



Hello from Zoe!



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

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.

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

This issue

Page 1

- Introduction

Page 2

- What's The Word
- Beautiful Benches

Page 3

- Flow Orchard Wassail
- Wellbeing Exeter Pop Ups

Page 4

- Maritime Meander

Page 5

- Custard Town
- Beautiful Bunting
- Winter Wellness

Page 6-9

- What's On

Pag 10

- Resident Involvement Strategy
- Useful Information

Page 11

- Contact Details

Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said at the Curry and Quiz night

I feel like I've won the lottery living here.

Thanks for all the work you're doing to bring communities together.

Great event for kids at Waterstones. thank you for the suggestion.

We really appreciate you dropping in and for your enthusiasm for all things local!

What's the Word?



What have you seen that inspires you? In the last few months, residents have come up with some fantastic ways to connect, get active or learn new things. I've been sharing these ideas at local pop ups, as they often start to grow when a few people are on board! Here's some ideas - get in touch if they interest you.

- Young mens group
- Blue plaque walk
- Craft/food event at st barts cemetery
- Coding club (for adults)
- Pokemon Go social
- Regular bereavement group (weekly/monthly)
- Edible garden flowerbed

Beautiful Benches



Following the bench makeover on the Iron Bridge, residents around Friernhay cemetery have made plans to spruce up two well-used benches in the area. Neighbours met earlier this month to discuss colours and kit and plans were set in motion!

If you'd like to help out, or would like to chat about ideas for other areas in St David's, get in touch.

What would you improve in St David's? Exeter City Council has launched a new Pride in Exeter fund for practical visible improvements across the city. There's £10,000 available for project across each ward and we'd love to hear your ideas for St David's.

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

Flow Orchard Wassail



Save the Date!

Flow Orchard Wassail, Saturday 23rd January at Trews Weir, from 4pm.

Flow is a river orchard for fruit, nuts and berries for insects, animals AND humans running from Exwick to Double Locks planted by the community in 2018.

'Wassail' is Anglo Saxon, meaning 'good health'. Every January young and old and in between gather together at dusk to Wassail the trees and each other. There will be procession, fire, song, dance, noise, storytelling and of course cider and apple juice to drink.

Come and represent an orchard creature (mask, hat, brooch, costume) or come as you are. If you'd like to get involved (eg learn the song beforehand, help on the day, join the band) or be added to the mailing list please email floworchardexe@gmail.com.

Meeting location and times will be posted on the [Flow website](#), [@floworchardexe](#) on [Facebook](#) and [Instagram](#).

Wellbeing Exeter Pop Ups



What is Wellbeing Exeter? How can we support you?

Wellbeing Exeter is a 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.

If you'd like to meet staff at Wellbeing Exeter and chat about what's on locally, we will be hosting pop ups on the 4th Thursday of the month at Exeter Library. Come and say hi!

**Exeter Library foyer
11am-1pm**

**22nd October 2026
26th November 2026
No pop up in December
28th January 2027
25th February 2027**

Maritime Meander at the Quay



A huge thank you to everyone who joined us for our free Maritime Meander history walk at the Quay in September. Just like our previous walk events, it was amazing to see 20 people come together to discover some of the fascinating stories behind Exeter's old ship canal and its maritime heritage.

Once again, we were lucky enough to enjoy some lovely weather while Ellen from the Friends of Exeter Ship Canal & Heritage Harbour (FESCHH) brought the history of the area to life, sharing stories and insights that encouraged us to look at the Quay with fresh eyes. The walk was organised and led with support from Wellbeing Exeter and Westbank, who helped make the event accessible, relaxed and enjoyable for everyone.

Participants were very engaged and one person shared how it "opened my eyes and made me reflect on the number of times I've walked the quayside and just not seen things". Another summed up the walk as "well led", "informative" and "fascinating", while the walk leaders were described as "kind and thoughtful" and "in tune with the group".

We rounded off the afternoon with coffee and cake at the nearby Shilhay Community Centre and we'd like to thank the Shilhay residents for welcoming us and helping us finish the event on such a lovely note.

