



Hello from Zoe!



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

It's been just over a year since I started, and what a joy it's been! I've supported wonderful community projects, from summer BBQs to winter trails, little libraries to distribution of the Pinhoe Press. Thank you for making me feel so welcome.

If you see me in the area, do stop me for a chat!

I'd also love to hear about any ideas you have for making Pinhoe an even better place to live. If you want to do something on your street or neighbourhood, be it a winter trail or a community garden, but don't know how to start, I can support you to turn it into a reality.

If you've got a free/non-profit 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 last page!

All the best,

Zoe

Zoe Hughes

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From Isolation to Connection



As a Community Builder, I often meet people who are eager to get more active or connect with others, but have lost confidence or don't know where to start.

After losing her husband and caring for her father full-time, one Pinhoe resident felt isolated and had lost her confidence.

Here's a snapshot of her experience:

"I came across Zoe's 'What's On – Pinhoe, Newsletter' on Facebook and this started the ball rolling, with the mention of the Tuesday 'Walks for Health' around Pinhoe.

I knew I needed to get out of the house and start socialising again for my own well-being. Walking around my local village seemed a good place to start, so I decided to give it a go and on my first walk I met Zoe herself.

Zoe was friendly, easy to talk to and informative in finding useful connections within the local community. Over the next few weeks, we talked as we walked and found that having several shared interests, she was able to recommend several groups I might like to join."

[Read the full story here.](#)

If you'd like to connect with others, learn a new skill or get more active, get in touch.

Neighbours Drop In



On the second Thursday of the month, I'll be hosting a drop in for residents to find out about what's on locally and chat about community ideas.

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

Dates:

10.30am-12.30pm

11th December

8th January

12th February

If you have a question about what's on locally or an idea you'd like to chat about, contact me on:

07719239551

Zoe.hughes@eci.org.uk

[Facebook message](#)

Listening Post

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

"It's great working with a team who are all committed to the project and doing it for the 'greater good'."

"It's hard to know who to ask about what's on, that's why I chat to the local mums."

"Just need to be brave and join these things."

"Sometimes you can go for a whole day without speaking to someone"

Station Stories



On 30th October, the Friends of Pinhoe Station celebrated the station's 154th birthday (part of 'Railway 200')! Everyone enjoyed tea and cake on a blustery afternoon, and there was enough to give out to grateful passengers. Local residents also shared photos and memories of the station.



You can now read these station stories on the red noticeboard on the south side of the line.

Friends of Pinhoe Station are a group of volunteers who support the local railway. If you'd like to get involved, for example helping with some gardening, get in touch.

Neighbours Chat



What do you care about in your community? Do you have neighbours who might be willing to help?

A local resident recently reached out after discussions between neighbours about the challenges on their estate. With the help of local councillors, we set up a meeting with a representative from their management company.

During the meeting, neighbours expressed an interest in setting up a residents association and have now been linked up with another resident group who can share their experience.

If you would like to connect with your neighbours to chat about ideas or find solutions to challenges where you live, get in touch.

Ideas to Get Active



With the change of the weather, you may find it hard to feel motivated about physical activity. But that doesn't have to be the case!

As your local Community Physical Activity Organiser, I can help you with your ideas of what you'd like to do. We can help you find an indoor venue, funding or signpost you to groups that may be of interest to you. So please share your ideas of what you'd like to do.

Some of the amazing ideas from Pinhoe residents are already in motion, and we have a few tasters coming up in the new year.

We are currently looking a local **walking Sport** and a **buggy walk**. If these would be of any interest to you please reach out.

[Register your interest in the buggy walk here.](#)



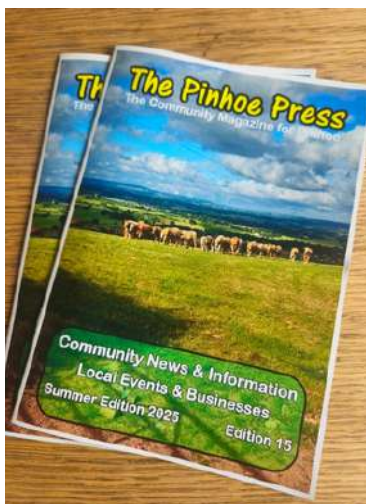
Georgie Barbour-Gresham, Community Physical Activity Organiser (Exeter North)

Phone: 07926 127824

Email: georgie.barbour-gresham@ecct.co.uk

Facebook: [CPAOExeterNorth](https://www.facebook.com/CPAOExeterNorth)

Pinhoe Press - Super Spring Edition!



Pinhoe Press is a community magazine, a not-for-profit volunteer-run initiative created to support community groups in and around Pinhoe.

After lots of positive feedback from the 2025 summer edition, the magazine is hoping to run a 'super spring edition' in 2026.

If you are a community group, you can have a free quarter page space. Deadline for submissions is 1st March 2026. The magazine also needs businesses to advertise for the edition to run!

If you know a business that might be interested, please email Pinhoepress@gmail.com by 1st March. Please also get in touch if you can help distribute the magazine.

Pinhoe C or E School Little Free Library

Earlier this year, one of the governor's of Pinhoe C of E Primary school got in touch to ask how they might get a little free library at the school. I put them in touch with the local little free library builder and they managed to get funding through Cash For Kids.

The new library is a wonderful collaboration, with material donations from a local business and beautiful artwork designed by local artist Chloe Farrant.

The little library is now open for donations/book swaps.



