct.co.uk

SCAN TO REFER



WELLBEING EXETER

Saturday

NEW DADS' GROUP

First Saturday of the month
10-12

- Meet other new Dads
- (Veteran Dads also welcome)
- Come during pregnancy if you wish
- Partners/supporters welcome
- Tea, coffee and biscuits



No need to book, £3 donation



thebabyroomexeter.co.uk



a Shop, a Venue, a Haven





Conversation Class

Saturdays, 9.30am - 10.45am

At the Sidwell Street Bakehouse, 178-179
Sidwell Street, Exeter, EX4 6RD



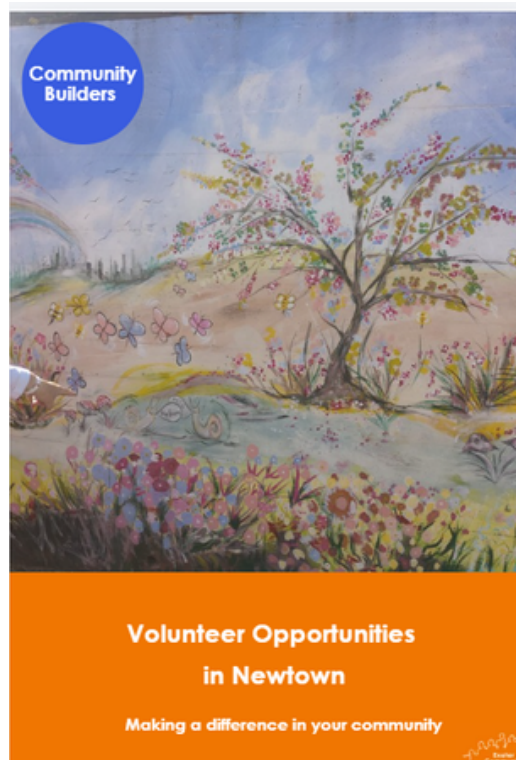
Come and practice your conversation skills at this fun, friendly and informal English class!

St. Sidwell's Community Centre

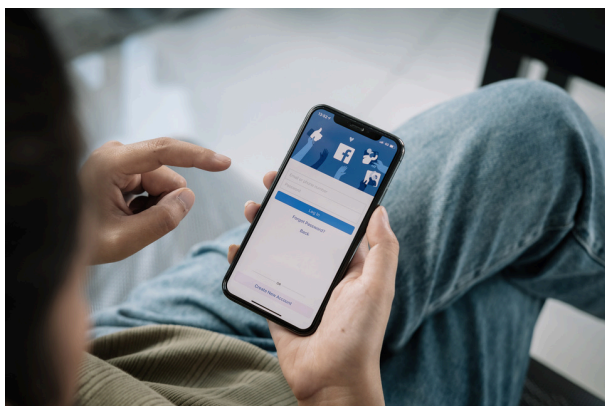
For information:
maria@stsidwells.org.uk

Volunteer Brochure

Newtown Community Builder Volunteer Opportunities Brochure :
Follow the link to find volunteering opportunities in the community and if you know any more please let me know!
Click [here](#) to read



Get Social



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

- Maisaa Sweid (Community Builder- Newtown)
- Newtown Animal Welfare Group
- Exeter Scrapstore
- Newtown Community Association - Newtown Community Centre
- Newtown Primary School Exeter
- FREEMOOVEMENT
- The Baby Room Exeter
- Belmont Exeter
- Exeter Seed Bank
- Newtown Community Pre-school
- Inclusive Exeter
- St Matt's Church Exeter
- **Southernhay URC**
- Positive Light Projects
- St Sidwell's community centre

Useful Information

- Parental Minds gives support to families who are struggling with their www.parentalminds.org.uk/ 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+. 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



What's on: Newtown 2026

Monday

- **10.00-11.30am** - Baby Message - The Baby Room Exeter
- **1.00pm Baby Yoga** - The Baby Room Exeter
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Tuesday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **10.00am-1.00pm** - Tuesdays - Belmont Chapel - a chance to get together for friendship, planned activities, games, a delicious home-cooked lunch and a thought-provoking 'pause for thought'.
- **10.00am-12.30pm** - Sing and Sign - The Baby Room Exeter - eastdevonsingandsign@gmail.com
- **10.30 - 4.00pm** Merry Go Round Toy Library Tuesday at Positive Light Projects,
- **11.00-1.00 pm** Garden sessions - St Sidwell's Community Garden
- **12.30-1.30pm** - Women Yoga at Southernhay Church with Inclusive Exeter. .
- **2.00pm** - Crochet Newtown - Please get in touch for more details. Natalia: 07757205376. All welcome.
- **2.00-4.00pm** Work and wellbeing Drop -in at St Sidwell's Community Centre
- **7.30-9.00pm** - Homebirth group - meet on the Second Tuesday of each month.
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Wednesday

