



Hello from Ebbie!



Have a good read — there's lots going on, especially with Halloween just around the corner!

What's been going on? Lots! Mark the dates for the famous Christmas Fair, the annual Spooky Trail, as well as the Halloween special at Toddlers.

But what else can we do to bring neighbours together, and what's missing locally? I'd love to hear your ideas.

It's also great to see the Yeoman pub has had a makeover — making it an even better place to live, meet and spend time locally.

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 different — but don't know where to start, I can support you to turn your idea 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.

Best wishes

Ebbie

Ebbie Peters

This issue

Page 1

- Introduction

Page 2

- Working Together

Page 3

- Plot to plate

Page 4

- Lets get moving

Page 5

- Lend a hand

Page 6

- Halloween specials

Page 7-

- What on locally

Page 12

- Useful information

Listening Post

Listening is an important part of a Community Builder's work. Here's a snapshot of what we're hearing

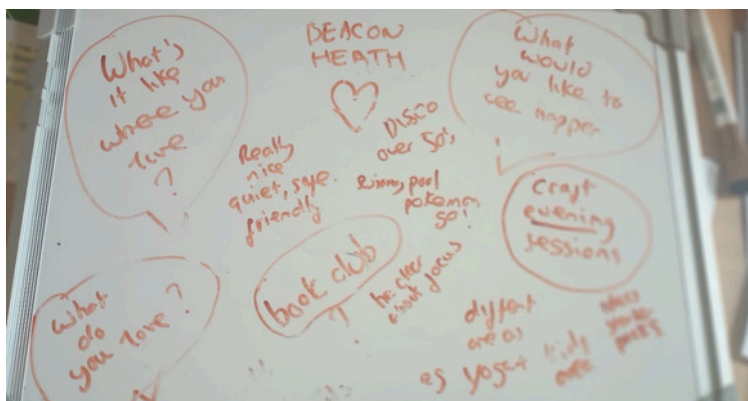
I'd love to see a disco for over 55's

I feel part of the community, everyone supports each other

It's the best part of the week. I love the Friday drop in cafe at the Beacon Centre

I love helping at the Community Meal, I have made new friends and really look forward to it each month

Working together



There's been lots of listening and sharing of ideas, and here's a snapshot of what we're hearing from the community.

There's been interest in a disco for the over-55s, as well as other social activities and opportunities to bring people together. There's also been lots of enthusiasm around planting, growing, eating and making the neighbourhood look lovely — creating spaces that people can enjoy and take pride in.

Other ideas that have come up include:

- A weekday evening craft group
- Fitness activities for parents and children to do together
- A community noticeboard

Brightening up the shop terrace



Have you spotted the new planters? Could you donate some plants or bulbs to help make them look even prettier? There's also a chance to get involved in helping to look after them. What other ideas could help brighten up the terrace? Perhaps a bench, or maybe giving the railings a bit of a spruce-up?

A huge thank you to everyone who has helped bring this project to life — from assembling the planters, to donating plants, planting and weeding. It's already made such a real difference, and it's wonderful to see the terrace coming to life



Plot to plate, Field to fork

News from You Grow- "Plot to plate. Field to fork. Garden to community table.

What a wonderful harvesting session at the community garden! We came away with an amazing amount of fresh, home-grown produce, all destined for our forthcoming community dinner.

Whatever analogy you prefer, there's something incredibly special about seeing food that has been grown, nurtured and harvested by our volunteers making its way onto the plates of people in our community.

This is exactly what community gardening is all about; growing good food, bringing people together and sharing the rewards. Our volunteers should be incredibly proud of what they've achieved." If you'd like to lend a hand; get in touch with Clive at Yougrowic.org. There's also a Whatsapp group you can join.

The Autumn Sowing session is Saturday 24th October 9.30am-12.30pm at the Beacon Community Centre

Beacon Heath Food



Our top Cook Claire reflects "So proud of our Community project from the Community Garden; all the produce that we have grown in just a few months and then turning it into food for our Community meal. Each course had items grown in soil only metres away. We cooked a three course meal for 35 of us. Then sat together enjoying the food and the company!"

The team are busy planning the next few meals, including a special Christmas meal! Perhaps you could lend a hand with the planning and preparation — or simply come along and enjoy a tasty, home-cooked meal together. There's always plenty of good food, great company and lots of fun (and yes, someone has to do the washing up!).

