



Hello from Natalie!



Welcome to my St James Community Builder newsletter! My role is to map what resources exist, create new networks and connect people and opportunities. I also support people to grown 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, be it a green space that needs sprucing up 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 on the back page!

Best wishes

Natalie

Natalie Smith

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said

You're Natalie, I just wanted to meet you in person and say I think you're doing a great job

It was an awesome night, I met some great people and came away with some brilliant ideas too.

Thank you for putting me in touch with the Tech Sessions with Mahsin. I'm going again next week.

Thank you for arranging the litter pick, you're a good listener

Eat Festival - Sidwell Street



It was wonderful to speak to local residents and university students, connecting them to community groups, volunteering opportunities and, most importantly, with each other.

By the end of the event, it was lovely to see a resident elbow-bumping a student goodbye!

I've signposted Eat Festivals towards some potential funding opportunities, so hopefully we'll see them back on Sidwell Street in April and October next year.

Exeter City Social Cafe

Creating Connection Social Cafe at Exeter City Football Club would love to welcome new attendees. Whether you are a quiz master or a chess master, we'd like to see you at our social cafe every Tuesday morning from 10:30am till 12:00pm with refreshments, tabletop activities, and a quiz. This year we have enjoyed a couple of trips to Bernaville Nurseries for a change of scenery, light shopping, and an opportunity to connect with the wider community.



St James Litter Picking Heroes



Our community group is going from strength to strength!

We're proud to be building a group that is active, welcoming and resilient, with plans in place to keep moving the group forward and make it even stronger for the future. Please do spread the word among your neighbours, work and school settings as we'd love to welcome more students and families to get involved. We have nipper pickers, provided by Exeter City Council which makes them ideal for younger volunteers.

Rosebery Road Weeding & Cake

I can't believe it's been a whole year since I first met a lovely local resident who was signposted to me by our local councillor, Tammy.

We met at St Sidwell's Community Cafe for a chat about her vision for bringing neighbours together. We did some door knocking, and one of the lovely residents set up a WhatsApp group. There were a couple of get-togethers, and then I stepped back to let the group grow.

Fast forward a year later and I reconnected with our lovely resident on Sidwella Day, where I was told about international food-sharing and trips to the pub!

The street are supporting and helping each other and have invited me to a weeding party.

Taking pride in our city starts on your doorstep!

Clearing the road, sharing cake and, most importantly, connecting with each other. It's so wonderful to see what can happen when one person has an idea, neighbours get behind it, and a community takes ownership.

A huge thank you to Katie from Devon Wildlife Trust for lending us the gardening equipment. Borrow kit [here](#)



CPAO - Charlotte



Hello! I'm Charlotte. I am the Community Physical Activity Organiser for Exeter North including, St James. 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.

P.s In Exeter are looking for some local musicians for the upcoming Fore Street Flea. Do you know any groups or individuals who would like to showcase their talents? Contact the team [here](#)



Let's pack the park for Exeter City Women Vs Plymouth Argyle

Message from ECWFC Coach Abbie

"It's half term week, a great opportunity for local school fans to come and support us against Plymouth on 28th October at St James Park.. It means more to hear the vocal support from fans. I'm sure you'll enjoy it and I'm sure you'll be back. If you've never watched a women's team game or you're a city fan, please come along. Devon Derbys are always fantastic to watch, I'm sure it will be a great evening. Support the girls as much as you can. It really does make a difference"

P.s Special group offers are available for youth teams and groups - Email isobel.smith@ecfc.co.uk to find out more.



New playgroup in St James

Little Sidwell's Playgroup is here!

Time: Fridays; Term-time 9:00AM–10:00AM

Cost: £1.00 per session, which includes tea and coffee

Location: St. Sidwell's C of E School, York Road, Exeter EX4 6PG (Enter through Reception on York Road)

Activities: Play, singalongs, and activities for children.

This is a great opportunity for parents, and carers to connect and make friends.