- **9.30am-4.00pm** - Nappuccino is the ultimate baby group. Friendly and informal, with tea, coffee and home baking every week.
- **11.00am** - Community Walk and Talk - First and Third Wednesday of each month - starting from St Sidwell's Community centre
- **2.00pm-4.00pm** - Memory Cafe - Third Wednesday of the month. A friendly and informal cafe for people with dementia or memory loss, and their carers. Offering refreshments, activities and information.
- **7.00pm** - Firestone - Percussive dance - Newtown Community Centre £2
- **6.00-7.00pm** - Meditation on Zoom - Email Bill for the link: billvennells@hotmail.com
- **10.00-12.00 pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre



What's on: Newtown 2026

Thursday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **10.30-12.30pm** Newtown's Wildflower Gardens for the Bees every other Thursday with Judith
- **10.30-12.00 pm** 1st and 3rd Thursday of each month Good News Cafe' & Kids Swap Shop at Exeter Christadelphian Church
- **12.30-1.30pm** - Women Yoga at Southernhay URC Church with Inclusive Exeter.
- **12.30-1.30pm** - Conversation Cafe at Southernhay URC Church with Inclusive Exeter.
- **1.00-3.00pm** - Garden sessions - St Sidwell's Community Garden
- **2.00-4.00pm** - Sid's Drop In – Digital skills, work & wellbeing - St Sidwell's Community Centre
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **7.30 pm** NCA Roots Band at Newtown Community Centre £5/£3

Friday

- **11.00am-12.30pm** - Sing and Sign - The Baby Room Exeter
- **10.00-12.00** Wellbeing Cafe at the Belmont Second Friday of the month.
- **1.30-3.00pm** - Friday Club - St Sidwell's Community Centre.
- **7.00-8.30pm** - Belmont Chapel Youth Group
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Saturday

- **9.30-10.45 am** Conversation Class at St Sidwell's Bakehouse
- **10.00am-12.00pm** - New Dads at The Baby Room Exeter - First Saturday of each month - £3 each
- **10-11.30** Saturday Dads, Second and fourth Saturday of the month at the Belmont.
- **1.30-3.30 pm - First Saturday of the month:** Newtown community get together gardening and cafe' @ Clifton Street top car park

St Matt's Church Groups:

- POLO is a free group for 0-5 year olds and their parents and carers. We meet at 10:00-11:30am in St Matt's Church with toys, bouncy castle, snacks and singing. Everyone is welcome and there is no need to book on.
- POLO Tinies is a free group for parents with their under 1 year old. We meet at 9:30-11:00am in St Matt's Church for the parents to relax with cake and coffee before some singing together. Everyone with their under 1 year old are welcome and there is no need to book.
- POLO Hope is a group for adoptive and fostering to adopt families. We meet weekly at 9:30-11:00 in St Matt's Church to support each other through what can be a complex journey. For more information on this group please do email hello@co.church.



What's on: Newtown 2026

Contact Details for Venues and Classes:

- St Sidwell's Community Garden: call 01392 666 222 or email volunteer@stsidwells.org.uk.
- One to one wellbeing support at St Sidwell's community centre book a session in advance on wellbeing@stsidwells.org.uk
- Post Natal Core Restore: nancyogaphysio@gmail.com
- Community Walk and Talk natalie.smith@eci.org.uk, mobile:07856917894
- Friday Club: 01392 666222 , email fridayclub.exeter9@gmail.com
- Further information on the ESOL Classes, please email maria@stsidwells.org.uk.
- Postnatal Yoga for Mums (babies welcome) contact: annah.herbert@gmail.com
- Belmont Chapel : Tel: [01392 258029](tel:01392258029) Email: office@belmontexeter.church
- St Matt's Church: For more information on the groups, email jessica@stmattsexeter.org
- Groups at the Baby room Exeter: <https://thebabyroomexeter.co.uk/>
- Judith at Newtown Wildlife Gardens for the Bees : richardson.dawes@btopenworld.com
- FireStone percussive dance contact: Trish 07866 976274
- NCA Roots Band Phone: 07759386178, Email: aljonesfiddle@gmail.com



Newtown Community Builder

Name: Maisaa Sweid

Phone: 07746472581

Email: maisaa.sweid@eci.org.uk

Facebook: Maisaa Sweid (Community Builder Newtown)

Community Physical Activity Organiser (CPAO)

Charlotte Flavell

Tel: 07926 127 824

Email: charlotte.flavell@ecct.co.uk

Facebook: CPAO Exeter North



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