



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

- Introduction

Page 2

- Community Mural

Page 3

- Community Litter Pick
- CB Door Knocking

Page 4

- Newtown Groups & Celebration

Page 5

- Newtown Groups

Page 6

- Exeter History & Future Conversation

Pages 7

- Exeter Scrapstore & NCA

Page 8

- CPAO News

Page 9-10

- Community events, groups posters

Page 11

- Useful info

Page 12-13-14

- What's on

Page 15

- About Wellbeing Exeter

Listening Post

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

"Sitting by the mural for an hour and I managed to speak to so many people more than I have done in the past few years. I learned so much today, Thank you"

Thank you for all the information. My mum finds it hard to find groups and I work full time.

Thank you for supporting the Autumn picnic. It will give a chance to meet people I haven't met before.

" Groups like our Crochet group is not just about crochet is connection and linking us to stuff, thank you"

Newtown Community Mural

What started as Pat's idea to brighten up an unloved wall became a wonderful community project, with around 60 people contributing!

A huge thank you to Pete Stevenson, Pat, our local councillors and everyone who helped make it happen. Special thanks to Stuart, whose dedication to keeping Newtown clean is celebrated on the mural! It was lovely to see the mural bringing people together, celebrating diversity and inspiring new ideas.

The mural brought people from diverse backgrounds and cultures together, and has inspired links with Newtown school, with plans for pupils to visit, explore cultural diversity, write poetry with Pete, and learn more about the different communities in Newtown.

Would you like to get involved in future community projects or have an idea of your own? Get in touch! Don't forget to visit the mural and explore its beautiful messages!



Newtown Community Litter Pick

3



The weather was amazing, and it was wonderful to see residents so keen to get involved. We even ventured beyond our immediate neighbourhood into surrounding streets and green spaces to see where else we could make a difference.

There was such a lovely atmosphere. Neighbours chatting and connecting, dogs joining us along the way and lots of conversations about the future of Newtown's green spaces.

We also shared ideas about possible grants and funding to help us continue caring for these spaces, as well as new ways to keep neighbours connected through the autumn and winter months.

A simple litter pick turned into so much more: connection, conversation, new ideas and people working together to care for where they live.

Thank you to everyone who came along and gave their time!

If you'd like to join next time please get in touch.

Community Builders Door Knocking in Newtown

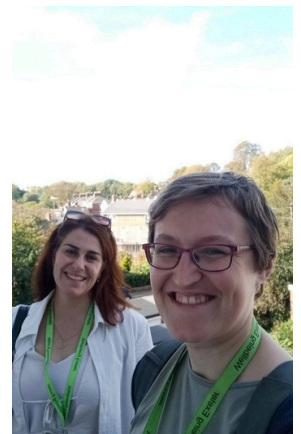
Zoe Hughes and I spent some time door knocking in Parr Close this month, and it was really interesting to hear from local residents.

We met several people who have lived in the area for 40 years or more.

Many told us how content they are living there and how much they value being so close to town. It was also lovely to hear that neighbours speak to each other, look out for one another and check in on each other.

We also met new residents in the area, welcomed them and signposted them to groups and events.

Door knocking is such a useful way for us to get a feel for what is happening in an area, hear directly from residents, and find out what people might like to get involved in or make happen in their community. If you see me out and about door knocking in your neighbourhood, please come and say hello! I'd love to hear how you connect with your community, what you enjoy about where you live, and whether there is something you'd like to get involved in or help make happen locally. We're here to listen, connect people and support residents to turn their ideas into action.



Newtown Gardening group

Our Newtown green spaces have faced a challenging hot summer, but thanks to our wonderful volunteers, especially Len, Maurine and Debbie, the gardens have been kept alive!

We have some exciting news! YouGrow CIC, supported by National Grid funding, and have offered to help our gardening project with plants, materials and practical support.

Our plans for Hawthorn Haven, East John Walk and Sandford Walk include preparing the gardens for winter, improving the soil with free compost, planting berry-producing shrubs for birds, adding wildflowers and butterfly-friendly plants, and creating permanent water sources for wildlife during hot weather. We also hope to improve the green spaces with more drought-resistant plants and habitats for pollinators.



We need your ideas and your help!

Would you like to help shape these spaces? Perhaps you have ideas for a butterfly garden or other ways to make our neighbourhood greener and more welcoming.

You don't need to be a gardener to get involved! We welcome help with watering, wildlife care, photography, organising social events, social media, fundraising and advertising activities.

We are also looking for someone who could help us collect free compost by lending a trailer or flatbed vehicle, or helping with transport.

Every little bit of help makes a difference, and it's a lovely way to meet your neighbours!

