



Hello from Ebbie!



Summer is here – a great time to get outside, enjoy longer days, and catch up with the latest newsletter.

A big thank you to everyone who has shared their ideas, time, energy and talents to help our community thrive. If you're feeling inspired to make the most of the season with a new project, event or community activity, I'm here to help. Whether you're starting something new, bringing people together, or building on an existing idea, let's make it happen together.

So, if you've got a great idea for your street or neighbourhood – whether it's a community garden, a little library, or something completely new – but aren't sure where to start, I can help you turn it into a reality.

There's lots to join in with locally so have a good read and save those dates.

If we haven't met yet and you'd like to share an idea or find out more about what's happening locally, you'll find my contact details on the back page.

Best wishes



Ebbie Peters

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Listening Post

Listening is an important part of a Community Builder's work. Here's some of what I've hearing locally

This is the best thing that's happened to our street ever, it's brought it to life.

Really enjoyed working with you all this evening, thank you for a delicious meal and see you at the next one - can't wait!

It's great to feel part of the community and help make a difference

Some planters would be brilliant on the terrace outside the shops

Lending a hand



I'd like to say a huge thank you to all the wonderful people in our community who give their time to volunteer. You help make our neighbourhood a welcoming, caring and connected place. Volunteering is a fantastic way to meet people, learn new skills and make a real difference. There are so many ways to get involved locally, from helping improve your neighbourhood to supporting activities at the Beacon Centre and beyond. Do get in touch to see what you can help with locally.

One local volunteer from Beacon Heath Food Project recently shared their experience of giving their time to support others. Their story is a wonderful reminder that even small acts of kindness can have a big impact on the people around us.

"I love that ancient, human feeling of sharing and preparing a meal. It's more than calories, it's that connection with other people, helping combat isolation and anxiety for me and the community."

Beacon Centre is back

Community is for everyone. It's great to see the Beacon Centre back in action after the flooding. It feels like the heart of the community is alive. It feels good to be back and it's wonderful to celebrate the return of the Community Drop In with great community spirit, lots of chatter, and fantastic new pop up play space for young children. Thank you to all the incredible Volunteers who whizzed back to action to make this weekly event possible. The Drop In is a place for friendship to grow and worries to be shared or put aside, a safe space for everyone. Come and join us every Friday: 10:00 - 12:00. <https://www.thebeaconcentre.org/>



Get moving with Charlotte

A big welcome to Charlotte who joins our team at Wellbeing Exeter.

“As a Community Physical Activity Organiser (CPAO), 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

ST JAMES SCHOOL	MAVERICKS WALKING NETBALL CLUB £4 Mixed Walking Netball Club. Beginners welcome Thursdays 07:00PM - 08:00PM Message for more details: 07496180693 Exeter Mavericks Netball Club
ST JAMES ASTRO	BEACON WANDERERS £10 per month Non-Competitive Walking Football. Beginners Welcome Fridays 08:00PM - 09:00PM Beacon Wanderers
EXETER ARENA	WOMEN ON THE RUN £2 Mixed ability female running group Tuesdays at 06.30PM WOMEN ON THE RUN - Tuesday Exeter Arena
SUMMER SEASON: EXETER ATHLETIC RUGBY CLUB WINTER SEASON: EXETER ARENA	EXETER TAG RUGBY £5 No previous experience or membership required, just turn up with your kit and join in, open to anybody aged 16+ Fridays 06:00PM - 09:00PM Exeter TAG Rugby
BETTYSMEAD PARK	EVOLVE EXETER £5 Women's Bootcamp in the park. Aimed to build strength and confidence Saturdays 08.30AM Evolve Exeter
EXETER ARENA	COUCH TO 5K £10 for whole programme South West Road Runners are offering a nine week Couch to 5K programme, with a target event of a local Park Run Trained VI Guides are available, so this course is welcome to anyone with visual impairment to join Starting 22/07/2026 at 07:00PM South West Road Runners

