



## Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for Pinhoe.

Someone asked me recently "If communities needed one thing, what would it be?". For me, it's shared space. Green space, indoor areas, tables, chairs, sports areas, playparks, libraries, cafes, footpaths - the list goes on. This is where connection happens and great ideas start.

My role is to help people connect with each other in their local shared spaces and maximise areas communities can use.

If you want to do something on your street or neighbourhood, be it a summer BBQ or a community garden, I can support you to turn it into a reality.

If you've got a free/non-profit 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 last page!

All the best,

*Zoe*

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# Pinhoe-Italian Group Flourishing



Earlier this year, I met a resident who had recently moved to Pinhoe, after living in Italy for 65 years.

She was keen to share her skill of teaching Italian, so I put the idea in the spring newsletter. A few residents who were interested in learning Italian came forward and a group was born!

One member of the group said "As a newish member of the local community I was exploring opportunity's to meet people socially. When speaking to Zoe our Pinhoe Community Builder I was told about the new beginners Italian language group. It's currently only a small group which meets weekly and is great as I had no previous knowledge of the language before joining. The organiser makes it easy to follow as an experienced language teacher and they have been really patient and supportive. It's good to meet others socially whilst challenging my brain to keep learning.

It's been a fab opportunity to find new methods of learning. I have been using children's language resources and songs on line as an aid to my learning making it even more fun. I would recommend giving the Italian group a try, or speaking to Zoe about existing groups or any ideas for new activities in our area."

## Summer ideas & Pop ups



What are you passionate about? And what can we do together?

I've been chatting to local residents in Pinhoe, who wanted get people together to bring positive change, but didn't know where to start.

I suggested a Neighbours Connect pop up, where we bring tea and cake to start conversations about what people want to do where they live.

After one sunny evening, some residents decided to set up a WhatsApp group and it gained 24 members in 24 hours! They have already organised a local litter pick, among other ideas.

In the another area, residents came up with some amazing ideas, from a summer reading event to a twilight nature walk.

Would you like to set up a tea & cake pop up with your neighbours in Pinhoe? Or organise a summer event?

Get in touch!

## Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said at recent events.

"It's really great to connect to people, it almost doesn't matter what you do - even just a cup of coffee"

"Thank you so much for organising Zoe and for Sofia's litter picker. She had a great time and said she is proud to help the environment!!"

"There's so much on that I didn't even know about."

"Thanks so much for dropping the what's on through my door. I was on maternity leave and didn't know about the local toddler group."

## Bench Painting



A resident got in touch to say they would like to paint a couple of benches in Pinhoe:

- One on the corner of Causey Lane and Station Road
- One outside Pinhoe School on Harrington Lane

Would you be interested in helping sand and paint these local benches?

Donations of outdoor paint/brushes and design suggestions welcome!

## Mindfulness Sessions



Want to feel less rushed and more calm? Feeling like you are running after time?

Come and learn mindfulness skills to easily implement everyday! Local teacher Mindful Nikki is looking to put on some mindfulness activities in the local area.



These activities could be perfect for parents/grandparents, and there may be some joint adult and child sessions if this is of interest.

We are currently looking at different indoor and outdoor spaces. If you are interested, and have some thoughts on what type of group session would suit you, get in touch!

# Free, Low-cost, Welcoming Spaces to Get Active

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 - my details are on the last page of this newsletter.