If you have ideas, skills or a little time to share, please get in touch with Debbie or Maurine through Myself, your Community Builder.

Community Autumn Picnic & Plant Sale

Come and celebrate autumn with your neighbours, share food, enjoy crafts and maybe buy some plants!

Sunday 25th October 3-5 pm

Where: Sandford Silver Birch Green Space, up Sandford Walk

Bring your own picnic, a chair or blanket to sit on, and join us for a lovely afternoon together.



Everyone is welcome! Bring your family, invite your neighbours, and let's celebrate autumn together!

Volunteers Needed !



Volunteers urgently needed @ The Kids Swap!

A message from the kids Swap volunteers @ Exeter Christadelphian Church : due to the number and age of our volunteers who run the Kids' Swap Shop we are having to reduce the frequency of the Kids' Swap Shop to only once during each half term. It will be open on the morning of Thursday November 5th between 10:30 - 12:00. We would be open to more offers of help to keep it going, but our current volunteers can't keep doing what they were doing. So if you are able to volunteer please get in touch web1@ece.org.uk

Crochet Newtown

A friendly and relaxed group who meet on Tuesdays 2-3pm at St Sldwell's Leisure Centre 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

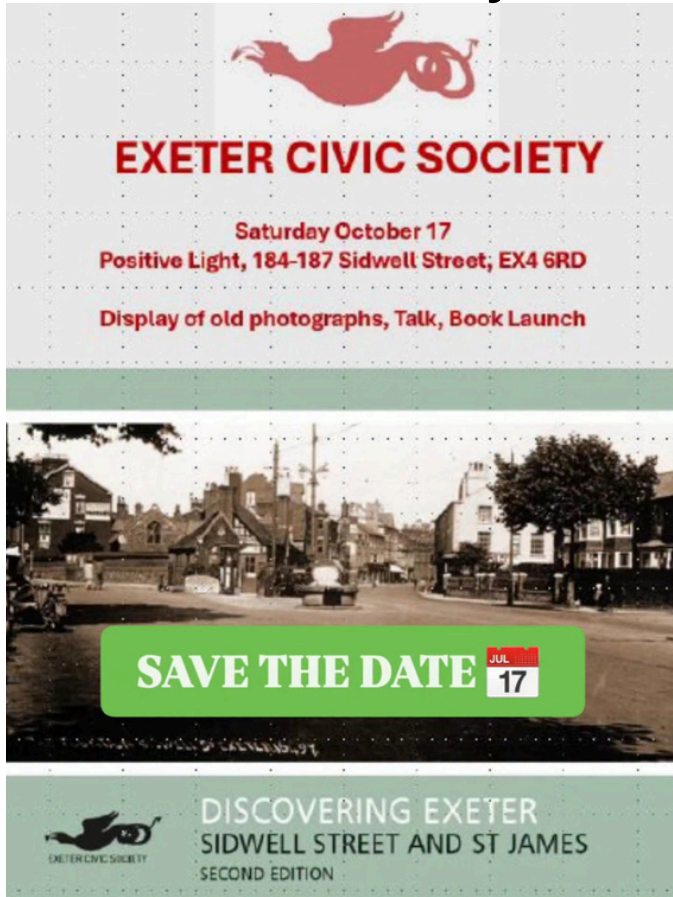


Newtown's Wildflower Gardens for the Bees



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 Civic Society 2026



The Exeter Civic Society are holding a launch of their revised history booklet about Sidwell Street and St James with a display of historic photos and a talk. All welcome to attend.

Positive Lights Project
Saturday 17th October
10.30am
Talk 11.00am
Free to attend

Exeter National Park City Conversation

"Join at the Rougemont Room at Exeter Library on 20th October from 5:30pm to find out what's happening so far in Exeter, hear from Daniel Raven-Ellison, founder of the National Park City movement. Plus have your say on our 4 exploratory questions:

Tuesday 20th of October 17.30-19.00
@ The Central Library

WHAT WILL IT MEAN?

What will a National Park City mean for Exeter?

WHAT WILL IT LOOK LIKE?