WELLBEING EXETER



Pop Up Nature Crafts

Wednesday 29th July & Tuesday 4th August 11am

Make a clay tree goblin Mincinglake Community Orchard
 Meet Calthope road entrance, the orchard is down the track
 Wear old clothes to get messy

Contact: [07516 692583](tel:07516692583) ebbie.peters@eci.org.uk [fb/ebrelpeters](https://www.facebook.com/ebrelpeters)

Terrace transformation

Recently, we spent some time asking what would make our community even better and what we can do together. Conversations have started about the terrace outside the shops, feedback has been that people would like to improve the area and make it more welcoming. Here's some ideas shared - "herb planters, seating, market stalls, fitness machines". We will have another pop up listening on Wednesday 8th July at 10am on the terrace; so come and share your ideas about what would make our community even better and what we can do together.



Pop Up Listening

Wednesday 8th July 10am

Come and share ideas for the neighbourhood & what you'd like to see happen. Find out what's going on locally and get connected

What a lovely morning!

There was lots of chatter, warm welcomes to the neighbourhood, and plenty of information shared – from recommended plumbers to local knitting groups! It was wonderful to connect, enjoy a chat, and make some new friends. We keep in touch and organise everything through our WhatsApp group, making it easy to stay connected between walks.

Our little stroll was a gentle half-hour walk across the valley, followed by half an hour for a cuppa and a chat, before we headed back together. More than just a walk, it was a chance to connect, slow down, and enjoy being outdoors in good company.

Save the date for our next walk!

Tuesday 7th July, 11:00am

Meet at the Noticeboard, Calthorpe Road, Mincinglake Valley Park

Happy walkers



Kitchen Garden Project

Beacon Community Garden & Kitchen Project

Join in at the Beacon Centre Kitchen Garden and help bring the community garden to life! Come along, get your hands in the soil, and enjoy some time outdoors with neighbours and friends. Everyone is warmly welcome.

It's a great way to connect with your community, get active, and start growing together. There is a Whatsapp group to help get organised for regular gardening sessions, if you'd like to join please message.

Here's an update from when the local school joined in the fun- "Strawberries, Slow worms, Seedlings carefully nurtured by the young people at school from seeds-sweetcorn, onions, pumpkins, lots of laughter and muddy hands and shoes and stories shared of how when it grows it will turn into delicious meals to be shared and cooked by families in our community to enjoy around a big long table together. Thank you Willowbrook School, Young Grow, The Beacon Centre and Beacon Heath church for being the oil in our cogs that make the magic work!

BEACON HEATH RESIDENTS
Community Meal



**Beacon
hEATH**
— Food Project —

Thursday 16th July
Beacon Heath Church
King Arthurs Road.
Food served at 6.30pm

**JOIN US FOR FREE HEALTHY
VEGETARIAN HOME COOKED FOOD**

Door open at 5 for a cuppa, dinner served at 6.30pm
If you come early you might be roped into helping!
Limited capacity — attendance is first-come, first-served.

More info - Ebbie Peters - ebbie.peters@eci.org.uk or call 07516 692583

Food Glorious Food

Over the past six months, we've served a three-course meal once a month to around 40 people each time. That's an amazing 720 platefuls of food, lovingly prepared by our fantastic team of local volunteers.

We couldn't have done it without some brilliant partnerships. Much of the food doesn't travel far in Beacon Heath, with produce grown at the Beacon Kitchen Community Garden and Stoke Hill Allotments. You Grow CIC has kindly come on board as a partner, and we've also received generous donations from Exeter Food Action.

A huge thank you to everyone who has supported the project so far – whether by volunteering, donating, growing food, or simply coming along to share a meal. You've helped create something really special.

Would you like to lend a hand? We're always looking for more volunteers. Whether you can help prepare the meal, set out the tables, serve food, or clear up at the end, we'd love to welcome you. As a volunteer, you'll also get to enjoy a delicious meal and some great conversation and company.