## Charlotte, North Exeter Community Physical Activity Organiser

**LOCAL PHYSICAL ACTIVITY GROUPS**

<b>ROBINS NEST</b>	<b>PINHOE PLODDERS</b> £2 Beginner friendly womens running club Tuesdays 06:15PM-07:00PM <a href="#">ThePinhoePloddersLadies'OnlyRunningGroup</a>
<b>KILLERTON ESTATE</b>	<b>BROADCLYST CC</b> £30 Annually Non-League Cricket Club Sunday Afternoon Fixtures <a href="#">Broadclyst Cricket Club</a>
<b>PINHOE TRAIN STATION</b>	<b>FREE MOVEMENT</b> FREE Mixed ability & inclusive physical activity circuit session Wednesdays: 06:20PM Pinhoe Train Station (Health centre carpark) <a href="#">FREEMOOVEMENT</a>
<b>ST LUKES SCHOOL</b>	<b>EXETER TOUCH RUGBY</b> £4.50 Welcome to all players over 18, regardless of your experience. Touch rugby is a minimal-contact version of rugby, suitable for everyone. The game is fun, fast-paced and great for fitness! <a href="#">Exeter Touch Rugby</a>
<b>PINHOE SURGERY</b>	<b>WEST BANK HEALTH WALKS</b> FREE Community Walk 60-90 minutes Mondays 09.30AM: grade 1 walk & 10.30AM: grade 2-3 walk <a href="https://www.westbank.org.uk/healthwalks">https://www.westbank.org.uk/healthwalks</a>
<b>KILLERTON &amp; HALDON</b>	<b>BLAZE TRAILS</b> FREE Parent & Baby Walking Group Haldon Forest: Weekly Killerton Estate (open to non National-Trust members): Monthly Book via Mighty app <a href="#">blazetrails_devon</a>
<b>PINHOE JUBILEE CLUB</b>	<b>SKITTLES</b> £15 Annually Friendly and Competitive Skittles League Weekdays (day dependent on fixture) at 07:15PM or 09:00PM Contact James to be added into a team: 07929 347890 <a href="#">pinhoe_jubilee_club</a>

WELLBEING EXETER

## New Station Planters



Friends of Pinhoe Station have two new planters, thanks to funding from Devon & Cornwall Rail Partnership. These will be installed to bring some colour to the south platform (Exeter bound). Keep an eye out for the planters, as well as other new features to brighten up the platform, supported by an Exeter City Council ward grant.

The group have also been busy surveying the use of the station to gather data for improving rail links. If you'd like to help out with gardening or other aspects of the station group, get in touch!

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## Little Free Library - The Robin's Nest

There's a new Little Free Library in town! Made by the fantastic local 'Little Free Library' builder, this is another beautiful way for you to connect to your community and delve into some good stories.

Pop over to The Robin's Nest to take a book, pass it on, bring one back or donate some more (Open Wednesday-Sunday, 9am-2pm)! Kids books are particularly popular in the Little Free Libraries, so do get in touch if you have some you can donate.




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## Young People's Passions



Has your child got a passion for a specific topic? Would they like to share this with others?

One local resident would like to help nurture kid's passions, particularly those which they might not have time to explore at school. This might be a one-off event or a regular group where kids get to showcase what they've been learning.

We'll be putting the idea out to local groups and schools. If you are interested and have some ideas, get in touch!

# Scavenger Hunt

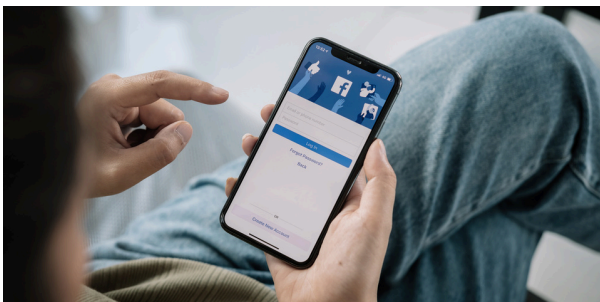


A local resident is interested in setting up a treasure/scavenger hunt in Pinhoe, and would like to work with others to make this happen.

Another resident mentioned how the Broadclyst scarecrows attract a crowd every year and suggested a gnome-themed scavenger hunt.

Have you got any ideas and would like to help? This might involve planning a theme, designing a map and/or organising printing. Get in touch, I'm happy to help make it happen!

## Get Social



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

Pinhoe Press  
 The Harringtons, Exeter  
 Pinhoe Community Hub  
 Harts Meadow Community  
 Pinhoe Library  
 Love Pinhoe  
 Pinhoe Parents  
 Hill Barton Vale Resident  
 Pinhoe Memories  
 Minerva Residents  
 Pinhoe and Poltimore with HOPE (Pinhope)  
 Saxon Brook Community  
 Pinhoe Pantomime  
 Pinhoe Social  
 TW Mayfield Gardens  
 Pinhoe Toddler and Baby Group  
 Pinhoe Community Information