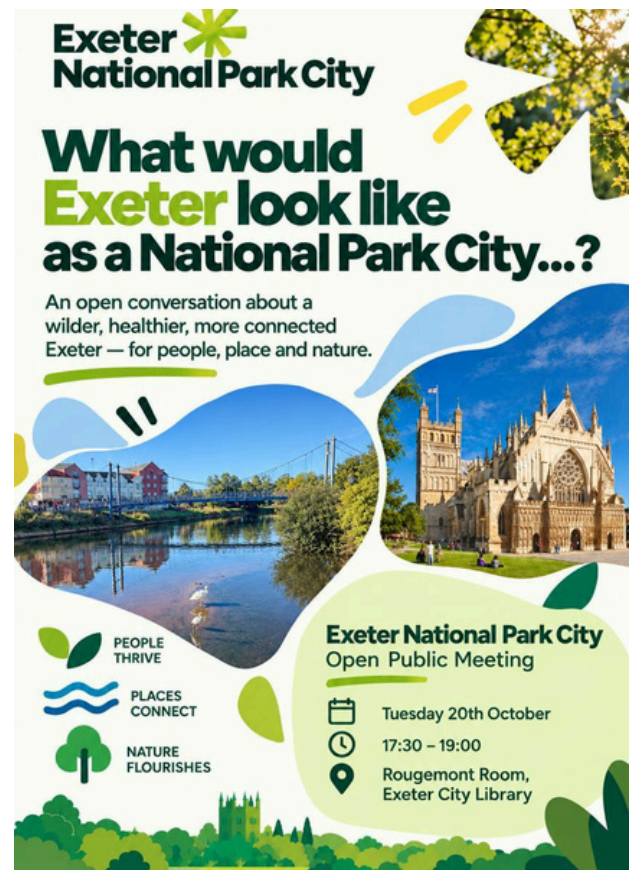
How will we make Exeter greener, wilder, healthier and more connected?

WHO SHOULD SHAPE IT?

How do we involve people and communities from across Exeter?

WHAT SHOULD WE DO?

What should we build on, and what should we do next?"





Exeter Scrapstore is delighted to be offering a brilliant Polish Pajanki making workshop with artist [element.aga](#)

Using scrapstore materials participants will make a traditional Polish Pajanki decoration.

On Tuesday 27th October from 10.30am-1.00pm at Newtown Community Centre.

The workshop is designed for families and suitable for children aged 6+ with their accompanying adult.

Please book a £2 ticket for each person attending by following the link [here](#):

Or below: <https://www.eventbrite.co.uk/e/family-pajaki-workshop-tickets-2003139780005>

Newtown Community Centre

Newtown Community Centre hosts a range of weekly classes including health and fitness, dance and drama, music, language and education. For more info please visit <https://newtowncommunity.org.uk/community-activities/>

They also have a wonderful free event coming up hosted by the Exeter's Mexican community and friends.





Community Cafe Event

Dia de los Muertos

Join Exeter's Mexican community and friends to celebrate Day of the Dead with music, food and crafts

Sunday November 1st 3-6pm
Newtown Community Centre
Belmont Park

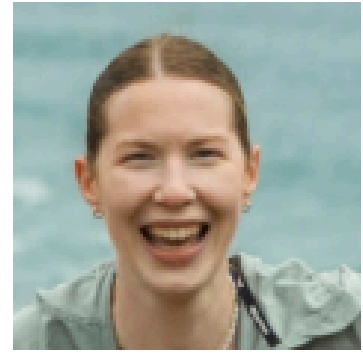


This event is supported by funding from
Devon Community Foundation



Community Physical Activity Organiser (CPAO)

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.



If you want to venture further into local nature trails coming into this Autumn, Killerton Estate are offering Free Wellbeing Walks throughout October.

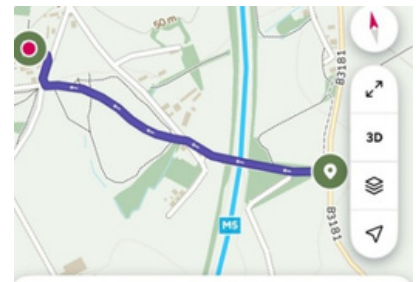
Including a 'New Parents Walk-Killerton's Orchards' on the 13th at 10:30 - 12:00. And a guided walk around the Ashclyst Forest-Green Route, open to all on the 28th at 10:00 - 11:30.

National Trust membership is not required to join these walks.

Register online via the Killerton website:

<https://www.nationaltrust.org.uk/visit/devon/killerton/events>.

If you struggle with online forms, you can contact Killerton directly on: 01392881345.



