



Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for St David's.

One of my favourite places in St David's is the walkway along the river, where one resident has a stunning wildflower meadow display every year (pictured above). Starting a wildflower meadow with my neighbours was how I discovered Community Building and it's a great way to bring a space to life.

You may see me in Exeter Library, or cycling around with a white helmet, talking to people and finding out what they would like to do in the community. So, if you see me, stop me for a chat!

I'd also love to hear about any ideas you have for making St David's an even better place to live.

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 page 15!

All the best,

Zoe

Zoe Hughes

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Listening Post

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

"I walk this way most days and I'm going to look at it completely differently now."

"This group has saved my life. It's a caring group, we all look out for each other and have a story to tell"

"Imagine if we had a Bartholomew terrace summer fair."

"I'd rather be doing this (knitting) than go to the pub"

Splash of Colour on Iron Bridge



A resident on St David's Hill noticed that the local bench next to the Iron Bridge could do with being re-painted and decorated 'with something jolly'. After a few different coats, the bench is looking much better and will soon be decorated with stencils.

One passerby "Thanks for repainting the bench. It's my favourite spot to come and have my packed lunch."

Neighbours have already identified other benches which could use a spruce. Get in touch if you'd like to be involved!

Passing residents have said how much they appreciate this well-used bench being cared for.

Green Space with Potential?



After some repair work on the Roman wall, the grass space outside City Gate Pub on Bartholomew Street East was recently returned. With a beautiful oak tree near the centre, it's no surprise that I have seen some people using it as a picnic area.

Do you have ideas for how local residents could use this space?

Get in touch!

Ride On Launches New Social Bike Rides This July



In partnership with Ride On, I'm excited to announce that we're launching Joy Rides this July – a new series of friendly, supportive and social group bike rides made possible through funding from Sport England's Movement Fund.

Whether you're looking to get back on your bike, want to build confidence, or simply enjoy cycling with others, Joy Rides will offer a welcoming way to get active, meet new people and explore the Rivervalley Park together on two wheels. Trained ride leaders will guide riders along several different routes which have been chosen to avoid busy roads and focus on enjoyable, social cycling rather than covering long distances at speed.

The first rides in July will take place on the following dates:

- Wednesday 8 July, 6.00pm
- Saturday 18 July, 10.30am
- Saturday 25 July, 10.30am

Weekly rides will continue throughout the summer until the end of September. All details and updates will be announced soon on Ride On's Facebook page as well as the CPAO's Facebook and Instagram accounts.

facebook.com/RideOnCyclingForAll
facebook.com/CPAOExeterWest/
instagram.com/cpao_exeterwest/

Walking Festival - 12-20 September



Exeter's first Walking Festival is coming this September - from Saturday 12th to Sunday 20th of September!

Wellbeing Exeter is working with community groups and charities across the city to showcase the amazing walks on your doorstep. From history to food, wildlife to dogs, these walks will help you discover fantastic facts and features of Exeter's neighbourhoods.

If you are part of a group and would like to be part of the festival, get in touch with Paul Moulard: paul.moulard@ecct.co.uk

Keep an eye out on the social media channels below or reply to this email if you'd like to be notified when the full programme is released.

Facebook: [Wellbeing Exeter](https://www.facebook.com/WellbeingExeter)
 Instagram: [wellbeing_exeter](https://www.instagram.com/wellbeing_exeter)

Fruitful Productions: Creative Workshops

The Fruitful Productions team (Alice and Hima) facilitated creative workshops at Exeter Phoenix in April and May 2026. We aim to host creative safe spaces for LGBTQ+ people and allies. Our workshops have engaging creative activities that allow for relaxed conversations around identity and expression, where labels and terminology take a step back and shared experiences and curiosity are brought to the forefront.

This was our first series of workshops in the community. We've both been residents of Exeter for more than five years, and our project came from our own experiences of finding support, knowledge, and community in our creative projects. We wanted to expand and share that experience through our creative workshops, especially in the local community.

Our workshop participants and supporters expressed that there is a real need for local inclusive spaces that platform and support creativity and artists, as well as conversations around LGBTQ+ topics that are open to everyone.

CREATIVE WORKSHOPS
APRIL 2026:



Writing workshop with Alice
Exploring ideas through relatable characters & queer relationships in media
7th April, 6 pm
Workshop, Exeter Phoenix

Collage workshop with Rory
Mini-lecture on trans history & gender presentation collage-making
13th April, 6 pm
Workshop, Exeter Phoenix



Our creative spaces are for relaxed discussions around LGBTQ+ topics and are open to everyone!







