



Hello from Zoe!



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

"It's a beautiful day in Pinhoe", painted on a local bench, was a phrase coined by a 10-year old boy, who wanted to highlight Pinhoe's community spirit. It celebrates those who look after the neighbourhood and also encourages us to look for the positives and focus on how we can make Pinhoe a better place to live.

As we head into winter, please do reach out if you would like some ideas on how to stay active, connect with others or practice mindfulness.

If you've got an idea for your street or neighbourhood, be it a community garden or a little 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 community activity you'd like to feature in this newsletter, do get in touch. You'll find my contact details on the back page!

Best wishes,

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 the Curry and Quiz night

"You were exactly the person I needed to bump into today."

"I'm already thinking about what we can do next."

"I didn't know Pinhoe had a library."

"We received the whats on through our door - that's how we found out about lego club."

Pin Brook Wildflowers



Do you live near the Pin Brook and Monkerton play area?

A local resident noticed some grass verges alongside the path between Grasslands Drive and Jordan Drive. They are interested in sprucing up this space and suggested a wildflower meadow!

The proposed areas would be the verges opposite the brook and would leave short grass by the path to allow space for the council mowers. Get in touch if you are interested in helping create this mini meadow or have other ideas for the space.

Friends Flourishing



Have you spotted something new at Pinhoe Station?

Friends of Pinhoe Station have installed two new planters, providing a splash of colour on the Exeter-bound platform. Keeping the station blooming involves a lot of collaboration, including funding from Exeter City Council, Devon and Cornwall Rail Partnership, South Western Railway and water supply from Pinhoe Medical Practice.

The Friends group has slowly grown in the last few months and met recently to tidy up the large planter and plant yellow stonecrop, lychnis and leucanthemum. They are looking to plant a mix of seasonal, colourful plants, whilst making sure they are resilient to dry weather. The group also have a new email address!

Friends.of.Pinhoe.Station@gmail.com

News from Charlotte (Community Physical Activity Organiser)

Hello! I'm Charlotte. I am the Community Physical Activity Organiser for Exeter North including Pinhoe. 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 last page for my contact details. If you would like to self-refer to get active, please complete our online form ([click here](#)).

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 Pinhoe, the Westbank Health Walks on Monday mornings are a great way to explore the local area. See details on the what's on on page 8.

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 Wednesday 28th October at 10:00 - 11:30.

National Trust membership is not required to join these walks. You can [book here](#) or contact Killerton directly on: 01392881345



Neighbours Drop Ins



Fancy a chat and a cuppa?

On the first Thursday of the month, 10am-12pm, I'll be hosting a drop in at Pinhoe Library - Exeter for residents to share ideas and find out about local events, activities and volunteer opportunities.

Each month, I'll be joined by different organisations, so keep an eye out on my Facebook/Instagram to who else is popping in for chat!

5th November (with Exeter Community Energy)

3rd December (With Arthritis Action)

7th Jan

4th Feb

4th March

I'm excited to chat about the ideas brewing in the community, including:

- Bench painting
- Circus workshop
- Halloween trail/costume competition
- Tree planting
- Apple foraging
- Wildflower sowing
- Mindfulness session, bringing together kids and elders
- Treasure hunt
- Repair Cafe
- Kids Choir

Bench Makeover Complete!



Have you ever walked through your neighbourhood and thought “How could I make this space feel loved?”

Nijumon, a local resident and artist, got in touch with me earlier this year and said they would like to do more things in the community, including giving some well-used benches a makeover.

Over the next few weeks, the neighbours came together to weed, wash, repair, prime, paint and decorate the bench. A lot goes in to preparing a bench - sandpaper, a washing up bowl, gloves, goggles, brushes, bags for the weeds, paint roller, a 'wet paint' sign...the list goes on. The group were well prepared and combined their energy, tools and knowledge!

Fran, one of the bench painting crew, said “Taking part in this summer’s bench renovation project with Zoe and other lovely volunteers has been for me a gratifying experience in many ways. It is wonderful to see first-hand that the community spirit is alive and strong in Pinhoe, and that with group effort, a lot can be achieved within a short time! It is satisfying to see these newly painted benches being enjoyed by the wider community on a daily basis!”