Elevation

Getting via Bus

Catch the Stagecoach 1 Route, which stops at:

Exeter Sidwell Street (Stop 38)

Exeter Odeon Cinema (Stop 29)

Exeter Trust House (E-bound)

Before then finally getting off at
Budlake Killerton Turn (N-bound)

(Singles: £3. Day Riders £6.50)

Please see walking route from the bus stop to Killerton Car Park





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

WOMEN'S YOGA

SOUTHERNHAY URC HALL
EVERY TUESDAY & THURSDAY
12:30 – 1:30PM

*Move
Breathe
Connect*
♥
ALL WOMEN
WELCOME

YOGA SESSION VENUES
Please note the venue for each session over the next few weeks

DATE	VENUE	DATE	VENUE
Tuesday 22 Sept	Mint Church	Thursday 22 Oct	Southernhay Hall
Thursday 24 Sept	Southernhay Hall	Tuesday 27 Oct	Mint Church
Tuesday 29 Sept	Southernhay Hall	Thursday 29 Oct	Mint Church
Thursday 1 Oct	Southernhay Hall	Tuesday 3 Nov	Mint Church
Tuesday 6 Oct	Southernhay Hall	Thursday 5 Nov	Mint Church
Thursday 8 Oct	Southernhay Hall	Tuesday 10 Nov	Mint Church
Tuesday 13 Oct	Mint Church	Thursday 12 Nov	Mint Church
Thursday 15 Oct	Southernhay Hall		
Tuesday 20 Oct	Southernhay Hall		

Southernhay Hall
Southernhay URC
Dix's Field, Exeter EX1 1QA

Mint Church
Mint Methodist Church
Fore Street, Exeter EX4 3AT

*See you
on the mat!* ♥

HEALTHIER BODIES • HAPPIER MINDS • STRONGER COMMUNITIES

Tea, Tech & Talk

Friendly, relaxed support to use everyday phone apps.

EVERY THURSDAY FROM 17TH SEPTEMBER 2026
2:30 - 4:30 PM
SOUTHERNHAY URC
EXETER EX1 1QD

♥
GET CONFIDENT USING APPS FOR:

Banking

Utilities

NHS

Shopping

Keeping in touch

First 6-Week Programme

1. Smartphone Basics
2. WhatsApp & Video Calling
3. Gmail: Email Made Easy

4. NHS App & Health Service
5. AI for Everyday Life
6. Online Safety, Banking & Shopping

LEARN TOGETHER, GROW TOGETHER
We'll focus on 1 app per week.
Over time, group members can share what
they've learned and help new members.

Join us!

Email: mahsin.mahbub@colabexeter.org.uk

Telephone: 07513122038



We are a friendly, relaxed group of knitters and crocheters of all levels who meet for a chat and coffee every Tuesday between 2 and 3 pm at The Living Café in St Sidwell's Point. You can come and craft with us or simply enjoy the conversation.

There are no joining or membership fees. All we ask is that you buy a drink for yourself at the café in support of the business that allows us to meet there.

Sat 17th October
9.30-3.30

Autumn/Winter Preloved Maternity and Nursing Sale



A chance to have first pick of our Autumn - Winter Preloved maternity and nursing clothes, not to mention preloved baby bargains galore!

 (next event 20th March 2027) 

thebabyroomexeter.co.uk

CUSTARD
 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!

exeter
 Christadelphian Church



Volunteers urgently needed @ The Kids Swap!

The Kids Swap at the Christadelphian Church(Heavitree Road) is starting again in February, and they are desperate for volunteers on the first and third Thursdays of each month 10.30-12.00

This wonderful project helps so many families by giving children access to clothes, toys, and essentials through swapping. It makes a real difference in our community, and without volunteers, it may not be able to continue. If you can spare a little time, please consider helping out. Your support will ensure the Kids Swap can keep benefiting families who really need it. Every volunteer matters. Please help them keep this amazing community service going!

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

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.

Email: admin@inclusiveexeter.org.uk

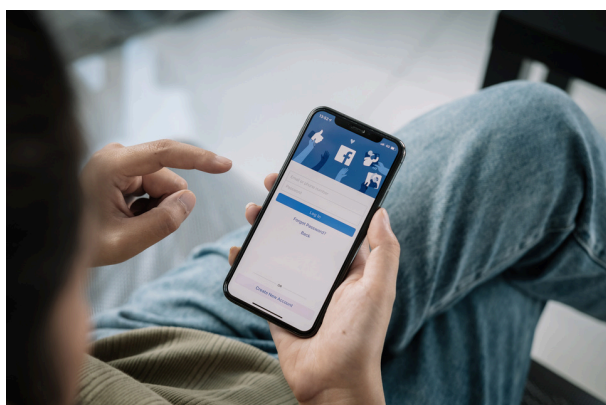
Website: <https://www.inclusiveexeter.org/>

FB:

<https://www.facebook.com/inclusiveexeter>



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

- **9.30am-4.00pm** Drop In at The Baby Room. No need to book
- **9.30am-11.00am** POLO Hope Adoptive Families. Free for children and their parents or carers @ St Matts Church.
- **10.00am-11.30am** - Baby Message - The Baby Room Exeter
- **1.00pm Baby Yoga** - The Baby Room Exeter
- **6pm-7pm** - Andy's Man Club - Exeter City Football Club - Free