Support Group

Would You Be Interested in a Perimenopause & Menopause Support Group?

A local resident is exploring the idea of starting a friendly support group for people experiencing perimenopause or menopause. To see if there's enough interest, she's hoping to arrange an informal meet-up where people can come together, have a chat, share experiences, and discuss what they'd like from a local support group. If this sounds like something you'd be interested in, or you think you'd benefit from meeting others for conversation, support, and shared experiences, we'd love to hear from you. Please get in touch to express your interest.

Perimenopause/ Menopause

Support Group

 **Feel understood**

For women navigating the change of perimenopause and menopause

 **Find support and share experiences**

A friendly supportive place to talk, share and listen



We are looking to plan a meet up
for a cuppa to chat.
More details very soon

Little Library Box

What a connected community!

It was a pleasure to support Betty's Mead neighbours in launching their new Little Free Library recently. This project has been a real team effort, with support from neighbours, a local artist, community groups and an Exeter City Council ward grant. I was delighted to help bring the different pieces together – from securing funding and permissions to finding a home for the library and connecting people to make it happen. Families brought books, crafts and cakes, while sharing stories of street parties, BBQs, tool-sharing and clothes swaps. There were also lots of ideas for future projects, including a noticeboard and community litter-picks. If you'd like to explore an idea to bring your street together, do get in touch for a chat. Feel free to visit, borrow a book, or donate one to help keep the library growing.



Community Drop in

Every Thursday from 10:30am to 12:00pm, come along to the friendly Coffee Morning at Beacon Heath Church. You'll be sure of a warm welcome, great conversation, and a relaxed atmosphere.

If you haven't visited before, you'll find the church just up King Arthur's Road on the right-hand side. The hall is up the steps in a nice big room, the kettle is always on and you can be sure of a tasty biscuit too.

Everyone is welcome – we'd love to see you there! It's the best thing to do on a Thursday

<https://beaconheathchurch.org.uk/>



Custard Town

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

Book here: <https://www.eci.org.uk/book-custard-town>

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.

Inclusive play

Sensory experiences

Dedicated SEN sessions

Affordable family fun

A welcoming space for everyone

From creative play and sensory activities to teddy bears' picnics, discos and special events, there's always something exciting happening at Custard Town.

Spaces are limited, so book now to secure your preferred session.

Opening: 2nd July

Guildhall Shopping Exeter

Book here: <https://www.eci.org.uk/book-custard-town>





FUN FOR THE WHOLE FAMILY
SUNDAY 19TH JULY 2026
FROM 11AM TO 3PM
ON SITE PARKING

LOCAL CRAFT STALLS

MODEL RAILWAYS **RAFFLE**
MINATURE TRAIN RIDES

BBQ **LIGHT REFRESHMENTS AVAILABLE**

ALEX THE ENTERTAINER
FREE ADMISSION

ST KATHERINES PRIORY, ST KATHERINES ROAD
EXETER EX4 7JY

WWW.STKATHERINESPRIORY.CO.UK SHCAEVENTS1978GMAIL.COM



ART CLASS

FRIENDLY COMMUNITY ART GROUP OF ALL AGES - COME AND HAVE A GO!

TORONTO HOUSE,
PRINCE CHARLES ROAD EX4 7EW
FRIDAYS 1 - 3 PM

COST £2.00 PER CLASS

EXETER
MINIATURE RAILWAY

PUBLIC RUNNING
FIRST SUNDAY OF EVERY MONTH

ST. KATHERINE'S PRIORY
EXETER EX4 7JY

11am - 3pm **Free Entry**

LIGHT REFRESHMENTS AVAILABLE

FIND US ON FACEBOOK **USE THIS QR CODE**



Operated by Exeter & District Model Engineering Society



Craft 'n' Chat
FIRST SATURDAY
of each month
11AM-2PM

ST KATHERINE'S PRIORY
ST KATHERINE'S RD
EX4 7JY

COME & ENJOY SOME DOWN TIME CRAFTING WITH OTHERS OVER A HOT DRINK

CONTACT MEL ON 07815 016806
Just £3



THE Hub
TUESDAYS

YR 7-11
BEACON CENTRE
TUESDAYS
3pm - 5pm
TERM TIME ONLY





Every Friday, during the
Community Drop-in Cafe: 10-12 at The Beacon

Pop Up Play Space

A friendly space for children and
their parents/carers.