## Useful Information

- Parental Minds gives support to families who are struggling with their mental health [parentalminds.org.uk/](http://parentalminds.org.uk/) Tel: 07907 614 516
- Talkworks Tel: 0300 555 3344  
[www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)
- Mental Health Mind Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+. Tel: 07990 790 920  
[www.mhm.org.uk/the-moorings-devon](http://www.mhm.org.uk/the-moorings-devon)
- 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](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children [www.homestarteemd.org.uk/](http://www.homestarteemd.org.uk/)
- Exeter Food Bank [exeterfoodbank.co.uk/](http://exeterfoodbank.co.uk/)
- Lightning Reach - financial support portal <https://www.lightningreach.org/>
- Early help - child safeguarding <https://www.devonscp.org.uk/early-help/>
- Devon Domestic Abuse Alliance: [www.ddaa.org.uk](http://www.ddaa.org.uk) Tel: 08082 816161
- Family hubs in Devon - Devon County Council which is the first port of call for any parents who need support.



## Pinhoe Health Walk

Walking is great for your health and puts a spring in your step. Westbank's programme of Health Walks offers the opportunity to get active, explore the outdoors and meet new friends.

Come and take a leisurely volunteer-led walk with like-minded people in and around the Pinhoe area.  
Everyone is welcome

**When:** Every Monday starting 29<sup>th</sup> September  
**Time:** 9:30am (Grade 1) and 10:30am (Grade 2/3)  
**Length:** 30-45 mins (Grade 1), 60-90 mins (Grade 2/3)  
**Starting point:** Pinhoe Surgery  
**What 3 Words:** ///amuse.amber.cattle

For more info, please contact the Westbank Health Walks team on 01392 824752 or [healthwalks@westbank.org.uk](mailto:healthwalks@westbank.org.uk)

Please note, these walks can be subject to change.

[www.westbank.org.uk](http://www.westbank.org.uk)  
 @westbankdevon @westbankdevonuk  
 Westbank, The Healthy Living Centre, Farm House Rise, Exminster, EX6 8AT | 01392 824752  
 Reg Charity:1119541 | Company No: 06243811




## 3rd Thursday of the Month COFFEETIME at IL GRANO

1 Station Road, Pinhoe

**NEW TIME 11.30 TO 12.30**

Il Grano kindly open their doors early to provide a wonderful opportunity for us to come together, to share stories, laughter, and a sense of community.

Enjoy freshly brewed coffee as you meet and talk with family, neighbours and new friends.

*Good Morning*

*Everyone Welcome!*

**2026**

- 16<sup>th</sup> July
- 20<sup>th</sup> August
- 17<sup>th</sup> September
- 15<sup>th</sup> October
- 19<sup>th</sup> November
- 17<sup>th</sup> December

Great choice of fresh coffees at around £4.00 (cash preferred if possible)




## Volunteer with us today



**Girlguiding**  
Pinhoe

Girl Guiding - Girlguiding in Pinhoe is really strong, with Rainbows (age 4-7), Brownies (age 7-10) and Guides (age 10-14), meeting regularly during term time. To continue providing these opportunities for young people, we need volunteers. Visit [volunteer.girlguiding.org.uk](http://volunteer.girlguiding.org.uk)

## FREEMOOVEMENT

MAKE HEALTHY HABITS TOGETHER

# Pinhoe

FREE COMMUNITY FITNESS PROGRAMME | GATEWAY TO GETTING ACTIVE  
 everybody welcome : no equipment needed

Find us online @freemoovement : [www.freemoovement.com](http://www.freemoovement.com)

## FREE FITNESS GROUP

## EVERYBODY WELCOME

## STATION ROAD PARK

**WEDNESDAY 18.20**





**POLTIMORE HOUSE & GROUNDS**

**SUMMER CRAFT WEEKENDS**  
4-5 July and 1-2 August  
**FREE ENTRY**  
STALLS • MUSIC • & MORE  
BRANCHES CAFÉ & FARMSHOP  
PIMMS • ICE CREAM • GAMES  
10am - 3.30pm

POLTIMORE HOUSE  
EX4 0AU  
what3words!!!  
PREDICT •  
BOOKCASES •  
TUNES



Fundraising  
for Poltimore  
House Trust  
Charity #1079947  
Join our  
Reimagining!