Tuesday

- **9.30am-1.30pm** 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-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **10.00am-12.30pm** - Sing and Sign - The Baby Room Exeter - eastdevonsingandsign@gmail.com
- **10.30am-4.00pm** Merry Go Round Toy Library Tuesday at Positive Light Projects
- **11.00am-1.00pm** Garden sessions - St Sidwell's Community Garden
- **12.00pm-1.30pm** POLO Avos is a free session (care experienced Parents) @ St Matta's Church
- **12.30pm-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. Meeting at St Sidwell's point Leisure centre Cafe'
- **1pm-4pm** - Board Games & Books - St Sidwell's Community Centre - Free
- **2pm-4pm** - Work & Wellbeing Drop In at St Sidwell's Community Centre.
- **6.30pm** Free Movement at Belmont Park
- **7.30pm-9.00pm** - Homebirth group - meet on the Second Tuesday of each month.

Wednesday

- **9.30am-4.00pm** - Nappuccino is the ultimate baby group. Friendly and informal, with tea, coffee and home baking every week.
- **9.30am-11.00am** POLO Tinies for under 1s Free to attend @St Matt's Church
- **10.00am-12.00 pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **2.00pm-4.00pm** - Memory Cafe - at Belmont Chapel. 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.
- **2.30pm-3.30pm** - BSL Conversation Cafe - St Sidwell's Community Centre - Free
- **2pm-4pm** - St Sidwell's Community Knitting/Craft Group - St Sidwell's Community Centre - Free
- **6.00pm-7.00pm** - Meditation on Zoom - Email Bill for the link: billvennells@hotmail.com
- **7.00pm** - Firestone - Percussive dance - Newtown Community Centre £2



What's on: Newtown 2026

Thursday

- **9.30am-1.30pm** Inclusive Exeter Free Drop- in Services at Southernhay URC Church
- **10.00am-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **10.30am-12.30pm** Newtown's Wildflower Gardens for the Bees every other Thursday with Judith
- **10.30am-12.00pm** 1st and 3rd Thursday of each month Good News Cafe' & Kids Swap Shop at Exeter Christadelphian Church
- **12.30pm-1.30pm** - Women Yoga at Southernhay URC Church with Inclusive Exeter.
- **12.30pm-1.30pm** - Conversation Cafe at Southernhay URC Church with Inclusive Exeter.
- **1.00pm-3.00pm** - Garden sessions - St Sidwell's Community Garden
- **2.00pm-4.00pm** - Sid's Drop In – Digital skills, work & wellbeing - St Sidwell's Community Centre
- **2.30pm-4.30pm**- Tea Teck and talk Free with inclusive Exeter @ URC Southernhay Church
- **4pm-5pm** - Community Yoga - St Sidwell's Community Centre - Free
- **7.30pm** (Term Time) - Badminton - Sidwell Street Methodist Church - £3.00
- **10.00am-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
- **10.00am-12.00pm** Wellbeing Cafe at the Belmont Second Friday of the month.
- **10.00am-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **1pm-4pm** - Board Games Afternoon - St Sidwell's Community Centre - Free
- **2pm** - El Conversatorio Spanish Conversation Cafe - St Sidwell's Community Centre - Free
- **2.00pm-3.30pm** - Sidwell Scribblers - St Sidwell's Community Centre - Free
- **1.30pm-3.00pm** - Friday Club - St Sidwell's Community Centre.
- **7.00pm-8.30pm** - Belmont Chapel Youth Group

Saturday

- **9.30am-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
- **10.00am-11.30am** Saturday Dads, Second and fourth Saturday of the month at the Belmont.
- **1.30pm-3.30pm** - First Saturday of the month: Newtown community get together gardening and cafe' @ Clifton Street top car park

Sunday: 2 pm-4pm Women Sewing and creative group at URC Southernhay church. Free



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: nancyyogaphysio@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
- Work and Wellbeing at St Sidwell's Community center Email: dropin@stsidwells.org.uk -
- NCA Roots Band Phone: 07759386178, Email: aljonesfiddle@gmail.com
- Free movement registration form:
https://docs.google.com/forms/d/1OXicM68vU6K7OeZr-ceHajc78DthgVjVeNvH-UiRsQg/viewform?edit_requested=true

Newtown Community Builder (CB)

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Instagram: maisaanewtowncb



Scan the Qr Code to
Sign up to
e-newsletter

Community Physical Activity Organiser (CPAO)

Name: 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