Free entry.

Donations for drinks and cakes from cafe



STAY & PLAY

FAMILY GROUP

Tuesdays 1.00- 2.30pm

Our group welcomes parents and carers with children and babies 0-4 years. Children get the chance to play, learn, and develop, while having fun. You get the chance to meet and talk to other parents - many parents discover they are going through the same kinds of experiences and feel less alone.

FREE TO ATTEND

To book a place call / text 07442 844249
or email
office@homestarteemd.org.uk



**HOME
START**

Exeter, East
& Mid Devon

The Beacon Centre
Beacon Lane
Exeter
EX4 8LZ





What's on: Beacon Heath 2026

Monday

- 10.00am-12.00pm - Working Morning- Grounds & Building - St Katherine's Priory
- 10.30am-12.00pm - Chat & Craft Drop-in - Beacon Centre £3
- 1.30-3.30pm - Young at Heart - Beacon Heath Church Hall £2
- 1.30-3.30 Whist (Part of Isca bowls) - Isca Centre
- 7.00pm - The Junction 72A Model Railway Club - St Katherine's Priory- Membership
- 7.30pm- Pennsylvania WI- Holy Trinity Church

Tuesday

- 10.00am-3.00pm - EDMES (Exeter and District Model Engineers) - St Katherine's Priory
- 1-2.30pm- Stay and Play Family Group- Beacon Centre
- 1.30pm - Whist Drive - St Katherine's Priory (fortnightly)
- 4.00-5.30pm - The Hub (Yr 7-11)- Youth Space, Beacon Centre- £2
- 6.30pm 6.15pm - Bridge Club - Isca Centre
- 6.30pm Taster Sessions- Isca Indoors Bowling club, Isca centre- First session free
- 7-8pm Women on the Run- Exeter Arena £2

Wednesday

- 10.00am-12.00pm - Food bank - Beacon Centre- Referral
- 5.00-7.00pm - Premier League Kicks - St James School (ages 11-18)- Free
- 7.00-9.00pm - Women's Netball - St James High School £6

Thursday

- 9.45-11.15am - Tadpoles Playgroup - Isca Church (at Beacon Centre) £2
- 10am-3.00pm - Exeter and District Model Engineers - St Katherine's Priory
- 10.30am-12.00pm - Drop-in Community Cafe - Beacon Heath Church- £2
- 10.30am-2.00pm - Meet and Remember - Devon Yeoman- £5
- 6.00-7.30pm - Woodcraft Folk - Beacon Centre- Membership
- 5.30-8pm Beacon Heath Community Meal- Beacon Heath Church- Free (monthly)
- 6.45-9.00pm - Bingo - Isca centre
- 7.00pm - The Junction 72A Model Railway Club - St Katherine's Priory
- 7-8pm Walking Netball- St James School £3
- 6-7pm Women on the run- Meet at Morrisons carpark £2
- 6-7pm Introduction to rugby- Exhibition fields -Free