# THE ROBIN'S NEST

## EAT • DRINK • REST

**JUNE**  
**FRIDAY 26<sup>TH</sup> JUNE**  
9AM - 12PM  
BRING & SWAP

**JULY**  
**SATURDAY 11<sup>TH</sup> JULY**  
2PM - 4PM  
BUBBLES & BAKES

**FRIDAY 24<sup>TH</sup> JULY**  
9AM - 12PM  
BRING & SWAP

**AUGUST**  
**SATURDAY 1<sup>ST</sup> AUGUST**  
1PM - 3PM  
BBQ & BEERS

**SUNDAY 23<sup>RD</sup> AUGUST**  
10AM - 2PM  
SUMMER FAIR

FOLLOW  
@THEROBINSNEST\_PINHOE

ALEXANDER HOUSE  
HAWKINS ROAD  
EX1 3JW



# Summer Fair

**FRIDAY  
14TH  
AUGUST  
11am - 4pm**

- Live Animals
- Face Painting
- Entertainers
- Craft Vendors
- BBQ
- Live Music
- And Much More

Made with PosterMyWall.com

## SUMMER QUIZ EVENING

**SATURDAY 11 JULY**

**PINHOE URC 7.30pm**



Teams of up to 6 welcome.  
£5.00 per person which includes tea, coffee,  
Pimms and nibbles.

To book a table, please contact Janet Marks on:  
[j.marks18@btinternet.com](mailto:j.marks18@btinternet.com)

**ALL WELCOME**



# What's on: Pinhoe

## Monday

- 9.15am-2pm Machine Embroidery (1st Monday) - America Hall (£8, £10 membership)
- 9.30 & 10.30am Health Walk (9.30am Grade 1, 10.30am Grade 2/3) - Pinhoe Surgery (Free)
- 9.45-11.15am Clyst Caring Coffee Morning - United Reform Church Hall (£2.50)
- 11am-12pm Story and song time (term time) - Cumberland Grange (Free)
- 1.30-3.30pm Whist (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 2-2.30pm Storytime with Ashley - Pinhoe Library (Free)
- 7.30pm Angels (4th Monday) - URC Church Hall (£3 per session, £10 membership)
- 6.25-8.30pm Exeter Touch Rugby - St Lukes C of E School (summer season) (£4.50)

## Tuesday

- 9-11.30am Baby & Toddler Group - America Hall (£1 per adult & child 6+ months)
- 10.30am Knit and Natter Tuesday - Alexander House Care Home (Free)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park (£2)
- 6.30pm Isca Indoor Bowling Club (Taster Nights) - Isca Centre (Free)
- 7-8pm Women on the Run - Exeter Arena (Free)
- 7-9pm Amateur Radio Society (1st & 3rd Thursday) - America Hall (£30 per year)
- 7.15-9.30pm Pinhoe Friends - America Hall (2nd Tuesday) (£3, £15 membership)

## Wednesday

- 9.30-11.30am Pinn Lane Toddlers - URC Church Hall, Old Pinn Lane (£1 pp +6 months)
- 10am-12pm Creative Crafts - America Hall (Sunnylands) (£5 per session)
- 9.45-10.45am Bounce & Rhyme - Pinhoe Library (Free)
- 10.30am-12pm Knit and Natter - Pinhoe Library (Free)
- 11am-12.30pm Dementia Support Group (Last Wednesday) - Cumberland Grange (Free)
- 6.20pm Freemoovement (circuit training) - Station Road Park (Free)
- 6.30pm South West Road Runners (Road & Track) - Exeter Arena (Try for Free)
- 7-9pm Isca Model Club (alternate weeks) - America Hall (£3/meeting, £30 year)
- 7.30pm Quiz Night - The Pinhoe Hoard (Free)

## Other activities

- Exeter Arena - Daily range of activities 01392 265840
- Jubilee Club - Range of sports fixtures, snooker & skittles 01392 467148



# What's on: Pinhoe

## Thursday

- 10.30am-12pm Tea & Memories (1st Thursday) - Cumberland Grange (Free)
- 11.30am-12.30pm Neighbours Coffee Meetup- Il Grano (3rd Thursday) (Pay for drinks)
- 1-2pm Bookchat - Pinhoe Library (3rd Thursday of month) (Free)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park (Free)
- 6.30-7.30pm Tithe Barn Runners (Facebook page) (Free)
- 6.30-9pm Bingo (part of ISCA Bowls Club, call for membership details) - Isca Centre
- 8pm Pub Quiz (Book ahead) - Heart of Oak (Free)