Community Events at University of Exeter



REUSE & RECYCLING WEEK 2026

Tuesday 13th October

- University Repair Café (Info Stand)
- SUEZ - Recycling stall and interactive game
- SUEZ - Pop-up Reuse Shop with second hand items on offer
- Recycle Devon Info Stand

Wednesday 14th October

- Circular Social
- Exeter Scrapstore
- University Recycling Stall & Game
- Co-op Food Waste Info Stall
- Gift it Reuse it Stall
- University Repair Café (Info Stand)
- Guild Sustainability Officers Stand

Thursday 15th October

- Stitch & Save (Exeter Library)
- Community Action Group Devon + Uni collaborative clothes swap
- Wellbeing Exeter Community Stand
- The Fixy Project (outside Forum)
- Gift it Reuse it Stall
- University Repair Café (Info Stand)

Wednesday 14th October - off-campus

We'll also have an off-campus element, based at the bottom of Vic Street in Exeter between 12.30 and 3pm on Wed 14th October. Come along and chat to our Community Engagement Officers and City Council Recycling Team about **food waste** and grab yourself a **free ice cream**. You will also be able to pick up a **food waste bin** if you need one (provided you are living off-campus).

University of Exeter

Reuse & Recycling Week 2026

"Join us in the Forum from 13th-15th October for Reuse & Recycling Week 2026, a celebration of practical, everyday actions that can help reduce waste and support a more circular economy. Throughout the week, staff, students and partner organisations will be hosting stalls in the Forum. Whether you're looking to understand more about recycling and reuse, refresh your wardrobe sustainably at our clothes swap, discover local reuse projects and find out about repair cafés, or learn about what's going on in the community, there will be something for everyone. Follow @uoesustainability on Instagram for updates. Organised by the University's Sustainability, Community Engagement and Regional Engagement teams."



Exeter City Grants

Could £350 help bring a community idea to life?

Exeter's Ward Grants can help local groups pay for things like equipment, materials, publicity and refreshments for one-off projects and events.

Exeter City Council would particularly love to hear from residents and community groups in St James, where we've had fewer applications.

If you've got an idea that could benefit your neighbourhood, take a look at the guidance and apply [here](#)

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

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

Exeter City Council

Pride in Exeter Funding



Duryard & St James



[Councillor Kevin Mitchell](#)

Duryard & St James



[Councillor Michael Mitchell](#)

Duryard & St James



[Councillor Tammy Palmer](#)

Duryard & St James

A new community fund is being launched to help residents smarten their neighbourhoods and keep Exeter looking its best!

I've been speaking to local residents who would like to see the Old Tiverton Road Recycling Area rejuvenated.

There's £10,000 available for projects across each ward and we'd love to hear your ideas for St James. Share your ideas for your neighbourhood and connect with your local Councillors for a chat [here](#)

Supporters' Trust 2026 AGM Timetable

Date	Milestone
Monday, November 9	AGM Agenda and Meeting Pack, including proxy details, dispatched to members.
Monday, November 16	Candidate hustings held and voting opens.
Monday, November 23	AGM Agenda and Meeting Pack (if required) reissued/updated with proxy details.
Thursday, December 10	Deadline for receipt of completed ballot papers and proxy forms.
Saturday, December 12	Annual General Meeting and the announcement of election results.



St. Sidwell's
Community
Centre

Deaf & Hearing
Welcome

BSL Conversation Cafe



St Sidwell's Community Centre

Wednesdays | 2.30–3.30pm

Relaxed conversation,
coffee, and BSL practice



**SWITCH
ON
MUSIC**

**OPEN
MIC
NIGHT**

Neurodiverse Friendly

ALTERNATIVE



THE SUNSET SOCIETY

7pm-3rd Friday
In The Month
Starting 16th October
5 Old Tiverton Road
Exeter
EX4 6LD
Contact to perform
music@
thecwtchhub.co.uk

PLEASE WRITE IN YOUR DIARY BURY MEADOWS PARK VOLUNTEER GARDENING

- October** Sat 10th, 3pm
Sun 11th, 10am
- November** Sat 7th, 3pm
Sun 8th, 10am
- December** Sat 12th, 3pm
Sun 13th, 10am
- January** Sat 9th, 3pm
Sun 10th, 10am

45 mins gardening then
hot drinks, biscuits and cake.