Diary Dates - Community Meal
 Thursday 22nd October
 Thursday 19th November
 Thursday 10th December
 Thursday 21st January

BEACON HEATH RESIDENTS Community Meal



**Thursday 22nd October, 19th November,
 10th December & 21st January**
Beacon Heath Church
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
 Lend a hand helping out if you come early

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

Supported with a ward grant from



Exeter
City Council



Let's get moving

We recently joined residents for a wonderful nature walk exploring Eastern Fields. It was fascinating to learn, discover and enjoy the space together!

There's another walk planned soon, focusing on the history of Eastern Fields a great opportunity to learn more about this local green space. There are lots of ways to get moving locally too, with the Spooky Trail coming up, as well as the Beacon Heath Strength Training Group, which meets on Wednesdays (Holy Trinity Church 6.15-7.15pm and Bettys Mead Playing Field 8.30am, both £5)

We also have a WhatsApp group where local walks are planned, helping people connect, get active and explore our local green spaces together. Message us if you'd like more information or would like to join the group!



News from Charlotte (Community Physical Activity Organiser)

Hello! I'm Charlotte. I am the Community Physical Activity Organiser for Exeter North including Beacon Heath. My role is to connect people with activities already happening in their local area and to support residents and groups who have ideas for helping their communities become more active. See the back page for my contact details.

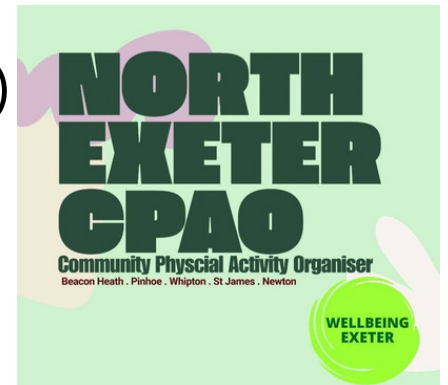
During September, local residents joined various city walks as part of Exeter's first Walking Festival. The week long festival concluded with The Great West Walk, which completed a full loop around The Green Circle. Locally there was a very popular Bat walk in Eastern Fields.

If you want to keep exploring city green spaces near Beacon Heath and connect to The Green Circle, take a walk around Mincinglake Valley Park, where you can grab a drink at Sylvania Stores on your way. Check out Devon Wildlife Trust website for more details on Mincinglake valley park including a free map and guide of the Valley park click [here](#)

If you want to venture further into local nature trails coming into this Autumn, [Killerton Estate](#) are offering Free Wellbeing Walks throughout October including a guided walk around the Ashclyst Forest-Green Route, open to all on the 28th October at 10:00 - 11:30.

National Trust membership is not required to join these walks.

Scan the QR code to register. If you struggle with online forms, you can contact Killerton directly on: [01392881345](tel:01392881345)



Lend a hand

Just one hour a month can make a massive difference! From watering plants and chopping carrots to serving coffees, there are so many ways you can get involved. Not only will you feel useful and learn something new, but you'll also have the brilliant feeling of knowing you've helped make something happen and given something back to your community.

So, what do you fancy doing?

Get in touch to explore what you could do — as little or as much as suits you. It could be something you're already good at, or something completely new that you'd like to learn.

One hour. Your time. A real difference.



Mincinglake Valley park - After the fire



Following the fire at Mincinglake Valley, it was great to get together with Devon Wildlife Trust (DWT) and learn more about their plans for the valley.

Helen and her team of regular dog walkers are always on the lookout for litter. Affectionately known as the Mombles, they're doing a wonderful job helping to care for the valley. If you'd like to join their WhatsApp group and get involved, please get in touch and we can connect you.

There are already green shoots returning as nature begins to recover, and DWT have plans for some community volunteering very soon.

Keep an eye on their [website](#) for updates and opportunities to get involved.

Drop in advice

Run by [ECO E \(Exeter Community Energy\)](#), their drop-in clinic takes place on the **3rd Friday of every month from 10:00am to 12:00pm**, conveniently coinciding with the bustling [Friday Café](#) at the Beacon Centre

Our advisors can provide personalised advice on energy savings, lowering your bills, tariff checks and supplier switching, accessing discounts, grants for home insulation and heating, debt advice, benefits advice and more—all free of charge.



Mile Lane Pod presents

HALLOWEEN

at Beacon Heath

Mile Lane Spooky Stroll

Sunday 25th October

17.30 – 18.30

Starting at the turning circle Mile Lane EX4 9AA.
Children £1 (adults free)

Tickets -
www.tickets.co.uk/events/mile-lane-spooky-stroll





Are you brave enough for the Spooky Stroll?

The Spooky Stroll is back.....

Starting at the vehicle turning circle at Mile Lane EX4 9AA, walking up the bridle path to the junction by Pendragon Road.

It will be dark, it will be scary....

There will be ghosts, witches, skeletons & all things Halloween.