We're looking forward to seeing many of you at our last guided history walk for the year on **Thursday 26th November**. Further details will follow, keep an eye out on my social media channels. In the meantime, find some great photos from the walk on my [Facebook](#) or [Instagram](#) (CPAO Exeter West).

With thanks to our partners: [Friends of Exeter Ship Canal & Heritage Harbour](#) (FESCHH), [Wellbeing Exeter](#) and [Westbank](#).

Felix, Community Physical Activity Organiser (West Exeter)

Custard Town



Have you been to Custard Town yet?

Custard Town is a safe, welcoming and imaginative space where little ones can play, explore and connect. From sensory play and creative spaces to teddy bears' picnics, discos and family-friendly café vibes, Custard Town has been designed to support children's development while creating community for families across Exeter.

Did you know there's also FREE entry for local childminders and childcare providers? Or that there are dedicated SEN sessions? [Book here.](#)

Beautiful Bunting

Help make some beautiful bunting for Exeter Library! Everyone is invited to decorate pieces of bunting and share what the library means to them. There are lots of opportunities to contribute including:

- Monday 26 October, 10am–3pm
- Thursday 5 November, 11am–2pm
- Friday 6 November, 7:15pm– 9:15pm (During Over 60s Disco)
- Monday 9 November, 11am–1pm (During Stitch & Save)
- Saturday 14 November drop in



Winter Wellness - Save the Date



Health Opportunities Devon is teaming up with health and wellbeing partners across Devon to put on a unique festive event on **Sunday 6th December, 11am–4pm.**

Mind Over Mayhem at Christmas is intended to combat the winter blues with a full schedule of free festive daytime events – and an evening of live music.

This includes taster sessions for wellbeing services, such as crafts and activities, films, dance and much more. Keep an eye out on [Exeter Phoenix](#) website for more details.



**HARVEST
BRING & SHARE
SUPPER**

COME TO OUR WONDERFUL CHURCH
HARVEST SUPPER ON
FRIDAY, 16TH OCTOBER AT 7:00 PM
ENJOY MUSIC, A BAR, AND A DELICIOUS,
SHARED MEAL WITH YOUR COMMUNITY.

**HARVEST
FESTIVAL**

PLEASE JOIN US FOR OUR HARVEST FESTIVAL
SUNDAY, 18TH OCTOBER
9:30 AM PARISH COMMUNION

YOUR DONATIONS OF COFFEE, TEA, SUGAR, CEREALS, CEREAL
BARS AND TOILETRIES WOULD BE MUCH APPRECIATED IN
SUPPORT OF THE ESTHER COMMUNITY IN OUR PARISH.

PART OF THE KEYCHANGE CHARITY (CREATING CARING COMMUNITIES
PROVIDING SAFE ACCOMMODATION AND TAILORED LIFE-SKILLS SUPPORT
TO HELP VULNERABLE YOUNG PEOPLE AND WOMEN OVERCOME CRISIS LIKE
HOMELESSNESS OR TRAUMA AND SUCCESSFULLY TRANSITION INTO
INDEPENDENT LIVING)



A FESTIVAL OF FUNGI!