What's on: Beacon Heath 2026

Friday

- 10.00am-12.00pm - Foodbank (referrals 07818 226524) - Beacon centre
- 10.30am-12.00pm- Solo Squad (Single parenting group) - Beacon Centre- 1st & 3rd Friday- Fr
- 10.00am-12.00pm - Friday Community Drop-in Cafe- Beacon Centre
- 10.00am-2.00pm - Community Cafe - St Katherine's Priory
- 12.00-3.00pm - Lunch Club (part of Isca Bowls club) - Isca Centre
- 1.30-4.30pm - Tribe - Home Ed social (age 11-17) - Beacon Centre £5 per child
- 4.30-5.30pm - Isca Church & Police Youth Football Academy - St James School- Free
- 6.00-7.00pm - Whipton Football FC - Willowbrook School (Under 8's) Free
- 6.00-7.30pm - Launch Pad - Childrens Group (Years 1-6)- Willowbrook School- £1
- 6.30pm - Prize Bingo - St Katherine's Priory (first Friday)
- 7.00-8.00pm - Walking Football - St James High School £10 per month
- 6.45-9pm- Tag Rugby- Exeter Arena £5

Saturday

- 9.45am-1.00pm - Messy Church (Vineyard) - Beacon Centre (2nd weekend)
- 10.00am-12.00pm - Soundwaves - Beacon Centre
- 11.00am-2.00pm - Craft & Chat - St Katherine's Priory (first Saturday) £3
- 8.30am- Boot camp- Betty's Mead playing Field- £5

Sunday

- 11.00am-3.00pm - Exeter Miniature Railway - St Katherine's Priory (first Sunday)
- 2pm-5.30pm Romanian Family Sports day - Beacon Centre)Alternate Sundays)
- 1-4pm Beacon Heath Kitchen Garden Project (Various Sundays)- You Grow- Free

Other Great Projects

- Squillometer Mile Lane Pod & Beacon Heath Pod Shops
- Friends of Mincinglake Orchard - hosts a yearly Wassail
- Sylvania Hall Rebuild Project
- Community Opportunities Group Schools (COGS)

Facebook Pages

- Beacon Heath Together, The Beacon Centre, Miles Lane Pod, Friends of Mincinglake Orcha Sylvania Hall, St Katherine's Priory

Update from Devon & Cornwall Police



Don't suffer in silence
Report it

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

Call Devon & Cornwall Police: 101

Non-Emergency:

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

Emergency:

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

"We stand together with our communities to remind everyone that we have zero tolerance to hate crime.

We acknowledge that this is a very difficult time for many diverse communities, and we want to provide some reassurance that we are here to provide support where hate crimes may be happening.

We have teams dedicated to supporting victims of hate crime. If you have been the victim of abuse or targeted because of your race or ethnicity, we want you to know that we are there for you. Please report it to us so we can investigate offences fully and signpost you to support. An increase in reporting helps us understand what is happening in our communities and how best to tackle it. Don't suffer in silence. Report it."

Get Social

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

- Beacon Heath Together
- Beacon Centre
- Beacon Heath Church
- Beacon Heath Squillometer Open Group
- Beacon Heath Little Free Library
- Community Champion what app
- Isca Church
- Friends of Mincinglake Orchard
- Miles Lane Pod Open Group
- Save the Bus Stop Field (above Pendragon road)
- Save Celia Crescent & Pinbrook Meadow Fields
- St Katherine's Priory
- St James School

Useful Information

- Parental Minds gives support to families who are struggling with their www.parentalminds.org.uk/ 07907 614 516
- 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



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	Community Building	Community Physical Activity Organisers	Community Engagement
<p>One to one support for adults in Exeter plus adults, families</p> 	<p>Support people in their local neighbourhood to grow their ideas and try new things that bring people together</p> 	<p>Connect people to become more active and support neighbourhoods to get physical activity ideas off the ground</p> 	<p>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</p> 

Find out what's on locally at our new website:
www.yourlocalexeter.org.uk

www.wellbeingexeter.org.uk




Beacon Heath Community Builder

Name: Ebbie Peters

Phone: 07516 692 583

Email: ebbie.peters@eci.org.uk

Facebook: [ebrelpeters](https://www.facebook.com/ebrelpeters)

Community Physical Activity Organiser (CPAO)

Name: Charlotte Flavell

Phone: 07926 127824

Email: charlotte.flavell@ecct.co.uk