Plus a 10% voucher for
Pink Ginger Cafe in Paris St.

All ages welcome 😊

HOPE TO SEE YOU ALL SOON

Make Your Own Magic Lantern Slides



27th October
10am-12noon & 2pm-4pm
Free Drop-in Kids' Workshop

**The Bill Douglas
CINEMA
MUSEUM**

Bill Douglas Cinema Museum
University of Exeter, EX4 1SB
The workshop will take place in
Seminar Room A/B, Old Library



FREE

Children must be accompanied by an adult.

www.bdcmuseum.org

VOLUNTEER BUDDY



Volunteer Buddy

As a Volunteer Buddy, you'll play a key role in helping volunteers and community members feel welcomed, supported, and confident in getting involved. Whether it's showing someone around, helping them settle into an activity, or just offering a friendly face, you'll help make St Sidwell's a truly inclusive place for everyone. As someone who is already familiar with the Centre, you bring valuable experience and insight that can help people feel at ease and help them broaden their skills and strengthen their confidence.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:
Phone: 01392 666222
Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre



EXETER CIVIC SOCIETY

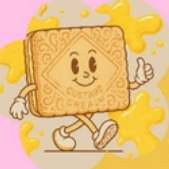
Saturday October 17
Positive Light, 184-187 Sidwell Street, EX4 6RD
Display of old photographs, Talk, Book Launch



**DISCOVERING EXETER
SIDWELL STREET AND ST JAMES
SECOND EDITION**

Free, Doors open 10.30, Talk 11.00. All welcome
Book price £5

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: [@custardtowntxeter](https://www.facebook.com/custardtowntxeter)



What's On: St James - 2026

Free & low-cost activities

Monday

- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-1.30pm Age UK Between Us Cafe - Age UK Exeter, The Sycamores, Mount Pleasant Road, EX4 7AE. 01392 202092 - Free
- 3pm-5pm - Gardening Group - Community Rainbow Garden at Sidwell Street Methodist Church (Feb-Oct) - Free
- 6pm-7pm - Andy's Man Club - Exeter City Football Club - Free

Tuesday

- 10am-12pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B). Email: exetercommunitygarden1@gmail.com - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre. Email: maria@stsidwells.org.uk for more information - Free
- 11am-1.00pm - The Sidwell Street Gardeners - St Sidwell's Community Centre - Free
- 10.00am-4.30pm - Merry Go Round Toy Library - Positive Lights Projects. Browse and book at my.mgrtoylibrary.org - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-12.00pm - Creating Connections Social Cafe - Grecian Centre at St James Park - Free
- 1pm-4pm - Board Games & Books - St Sidwell's Community Centre - Free
- 2pm-4pm - CoLab Men's Group - CoLab, King William Street - Free
- 2pm-4pm - Work & Wellbeing Drop In at St Sidwell's Community Centre. Email: dropin@stsidwells.org.uk - Free
- 7.30pm - Community Quiz Night at St Anne's Well, 31 Well Street - £2.00 per person. Tel: 01392 305411

Wednesday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre. Email: maria@stsidwells.org.uk for more information - Free
- 10am-1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-11.15am - Tai Chi/Oigong - Age UK Exeter, The Sycamores, Mount Pleasant Road, EX4 7AE. 01392202092
- 1pm-4pm - Rekindle Arts & Crafts Recovery Drop In - St Sidwell's Community Centre- £2.00
- 2.00pm-3.30pm - Sycamores Singalong - Age UK Exeter, The Sycamores, Mount Pleasant Road, EX4 7AE
- 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