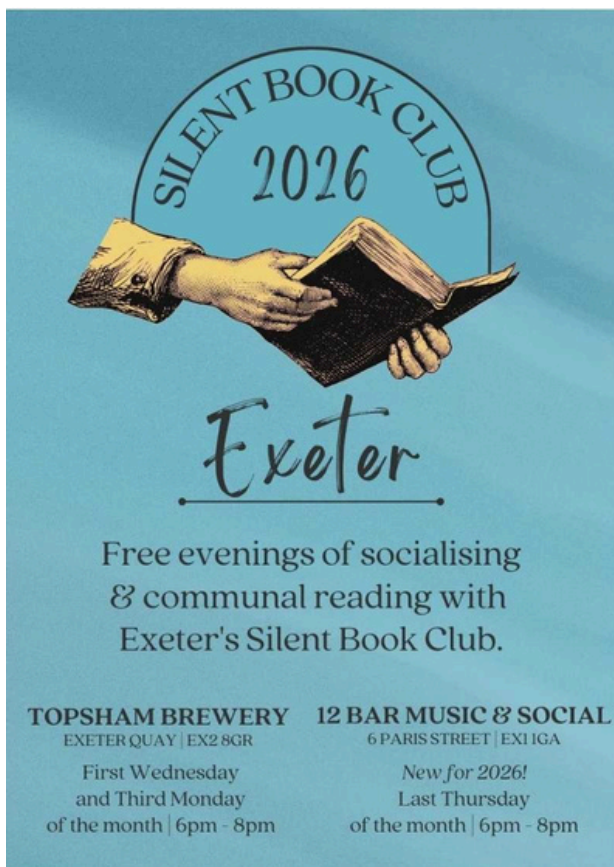
WED 28 OCT **THE MUSHROOM SHOW**
11am & 1.30pm | £5.50
Award winning Scratchworks Theatre Company brings together
science, music and interactive fun for the whole family.

TUE 10 NOV **MOULD'N THE FUTURE:**
The science and art of fungi with Prof Sarah Gurr
2.30pm | £10
Join Prof Gurr to dive into the world of these mysterious
organisms.

THU 12 NOV **BEATRIX POTTER AND MYCOLOGY**
6.30-8pm | £10.50 (students £5.50)
Join Annemarie Biddough, Curator of Illustration at the V&A, as
she explores Beatrix Potter's fascination with mushrooms.

FRI 20 NOV **RAMM LATES** SPONSORED BY STEPHENS SCOWEN
6.30-10pm | £8 (students £5)
Come along to our adults only, after-hours night of
entertainment exploring the magical world of fungi...

ramm



**SILENT BOOK CLUB
2026**

Exeter

Free evenings of socialising
& communal reading with
Exeter's Silent Book Club.

TOPSHAM BREWERY 12 BAR MUSIC & SOCIAL
EXETER QUAY | EX2 8GR 6 PARIS STREET | EX1 1GA

First Wednesday
and Third Monday
of the month | 6pm - 8pm

New for 2026!
Last Thursday
of the month | 6pm - 8pm



**The Friendly
CAFÉ EX4**
Good Food • Great Company • Local

**FRIENDLY
CAFÉ**

OPEN 11AM - 2PM

**OPEN EVERY
THURSDAY**

£3.50
Suggested donation 😊

INCLUDES FOOD +
UNLIMITED TEA & COFFEE

**LUCKY LANE
EX2 4UJ**

Northgate Vehicle Hire
Mercure Exeter Southgate Hotel
Globe Backpackers
NatWest
On The Waterfront
PARKS WALK
LUCKY LANE

INCLUDES GAMES, BOOKS,
COMPUTERS &
A SAFE SPACE
FOR ALL

WE ARE A
NOT FOR PROFIT
ORGANISATION
WHICH ASKS
FOR A DONATION
FOR FOOD AND
UNLIMITED TEA
AND COFFEE

OVER 18s ONLY

OVER 18s ONLY

**WELLBEING
EXETER**

CHAA, CHAT AND THREAD
A WOMEN-ONLY SPACE TO SEW, KNIT, TALK, AND RELAX.



DATES & TIME:
SUNDAYS
2 PM - 4 PM

VENUE:
SOUTHERNHAY
URC, EXETER
EX1 1QD

Whether you are a beginner or experienced, this space is about learning from one another and feeling part of a community.

For more information about upcoming sessions, please call or text +44 7722299608 or email: mahsin.mahbubecolabexeter.org.uk



Mend your clothes
Share skills
Reduce waste to landfill
Exeter Library
Monday 12 October 1000-1300
Thursday 22 October 1000-1300

Exeter National Park City

What would Exeter look like as a National Park City...?

An open conversation about a wilder, healthier, more connected Exeter — for people, place and nature.