Are you brave enough to walk the walk? To book a slot click here www.tickets.co.uk/events/mile-lane-spooky-stroll

J



HALLOWEEN PARTY!

Join us for some spooky half-term excitement on October 29th from 10am to 12pm. We'll have music, crafts, a garden trail, and plenty of toys and games! This event is for 10 year olds and under. Dressing up is optional, and we'll have drinks and snacks for everyone. Donations are welcome!

Join in with some community fun this Halloween!

As well as the annual Spooky Trail up Mile Lane to take part in, there's a Halloween party at the Beacon Community Centre for under-10s on Thursday 29th, from 10am–12pm. There'll be music, crafts, a garden trail, and plenty of toys and games to enjoy. We'll also have a special guest, Alex the Entertainer, performing a fantastic puppet and magic show! Come along, get spooky and enjoy some Halloween fun with the community





Refreshments

Santa

Craft tables | Raffle

Kid's Zone | Santa's grotto

Beacon Community Centre
Saturday November 21st
11am-2pm

Beacon Christmas Fayre

the beacon

Exeter City Council invites you to our...

COMMUNITY GRANTS WORKSHOP

Practical advice. Local impact. Stronger communities.



MONDAY
19TH OCTOBER



6.45PM - 8.30PM

Join us for a **FREE**, informal workshop to help community groups navigate Exeter City Council's City Grant application process!



- ✓ An introduction to the application process
- ✓ Tips for writing a stronger application
- ✓ Advice on match funding and budgets
- ✓ Time to develop your application



FREE TO ATTEND
 No bookings required



HOW TO GET THERE
 The Beacon Centre, Pendragon House,
 Beacon Lane, EX4 8LZ



WHO IS THIS FOR
 Community groups, charities, social enterprises
 & residents interested in applying for an
 Exeter City Grant



ANY QUESTIONS?
 Email: grants@exeter.gov.uk



Community Grants -
 supporting local
 initiatives

**Want to learn more
 or let us know
 you're coming?**
 Scan the QR code





Custard Town

town

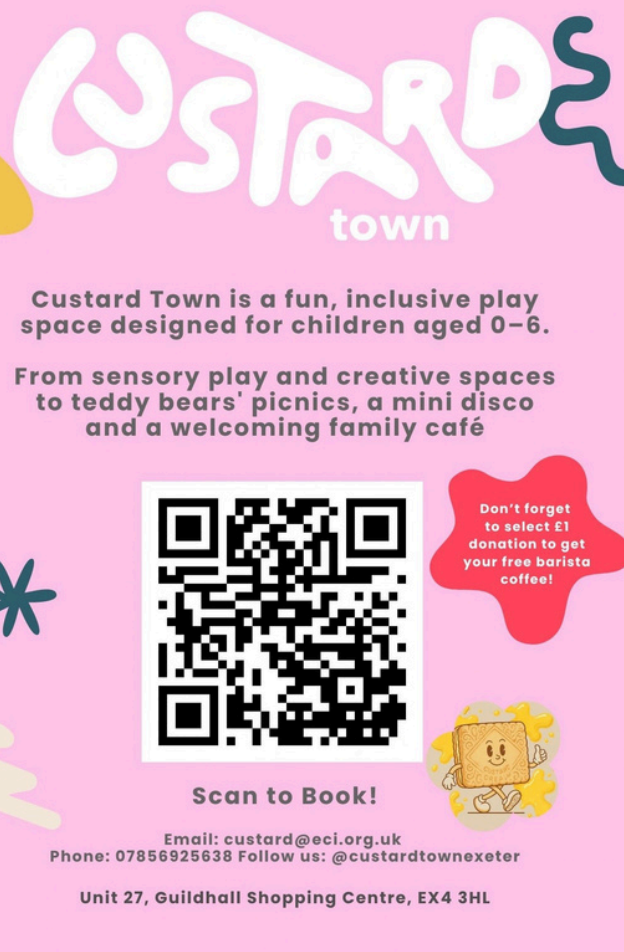
Custard Town is a fun, inclusive play space designed for children aged 0-6. From sensory play and creative spaces to teddy bears' picnics, a mini disco and a welcoming family café.

9.30 am - 11.30 am
12.30 pm - 2.30 pm
7 Days a week

Scan to Book!

Don't forget to select £1 donation to get your free barista coffee!

Email: custard@eci.org.uk
 Phone: 07856925638 Follow us: @custardtownexeter



Custard Town

town

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From sensory play and creative spaces to teddy bears' picnics, a mini disco and a welcoming family café

Scan to Book!