- 3pm-5pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ.
- Email: exetercommunitygarden1@gmail.com - Free
- 6.30pm - Freemoovement Exercise Class at West Garth Park.
- Email: freemoovement@hotmail.com - Free
- 7.30pm - Fellowship with Speakers (1st Wed of month)
- Sidwell Methodist Church - www.sidwellstreetmethodist.org.uk - Free

Thursday

- 10am - Sporting Memories for over 50s - Grecian Centre at St James' Park - Free
- 10am-1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - Free.
Email: maria@stsidwells.org.uk for more information
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1pm-3pm - Sidwell Street Gardeners - Sidwell Street Community Centre - Free
- 4pm-5pm - Community Yoga - St Sidwell's Community Centre - Free
- 7.30pm (Term Time) - Badminton - Sidwell Street Methodist Church - £3.00

Friday

- 9am-10am - Little Sidwell's Playgroup - St Sidwell's Cof E School, York Road, EX4 6PG. Term time - £1.00 with refreshments
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre. Email: maria@stsidwells.org.uk for more information - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 12.30pm-2.30pm - Volunteer Drop In - St Sidwells' Community Centre - Free
- 1.30pm-3.00pm - Friday Club - St Sidwell's Community Centre - £3.00 with refreshments
- 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
- 7pm-9pm - Open Mic Night - 3rd Friday of the month, starting 16th Oct 2026
- The Sunset Society, 5 Old Tiverton Road, EX4 6LD - Free
Contact: music@thecwtchhub.co.uk

Saturday

- 9.30am-10.45am - ESOL Conversation Class - Sidwell Street Bakehouse - Free
- 10am - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B)
Email: exetercommunitygarden1@gmail.com - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free

Sunday

- 9am - Freemovement Exercise at West Garth Park. Email: freemoovement@hotmail.com - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free

Exeter Food Action



I recently visited Exeter Food Action, I was shown around by manager Karen, who told me all about this wonderful charity who save donated food from going to landfill by distributing across our city,

Did you know that Exeter Food Action Volunteer John stocks up the Community Fridge/Larder at St Sidwell's Community Centre?

Cafe Volunteer Mark has told me that he is going to help with this. Could you be a local hero volunteer too?

Please contact Exeter Food Action here to find out more [here](#)

Get Connected



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

- Natalie Smith CB -Instagram - Follow [here](#)
- Natalie Smith CB - Facebook -Follow [here](#)
- Wellbeing Exeter
- Exeter Community Initiatives
- St James with Duryard Community Support
- St Sidwell's Community Centre
- Exeter City Football Club
- Exeter City Community Trust
- Exeter Community, UK
- Mums in Exeter
- Age UK Exeter
- Mount Pleasant Health Centre
- Exeter Community Garden
- Refugee Support Devon
- St Anne's Well, Exeter
- Bill Douglas Cinema Museum

Useful Information

- Andy's Man Club - Mondays 7pm
www.facebook.com/andyManClub
- TALKWORKS - 0300 555 3344
www.talkworks.dpt.nhs.uk
- Parental Minds gives support to families who are struggling with their mental health
www.parentalminds.org.uk/
Tel: 07907 614 516
- Exeter City Council Tel: 01392 277888
- Exeter University - general enquiries
Tel: 01392 727272
- Mental Health Mind charity
Tel: 0300 123 3393
- Devon MASH - Multi Agency Safeguarding Hub Tel: 0345 155 1071
- Age UK Exeter Tel: 01392 202092
- Adult Social Care team Tel: 01710 424000
Out of hours Tel: 01720 422699



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

YOUR LOCAL EXETER



www.wellbeingexeter.org.uk

St James Community Builder (CB)

Name: Natalie Smith

Tel: 07856917894

Email: natalie.smith@eci.org.uk

Facebook: Natalie Smith (Community Builder - St James) - [Click here](#)

Instagram: Natalie Smith (Community Builder - St James) - [Click here](#)

Community Physical Activity Organiser (CPAO)

Name: Charlotte Flavell

Phone: 07926 127824

Email: charlotte.flavell@ecct.co.uk

Facebook: Exeter North- Community Physical Activity Organiser - [click here](#)