Zoe, Community Builder for St Davids, said:

“It was exciting to hear from Alice and Hima and find out about their ideas to create inclusive, creative spaces in the city centre. After running successful workshops at University of Exeter, which also brought in non-student residents, Alice and Hima were keen to extend these sessions into the wider community. We spoke about how they could get funding to get their workshops off the ground, and that they could link up with an established local group/organisation with similar aims to host the funds. In just a few weeks, they arranged two engaging workshops at Exeter Phoenix, with support from the Wellbeing Exeter Enhanced Project.”

Rougemont and Northernhay gardens



Did you know? Northernhay, meaning northern enclosure, is believed to be the oldest public park in the country, dating back as far as 1612.

Northernhay and Rougemont gardens offer a place to relax and enjoy Exeter's heritage in the centre of Exeter. The recent re-opening of the historic archway in the city wall means we can now walk between these two beautiful green spaces.

Are you interested in helping look after these spaces? Some residents have expressed an interest in forming a gardening group, working with Exeter City Council.

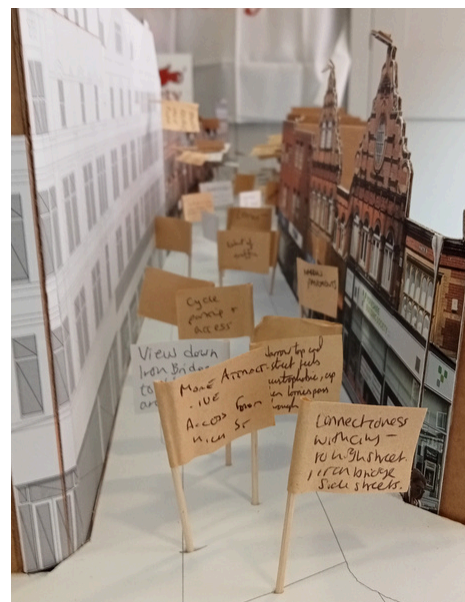
Re-colour North Street

What do you love about North Street? What can we do together to improve it?

In June, I joined architects, residents, business owners and councillors to chat about North Street and the opportunities to make it better. Thanks to Exeter Civic Society, InExeter and Citizen Architects for hosting!

Following the event, Exeter Civic Society have created an online survey for you to share your thoughts on North Street proposals. [You can fill in the survey here.](#)

They have also created a 'travelling exhibition' to showcase the project - keep an eye on the [Civic Society website](#) for locations.



Neighbourhood Action Days



Earlier this month, I joined the InExeter Neighbourhood Action Day, focusing on North Street and South Street. Students from Exeter College, local residents, volunteers from GoodGym, councillors and staff from local businesses came together to tidy, paint, plant and weed to make a difference for the local area. I also spotted a caterpillar and safely relocated it to one of the planters.

Giving your time is a great way to improve your wellbeing and do something good for the community. If you'd like to join in, the next Neighbourhood Action Day is on Wednesday 16th September. [Sign up here.](#)

Custard Town



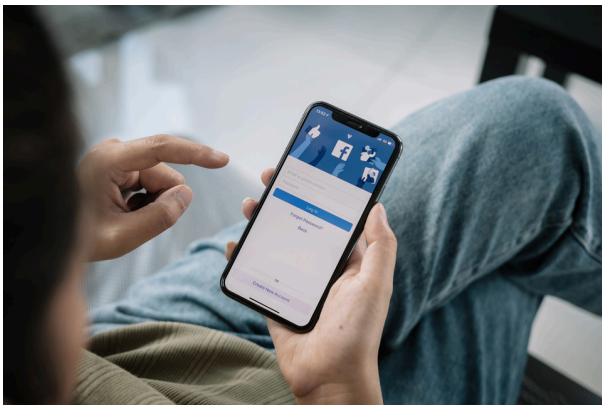
Custard Town opens its doors on **2nd July** at Guildhall Shopping Exeter, and you can now book your adventure!

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.](#)

Get Social



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

What to do in Exeter UK and surrounding area.