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Email: custard@eci.org.uk
 Phone: 07856925638 Follow us: @custardtownexeter

Unit 27, Guildhall Shopping Centre, EX4 3HL

'STRONG FROM HERE' BOOTCAMP

Come for the workout.
Be part of the conversation.
Leave with new friendships.

Want to join us?

Message me for details on how to get involved, or if you have any questions before committing!

Where? Bettysmead Playing Fields, Whipton, Exeter (subject to change)

When? Every Wednesday 18:30 and Saturday 08:30

No experience or fitness required;
come as you are and join the madness!



BEACON WANDERERS
SOCIAL WALKING FOOTBALL CLUB

Inclusive walking football club

OPEN TO ALL 18 PLUS

FLEXIBLE GROUP PLAY | SOCIAL FRIENDLY | ALL SKILL LEVELS WELCOME

FRIDAYS 8-9PM

FIRST MONTH FREE
THEN ONLY £10 A MONTH AFTER

CONTACT GREG 07546 419885

COME JOIN US AT **ST JAMES**

Keep Active Make Friends Have Fun

EXETER MAVERICKS MIXED WALKING NETBALL CLUB



Anyone 16+ welcome

Thursdays 7-8pm at St James School, Exeter
>Sessions dependent on availability of players.

£4.00 per session or £6.50 for you and a friend for the session



EXETER LEISURE

KEEP ON MOVING CLASSES

Keep on Moving: Walking Mobility
Exeter Arena

Fridays | 2:30pm–3:15pm

A gentle, low-impact walking class to improve mobility, flexibility and balance in a safe, open-air setting.

FREE for Group Exercise Members, Family Members and those with a Group Exercise Bolt-On.

£8.40 for Pay-As-You-Go Members
Starting 11th September 2026





What's on: Beacon Heath Free & low cost activities

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
- 6.30-9pm- Fitsteps with Donna- Beacon Centre

Tuesday

- 10.00am-3.00pm - EDMES (Exeter and District Model Engineers) - St Katherine's Priory
- 1-2.30pm Family Wellbeing Group (0-4) Home Start- Beacon Centre- Free
- 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
- 6.30-7.30pm - Body Workout with Kamila - Beacon Centre £5
- 7-9pm Western Spirit Line Dancing £7
- 7-8pm Women on the Run- Exeter Arena £2

Wednesday

- 10.00am-12.00pm - Food bank - Beacon Centre- Referral
- 1.00-3.00pm - Baby Massage - Beacon Centre- Free
- 4.30-6.30pm - Rio Youth Group - Beacon Centre- Free
- 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
- 6.30pm South West Road Runners (Road & Track) - Exeter Arena (Try for Free)
- 6.15pm Beacon Heath Women Strength training, Holy Trinity Church £5

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



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- Free
- 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
- 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)
- Beacon Heath Food Project- Thursdays 6.30pm monthly at Beacon Heath Church- Free Mea
- Beacon Heath Community Garden- see facebook page for meetup details

Facebook Pages

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

Pride in Exeter funding is open



"What would you improve in Beacon Heath? Exeter City Council has launched a new Pride in Exeter fund for practical visible improvements across the city.

There's £10,000 available for projects across each ward and we'd love to hear your ideas for Beacon Heath.

Share your ideas for your neighbourhood and we can help connect you to your local Councillors for a chat.

Don't suffer in silence Report it

Go online:
www.devon-cornwall.police.uk/report-hc

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

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
- Devon Domestic Abuse Alliance: www.ddaa.org.uk 08082 816161
- 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
- Family Hubs page from DCC: [Family hubs in Devon - Dwww.homestart.org.uk](http://www.familyhubsindevon.org.uk)
- [Devon County Council](http://www.devon.gov.uk)
- Home-Start - Support for families with young children

About Wellbeing Exeter



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
One to one support for adults in Exeter plus adults, families 	Support people in their local neighbourhood to grow their ideas and try new things that bring people together 	Connect people to become more active and support neighbourhoods to get physical activity ideas off the ground 	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




www.wellbeingexeter.org.uk

Beacon Heath Community Builder

Name: Ebbie Peters
 Phone: 07516 692583
 Email: ebbie.peters@eci.org.uk
 Facebook: [ebrelpeters](https://www.facebook.com/ebrelpeters)
 Instagram: [ebrelpeters](https://www.instagram.com/ebrelpeters)



Community Physical Activity Organiser (CPAO)

Name: Charlotte Flavell
 Phone: 07926 127824
 Email: charlotte.flavell@ecct.co.uk
 Facebook: Charlotte- Community Physical Activity Organiser Exeter North - click [here](#)