Exeter National Park City Open Public Meeting

PEOPLE THRIVE
PLACES CONNECT
NATURE FLOURISHES

Tuesday 20th October
17:30 - 19:00
Rougemont Room,
Exeter City Library

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!

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



What's on: St David's

Free and low-cost activities

Monday

- 9.30am-1.30pm National Careers Service Advice (pre-book appointment) - Exeter Library (Free)
- 10-11.30am Yoga Wellbeing Group (Starts 19th October 2026, 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)
- 10.30-11.30am 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 (various dates) - 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 tea & coffee, pay for food)
- 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

Free and low-cost activities

Wednesday (continued)

- 6-8pm Silent Book Club (First Wednesday) - 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)
- 11am - 2pm Cafe EX4 (Community cafe, age 18+) - Salvation Army (£3.50 donation)
- 10am-1pm Stitch and Save - clothes repair (2nd Monday and 4th Thursday) - Exeter Library (Free)
- 10am-3pm Exeter Energy Advice Clinics - 1st Floor, Longbrook House, New North Road (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)
- 5-7pm Board game club (2nd and 4th Thursday) - Exeter Library (Free)
- 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 Community Cafe (1st Friday) - St Michael & All Angels Church (Pay for drinks/food)
- 10am-12pm Pathways Cafe (work/training/volunteering, term time) - St David's Church (Free)
- 10am-12pm IT Drop-in (book ahead) - Exeter Library (Free)
- 10am-12pm Connect Club (activity group for adults) - Salvation Army (£2)
- 11am - Singing by Heart (1st Friday of month, Dementia-friendly), 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, third Friday of month, book ahead) - RAMM (Free)
- 11.30am-12.30pm Sport in Mind (17+ mental health problems) - Riverside Leisure Centre (Free)

Saturday

- 9am Exeter Park Run - Start by the Red & White Buoy on Exeter Quay (Free)
- 10am-12pm Wellbeing walk and talk (2nd Saturday, walk & stop for drink) - Salvation Army (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

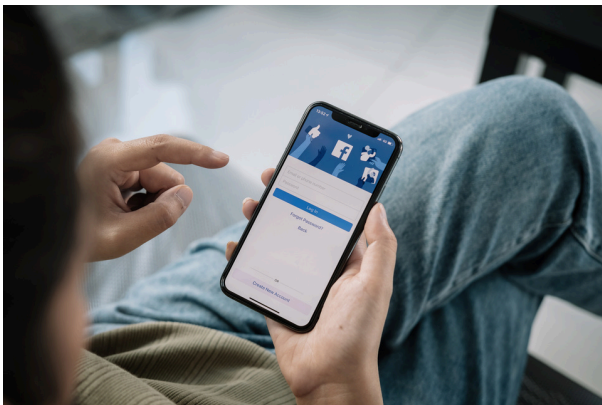
- 10am-1pm Nature Volunteer Day (see page 3) - Friends of Belle Isle Park (Free)
- 10am Run The Tracks (Music Running Club) - 12 Bar (Free)
- 12-3.30pm Lego Drop-in & Role-up (D&D) (alternate Sundays) - Exeter Library (Free)
- 1.45-3.45pm The Joy of Improv (monthly, check website, 18+) - Exeter Library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

Resident Involvement Strategy



Exeter City Council (ECC) are inviting ECC tenants, leaseholders and interested stakeholders to comment on the council's draft Resident Involvement Strategy 2026-2030, which sets out how they plan to work with residents over the next five years. The strategy includes a commitment to providing more opportunities for residents to get involved, influence decisions, improve services, strengthen communities and hold the council to account. [Share your views here](#) (**closing date 9 November**).

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 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.homestart.org.uk)
- [Devon County Council](#)
- 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

St David's Community Builder

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Facebook: Zoe Hughes

(Community Builder St David's)



Community Physical Activity Organiser - West Exeter

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Email: felix.elsen@ecct.co.uk

Facebook: [Felix - Community Physical Activity Organiser Exeter West](#)

Instagram: [cpao_exeterwest](#)