Exeter Notice Board

What's on Exeter

Fun & Free (or cheap) Events Activities

Families Exeter

Exeter Girl

Exeter Community, UK

Friends of Exeter Ship Canal

Exeter - Past and Present

What's Happening Exeter

Exeter Wild City

Exeter Community Group Uk

Exeter Family Hub

Useful Information

- Parental Minds gives support to families who are struggling with their mental health parentalminds.org.uk/ Tel: 07907 614 516
- Talkworks Tel: 0300 555 3344 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
- 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.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/>
- Devon Domestic Abuse Alliance: 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.

Young women 18+ are welcome to:



Every 1st Saturday of the Month
 10:30am - 12:30pm at the Salvation Army, Friars Walk, Exeter, EX24AZ

Email: exeter.temple@salvationarmy.org.uk, www.salvationarmy.org.uk/Exeter-Temple, Phone: 01392 216553

Charity no 210174 & 214779 (England and Wales), SC009359 & SC037691 (Scotland) and CH16399 (Republic of Ireland)



Make Your Move

Wednesday 23rd and 30th September 10.30am-1.00pm
 YMCA, 39-41 St. Davids Hill, Exeter EX4 4DA

A free 2-part self-help course to plan & manage a rental move
 To book: ☎ 07531870203 📧 transitions@eci.org.uk

148-149 Fore Street, Exeter, EX4 3AN
 01392 205800
transitions@eci.org.uk
www.eci.org.uk



Scan to Book!



Registered Charity Number: 1024229
 Registered Company Number: 2844870 (England)

ST DAVID'S PARISH CHURCH

SUMMER PICNICS

IN THE CHURCHYARD

12-2PM

Thursday 30th July
 6th 13th and 20th August

Bring your own picnic,
 we'll supply hot and cold drinks!

stdavidschurchexeter.org.uk

MUSTARD 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

EXETER PHOENIX PRESENTS

BIG SCREEN IN THE GARDEN

WEDNESDAY 29 JULY
PADDINGTON 2 (PG)

THURSDAY 30 JULY
AMÉLIE (15)

FRIDAY 31 JULY
THE BALLAD OF WALLIS ISLAND (12)

SATURDAY 1 AUGUST
STOP MAKING SENSE (PG)

STUDIO 74 exeterphoenix

Transitions

OLD HABITS NEW HABITS

Creature of Habit

Thursday 10th and 17th September 10.30am-1.00pm
 Central Exeter

A free 2-part course looking at habits, routine and daily structure

07531 870203 transitions@eci.org.uk

148-149 Fore Street, Exeter, EX4 3AN
 01392 205800
transitions@eci.org.uk
www.eci.org.uk

Scan to Book!

COMMUNITY FOOD Exeter Community Initiatives
 Registered Charity Number: 100202
 Registered Company Number: 04999616

Summer Holiday

Craft Activities

22 JUL LOO ROLL ROCKETS
 12 AUG PAPER PLANES
 19 AUG PAPER PLATE BOATS
 26 AUG COLOURFUL BIRDS

Wednesdays 11am and 2pm
 age 3+

Free drop-ins, no booking required

THE SUMMER BOOK QUEST

Libraries Unlimited Exeter

exeterphoenix

GREEN PHOENIX festival

Sunday 05 July | from 11am | free

CREATIVE ACTIVITIES FOR ALL AGES
 MUSIC | ART | FILM SCREENINGS
 LEARNING | STALLS

Inspiring a sustainable future through a day of creativity and action

exeterphoenix.org.uk | 01392 667080



Stitch and Save

Exeter Library
 mend your clothes
 share skills
 reduce waste to landfill

Monday 13 July 1000 - 1300
 Thursday 23 July 1000 - 1300

Thursday
 10-12.30

Salvation Army
 Exeter Temple
 Friars Gate EX2 4AZ



What's on: St David's

Monday

- 9.30am-1.30pm National Careers Service Advice (pre-book appointment) - Exeter Library (Free)
- 10-11.30am Yoga Wellbeing Group (Starts 20th July, 8 week course) - X Centre (Free)
- 10-11.30am Reading Together - St Davids Church (Parish room) (Free)
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army (£1.50 per family)
- 10am-12pm Tech Buddy (book ahead) - Exeter Library (Free)
- 10am-12.30pm Find your words (creative writing) - Exeter Quayside (Co Create) (Free)
- 10am-1pm Stitch and Save - clothes repair (2nd Monday and 4th Thursday) - Exeter Library (Free)
- 10.30am-12pm Solo Squad (for single parents, 2nd and 4th Monday) - Exeter Library (Free)
- 10.30-11.30am Health Walk (grade 2) - Exeter Quay (Meet by Antique Centre EX2 4AN) (Free)
- 1-4pm Adult Mental Health Drop-in - Exeter Library (Free)
- 2-4pm Open Studios, A Creative and Social Workshop - Exeter Phoenix (£5)
- 6-8pm Silent Book Club (Third Monday of month) - Topsham Brewery (Free)
- 7pm Social runs (Sign up fordyruns.com/satellite-groups) - Rockfish, Exeter Quay (Free)