Matilde, another member of the group, said “It was definitely a beautiful day in Pinhoe to celebrate our Summer Activity Bench Makeover, full of beautiful smiles from lovely people. This is an amazing community that I’m proud to be part of and that’s where I want my son to grow safely.”

The completion of the benches was celebrated with a ribbon cutting ceremony and picnic in the local park, where the group were keen to discuss the next project. They have already identified some benches near Pinhoe Primary school and Library Fields which could do with a fresh coat of paint. If you’d like to be involved, get in touch!

New Pinn Lane Cafe



Viki, the Children & Family Outreach Worker at Pinhoe Church, has been speaking to local families about what support they might need. She identified that there aren't many spaces where different ages can come together, socialise and play games on the weekend in the local community. And so, Pinn Lane Cafe was born!

This cafe is on the first Sunday of the month, 2.30-4.30pm at Pinhoe URC on Old Pinn Lane. Anyone is welcome to relax and play games. Donations towards refreshments are welcome. The cafe is run by Pinhoe and URC Church together.

Pinhoe Community Hub Feedback

Pinhoe Community Hub is a volunteer led project to create a community building, with a cafe, meeting room, large activity hall, changing room and toilet facilities. It will be built on Station Road playing fields, next to the existing playpark and public car park.

As the project moves forward, the hub would value your feedback.

[Click here to access the feedback form.](#)



Festive Trails



It's the time of year where we might naturally feel like going into hibernation mode, and need some extra motivation to stay active. What better way to get moving than a trail/treasure hunt!

I've had great fun supporting estates in Pinhoe to develop their own festive neighbourhood trails. From hosting trail sheets in little libraries, to using the estate map to plot out the route, this is a great, simple way to bring people together.

If you'd like to organise a trail in your area and would like some help, get in touch.



FRIDAY 30TH OCTOBER

9:30AM UNTIL 11AM

COME AND JOIN US FOR SOME
PUMPKIN FUN CRAFTS AT

ALEXANDER HOUE,
WESTCLYST

AND GRAB A DRINK AND
SOME CAKE TOO!

DONATIONS TAKEN
FOR DRINKS



Libraries
Unlimited

Printmaking workshop

With Double Elephant

Pinhoe Library | 27 October | 10 - 1pm | £3/£5

Join us of Green Libraries week at Pinhoe Library!

Be amazed at the detail you can see - and print - in a stem of bracken or in an oak leaf. Combine the printed textures of plants with patterns, hand cut shapes and text to make monoprints.

Great for all ages from 5 years and up - come with your friends and family and share in the fun!



booking is required please scan the QR code
or speak to a library staff member



Libraries Unlimited is a registered charity 870092. Every penny raised supports local library services. To donate, please visit librariesunlimited.org.uk.

discover.librariesunlimited.org.uk



ARTS COUNCIL
ENGLAND

EXETER
LIVE BETTER

HALF TERM HALLOWEEN BAT TRAIL

You are invited to take part in the
Half Term Halloween Bat Trail

Collect our Bat Detective and
Explorers Trail sheet in
Branches Cafe

Come and see if you can find
the hidden bats!

Learn some amazing facts about
the bats in the Poltimore
Grounds (complete a quiz sheet
if you would like to)

SATURDAY 24TH OCTOBER TO
SATURDAY 31ST OCTOBER 2026

£2.50
PER TRAIL SHEET

QUIZ SHEET
FREE

PRIZE FOR
EVERY ENTRANT

JOIN THE ADVENTURE!

Bonfire Night

Thursday 5th November | 6pm

Join us at **Cumberland Grange Care Home**
for bonfire night.

Come along and enjoy a fun evening of fireworks,
light a sparkler or two and try our homemade mulled wine
and warming treats.