## Friday

- 9-11am Parent & Child Morning (Alternate Fridays) - Robin's Nest (Pay for drinks)  
Grab a coffee and meet local mindfulness teacher MindfulNikki
- 9-11am Westclyst Toddler & Parents - Alexander House, Westclyst (Free)
- 12.30-2.30pm Lunch Club (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 1.30-4pm Women's Institute - America Hall (1st Friday) (£4 visitors, £54/year)
- 6.45-9pm Exeter TAG rugby (16+) - Exeter Arena (£5 per session)
- 7-9pm Pinhoe Community Singers - America Hall (Free, donations welcome)

## Saturday

- 9.30am-4pm Guild of Weavers (2nd Saturday) - America Hall (£4, £30 year membership)
- 10-11am Coffee Morning - URC Church Hall, Old Pinn Lane (Donation)
- 10am-12pm Broaclyst Repair Cafe (bi-monthly) - Westclyst Primary (£5 donation)
- 10am-12.30pm Lego Club - Pinhoe Library (Free)

## Sunday

- 9-10am Coffee & Chat - The Robin's Nest (Cafe, Main road) (Pay for drinks)
- 10.30-12.30pm Pinhoe Albion F.C. (ages 8-15) - St Lukes School Astro (£25 per month)

## Other groups

- **Friends of Pinhoe Station** - A group of volunteers who support the local railway. If you'd like to get involved, for example helping with gardening, contact Zoe (details on page 3).
- **Girl Guiding** - Girlguiding in Pinhoe is really strong, with Rainbows (age 4-7), Brownies (age 7-10) and Guides (age 10-14), meeting regularly during term time. To continue providing these opportunities for young people, we need volunteers. Visit [volunteer.girlguiding.org.uk](http://volunteer.girlguiding.org.uk)
- **Scouts** - The 1st Pinhoe Scout Group provides activities for children and young people in the Pinhoe area, aged 4-15. We are always looking for helpers and supporters, especially anyone interested in becoming a uniformed volunteer. Visit [scouts.org.uk/volunteer](http://scouts.org.uk/volunteer).



# What's on: Pinhoe

## Contact details for venues

- America Hall, Del la Rue Way. Angela Roberts 01392 469179
- Alexander House Care Home 01392579777
- Cumberland Grange, 01392 339728
- 
- Horsebox Cafe, 07596 224094
- Isca Indoor Bowls Club, £6 per year membership, 01392 265930
- Isca Centre, 01392 265840
- URC Church, Old Pinn Lane 01392274345
- Pinhove Albion phafc.communitygroup@gmail.com 07526 772419
- Pinhoe Church, 07596 224094
- Pinhoe Library, Main Road 01392 466 007
- Pinhoe Surgery, 01392 469666
- Community Yoga Classes with Rosie, 07999558015
- Local Facebook pages - Pinhoe Community, Pinhoe Social, Love Pinhoe, Pinhoe Community Hub, Pinhoe Village & Forum, Pinhoe Library, Pinhoe Parents, The Harringtons, Harringtons Park, TW Mayfield, Hill Barton Vale, Minerva, Pinhove Church, Sandrock, Tithe Barn
- Women's Institute: 01392 255386, pinhoe@devonwi.org.uk
- Monday Health Walks - led by Westbank, 01392 824752, healthwalks@westbank.org.uk



# 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](http://www.yourlocalexeter.org.uk)

**YOUR LOCAL  
EXETER**



[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)

# 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.

## Pinhoe Community Builder

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Facebook & Instagram : [Zoe Hughes \(Community Builder Pinhoe\)](#)



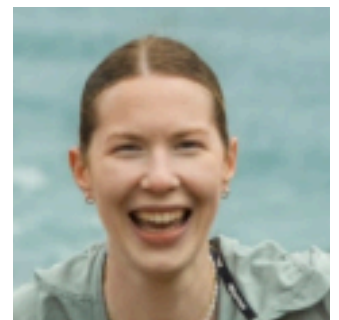
## Community Physical Activity Organiser (North Exeter)

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