Tuesday

- 7am Freemoovement (mixed ability circuit session) - Transit Shed, Exeter Quay (Free)
- 9.30-11.30am Family Cafe & Church Mice (school holidays) - The Mint (Free)
- 10-11.30am Bounce and Rhyme - Exeter Library (Free)
- 10am-12pm Parent Support Hub (2nd and 4th Tuesdays) - Exeter Library (Room 4) (Free)
- 10am-3pm Women in the Workshop - Exeter Quayside (Co Create) (£2)
- 10.30-11.30am IT Drop-in (1st Tuesday of month) - The Mint Methodist Church (Free)
- 10.30am Health Walk (30-90 mins) - Led by Westbank - Meet at Debenhams EX1 1GG (Free)
- 10.30am-2pm Dove Cafe - The Palace Gate Centre (Free)
- 10.30am-12pm Friendship Cafe - St David's Church ([Try it out Tuesdays activity](#)) (Free)
- 2.30-3.30pm Tai Chi (17+ experiencing mental health problems) - The Mint (Free)
- 2.30-4.30pm Employment + Local (employment support) - Salvation Army (Free)
- 5.30-6.30pm The NOT Dead Poets Society (Last Tuesday) - Exeter Library (Free)
- 6.30-7.30pm Food Cycle Free Meals - The Mint Methodist Church (Free)

Wednesday

- 8.45-9.45am Weekly Walks - St David's Church (Free)
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army (£1.50 per family)
- 10am-12pm Tech buddy (book ahead) - Exeter Library (Free)
- 10.30am-12pm Coffee Morning - The Mint (£1 donation for tea and biscuits)
- 10am-12pm Chess club - Exeter Library
- 10am-12pm Exeter Forum (social group, including talks) - The Mint (£4 per talk)
- 10am-1pm Exeter Wellbeing Craft Group - Step One Charity, X Centre (Free)
- 10.30am Health Walk (60-90 mins) - Led by Westbank - Meet at Boots High Street (Free)
- 10.45am-12.30pm Exeter Wellbeing Walk - Step One, X Centre, Commercial road (Free)
- 1-4pm Chop & Chat (men's group) - Exeter Quayside (Co Create) (Free)
- 4-5.30pm After school lego drop in (term time) - Exeter Library
- 5.30-6.15pm Social Run Club (Vyve gym, 5km) - Vyve Gym, South street (Free)
- 5.30-7.30pm Little Scratch Night (Last Wednesday, break for summer) - Exeter Phoenix (Free)



What's on: St David's

Wednesday (continued)

- 6-8pm Silent Book Club (First Wednesday) - Topsham Brewery (Free)
- 6.30pm Philosophy Playground (Alternate Wednesdays) - Topsham Brewery (Free)
- 6.30-9pm Story Circle (Last Wednesday) - Exeter Library (Free)

Thursday

- 10-11.30am Bounce and Rhyme - Exeter Library (Free)
- 10am-12pm Knitting, Crochet and Hand-Crafts - The Mint (Free)
- 10am-12.30pm Cafe EX4 (Community cafe) - Salvation Army (£3.50 donation food & drink)
- 10am-1pm Stitch and Save - clothes repair (2nd Monday and 4th Thursday) - Exeter Library (Free)
- 10.30am-12.30pm Exeter Energy Advice Clinics (2nd Thursday) - Exeter Library (Free)
- 11am-12pm Words & Music - Exeter Library (Free)
- 11am-1pm Wellbeing Gardening Group - Step One Charity, X Centre (Free)
- 12.30-2.30pm Thursday Activity Group (Shilhay Community Centre) - See Facebook group (£2)
- 12-4pm Boatyard Bikes (motorbikes) - Exeter Quayside (Co Create) (Free)
- 1.30-3.30pm Renew, Refresh - The Palace Gate Centre (Free)
- 2-4pm Open Studios - A Creative and Social Workshop - Exeter Phoenix (£5 per session)
- 6-8pm Freefall Youth Arts Group (ages 13-16, 5 wk blocks) - Exeter Phoenix (donation)
- 6-8pm Silent Book Club (Last Thursday of month) - 12 Bar Music & Social (Free)
- 6.30pm Run Talk Run (All-ability 5km, safe space to talk) - Puerto Lounge (Free)
- 7.30pm The Listening Club (2nd Thursday of month) - 12 Bar Music & Social (from £3)