FIREWORKS



SPARKLERS



MULLED WINE

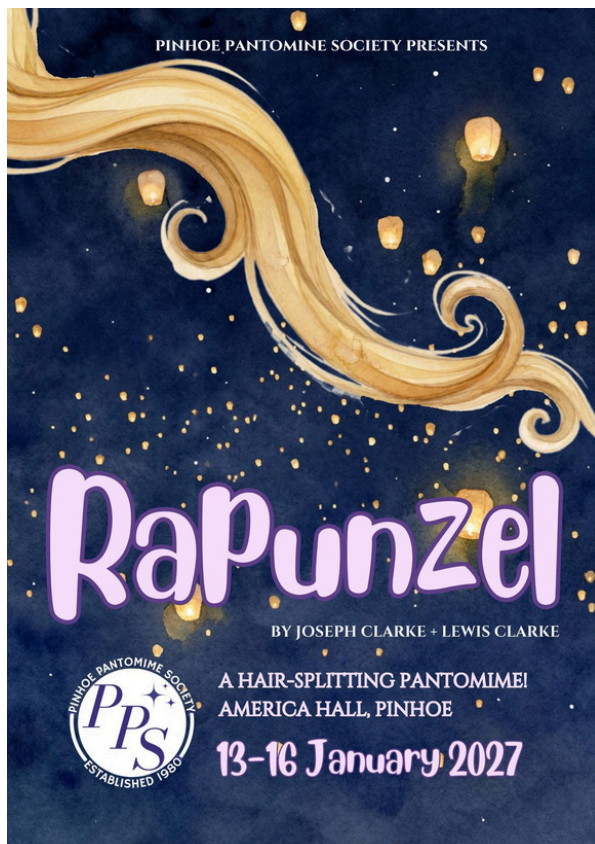


WARMING TREATS

Everyone is welcome.

Cumberland Grange Care Home
Cumberland Way, Exeter, EX1 3ZU
Tel: 01392 339 732 • www.barchester.com
Residential Care • Dementia Care • Respite Breaks

CUMBERLAND
GRANGE
BARCHESTER HEALTHCARE



THE ROBIN'S NEST

EAT • DRINK • REST

OCTOBER

FRIDAY 16TH OCTOBER
HOT CHOCOLATE MENU LAUNCH

NOVEMBER

TBC SUNDAY IN NOVEMBER
WREATH MAKING

DECEMBER

SUNDAY 5TH DECEMBER
10AM - 2PM

CHRISTMAS FAIR

THURSDAY 24TH DECEMBER
6PM

CHRISTMAS CAROLS

FOLLOW
@THEROBINSNEST_PINHOE



What's on: Pinhoe

Free and low-cost activities

Monday

- 9.15am-2.00pm Machine Embroidery (1st Monday) - America Hall (£8 per session)
- 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 (monthly) - 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)
- 9.45-10.15am Bounce & Rhyme - Pinhoe Library (Free)
- 10.30am-12pm Knit and Natter - Pinhoe Library (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

Free and low-cost activities

Thursday

- 9.30-10.30am VFit Mums - Bloor Country Park, Westclyst (£6 per session, try for free)
- 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 - Robin's Nest (Pay for drinks)
- 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
- 1.30-4.30pm 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 (£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)
- 2.30-4.30pm Pinn Lane Cafe (First Sunday) - URC Church Hall (Donations welcome)

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. **Friends.of.Pinhoe.Station@gmail.com**
- **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**
- **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**.

No More Late Fees

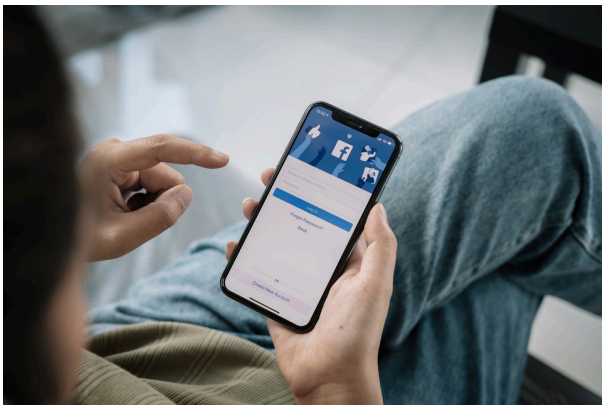


Devon libraries are abolishing late fees, including all existing overdue fines. That includes Pinhoe library!

Devon Libraries Unlimited hope that, by removing overdue fees, they are further reducing barriers to reading. This change is effective as of 1st October.

Reservation fees and charges for lost items will still apply.

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 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

Pinhoe Community Builder

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