Friday

- 7am Freemoovement (mixed ability circuit session) - Transit Shed, Exeter Quay (Free)
- 9.30-11.30am Toddler Group (Mini Mints, term time) - The Mint (£2)
- 10am-12pm Pathways Cafe (work/training/volunteering, term time) - St David's Church (Free)
- 10am-12pm IT Drop-in - Exeter Library (Free)
- 10am-12pm Connect (activity group for adults) - Salvation Army (Free)
- 10.30am Health Walk (60-90 mins) - Led by Westbank - Meet at Boots High Street (Free)
- 10.30-11.25am Duo Tutti Concert (Last Friday) - Exeter Library
- 11am-12.30pm Museum Meet-up (over 50s, last Friday of month, book ahead) - RAMM (Free)
- 11.30am-12.30pm Sport in Mind (17+ mental health problems) - Riverside Leisure Centre (Free)
- 1-2pm Singing by Heart (1st Friday of month), Salvation Army (Free)

Saturday

- 9am Exeter Park Run - Start by the Red & White Buoy on Exeter Quay (Free)
- 10am-12pm Raspberry Pi (Micro-robotics, First Saturday) - Exeter Library (Free)
- 10.30am-12.30pm Women's Group Chat (1st Saturday of month) - Salvation Army (Free)
- 10.30-12pm BOOKWORMS: Junior Members' Club (age 5-8, Third Sat) - DEI (see page 3)

Sunday

- 10am-1pm Nature Volunteer Day (see page 3) - Friends of Belle Isle Park (Free)
- 10am Run The Tracks (Music Running Club, 1st & 3rd Sunday) - 12 Bar (Free)
- 12-3.30pm Lego Drop-in & Role-up (D&D) (alternate Sundays) - Exeter Library (Free)
- 1.45-3.45pm The Joy of Improv (monthly, check website, 18+) - Exeter Library (PWYC, min £5)
- 5-6pm Walking Basketball - Venue changes in summer, contact Felix page 4 (£3-5)



What's on: St David's

Contact Details for venues

- Co Create, Exeter Quayside - 07817928845, steph@cocreateexeter.co.uk
- The Devon & Exeter Institution - 01392 437044 (£12 per year)
- Step One, X Centre, Quay - 01392 255 428, info@steponecharity.co.uk
- The Palace Gate Centre (South Street Baptist Church) - 01392 279485
- The Mint Methodist Church - 01392 279786, admin@themint.org.uk
- Exeter Community Centre - 01392 420549, admin@eccentre.org
- Exeter Phoenix - 01392667080, marketing@exeterphoenix.org.uk
- Parent Support Hub - hello@parentalminds.org.uk, 07907 614 516
- Riverside Leisure Centre - riverside@exeter.gov.uk, 01392 265898
- Salvation Army, Lucky Lane - 01392 216 553, exeter.temple@salvationarmy.org.uk
- Exeter Library - 01392 407027, exeter.library@librariesunlimited.org.uk
- Royal Albert Memorial Museum (RAMM) - 01392 265858, susy.dunne@exeter.gov.uk
- Friends of Belle Isle Park - WildBelleisle@gmail.com, Meetup app (Changemakers group), or contact Zoe Hughes for more details (see below)
- Silent Book Club - Exeter City of Literature - hello@exetercityofliterature.com
- Employment Hub 07812 511806.
- National Careers Service - 0800 100 900
- Walking Basketball - Exeter College (Victoria Yard, Queen street). Contact Felix, see below



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

St David's Community Builder

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 Email: zoe.hughes@eci.org.uk
 Facebook: [Zoe Hughes \(Community Builder St David's\)](#)



Community Physical Activity Organiser - West Exeter

Name: Felix Elsen
 Phone: 07736 918280.
 Email: felix.elsen@ecct.co.uk
 Facebook: [Felix - Community Physical Activity Organiser Exeter West](#)
 Instagram: [cpao_exeterwest](#)



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