Westbank Walks



Volunteers from Westbank have started two new Monday morning walks in Pinhoe!

9.30am walk - a gradual walk along pavements and flat ground, perfect for buggies.

10.30am - a slightly quicker pace, taking you around a longer loop, between 60-90 minutes.

Dogs on short leads are welcome on both walks.

If you are new to the walks and want to chat to the walk leader beforehand, they will usually be at Pinhoe Medical Practice at least 10-15 mins beforehand.

Update from Devon & Cornwall Police



Don't suffer in silence
Report it

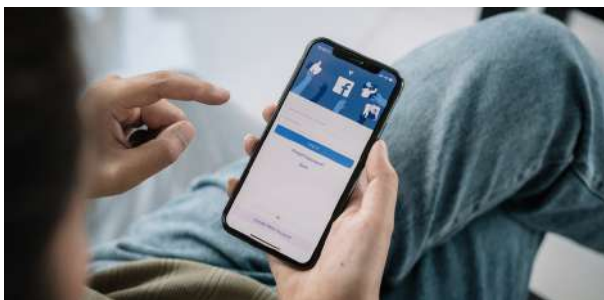
Go online:
www.devon-cornwall.police.uk/reportit

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

"We stand together with our communities to remind everyone that we have zero tolerance to hate crime. We acknowledge that this is a very difficult time for many diverse communities, and we want to provide some reassurance that we are here to provide support where hate crimes may be happening. We have teams dedicated to supporting victims of hate crime. If you have been the victim of abuse or targeted because of your race or ethnicity, we want you to know that we are there for you. Please report it to us so we can investigate offences fully and signpost you to support. An increase in reporting helps us understand what is happening in our communities and how best to tackle it. Don't suffer in silence. Report it."

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 Pantomine
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 mental health
<https://parentalminds.org.uk/>
Tel: 07907 614 516
- 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+.
www.mhm.org.uk/the-moorings-devon
Tel: 07990 790 920
- 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 www.homestarteemd.org.uk/
- Exeter Food Bank exeterfoodbank.co.uk/
- Lightning Reach - financial support portal
<https://www.lightningreach.org/>
- Early help - child safeguarding
<https://www.devonscp.org.uk/early-help/>



Pinhoe Health Walk

Walking is great for your health and puts a spring in your step. Westbank's programme of Health Walks offers the opportunity to get active, explore the outdoors and meet new friends.

Come and take a leisurely volunteer-led walk with like-minded people in and around the Pinhoe area. Everyone is welcome

When: Every Monday starting 29th September
Time: 9:30am (Grade 1) and 10:30am (Grade 2/3)
Length: 30-45 mins (Grade 1), 60-90 mins (Grade 2/3)
Starting point: Pinhoe Surgery
What 3 Words: ///amuse.amber.cattle

For more info, please contact the Westbank Health Walks team on 01392 824752 or healthwalks@westbank.org.uk

Please note, these walks can be subject to change.

www.westbank.org.uk
 @westbankdevon @westbankdevonuk
 Westbank, The Healthy Living Centre, Farm House Rise, Exminster, EX8 8AT | 01392 824752
 Reg Charity 019543 | Company No: 05243811

FR Registered with FUNDRAISING REGULATOR WESTBANK health - wellbeing - care

AUTUMN & WINTER EVENTS AT THE ROBIN'S NEST

SUNDAY 26TH OCTOBER
HALLOWEEN SPOOKTACULAR

SATURDAY 15TH NOVEMBER
BRING & SHARE FLOWER ARRANGING
 FREE BOOKABLE EVENT

SUNDAY 14TH DECEMBER
WREATH MAKING
 PAID BOOKABLE EVENT

SATURDAY 20TH DECEMBER
CHRISTMAS CRAFT FAIR
 STALLS TO BE PREBOOKED

WEDNESDAY 24TH DECEMBER
CHRISTMAS EVE CAROLS



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pinhoe.library@librariesunlimited.org.uk
 01392 466007

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P i n h o e

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 everybody welcome : no equipment needed

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FREE FITNESS GROUP

EVERYBODY WELCOME

STATION ROAD PARK

WEDNESDAY 18.30

pinhope⁺
Positive and Inclusive for All

STORY AND SONG TIME

AT CUMBERLAND GRANGE

Mondays Term time between
11am and 12noon

Run by Pinhoe Parish Church in partnership with Cumberland Grange



**Help all girls
know they can
do anything**

Girlguiding
Pinhoe

**WELLBEING
EXETER**



SCAN ME



**Interested in joining a
Buggy Walk?**

If you are a parent to a little one in a pram would a buggy walk in Pinhoe suit you?
Follow the QR code above to have your say on the date and starting point for the walk.
Looking to get something up and going when there is enough interest.

Contact: 07926127824 | georgie.barbour-gresham@ecct.co.uk | Georgie - Community Physical Activity Organiser Exeter North

www.wellbeingexeter.org.uk

Clyst Caring Friends Christmas Coffee Morning

Saturday 6th December

URC on Old Pinn lane, Pinhoe

9.45 - 11.15am

Community Voices Choir

**Tombola, mince pies
& much more!**

Admission £2.50



Christmas Wreath Making Event

Sunday 30th November
3pm - 5pm
At
Pinhoe CofE Primary School

Booking Required
Please use the QR code to book,
for more information please email Viki
childrenandfamilies@pinhope.co.uk

Foliage and embellishments
provided, but if you have
something special please do bring
along. Donations welcomed.
There will be a short talk and
refreshments



pinhope⁺



What's on: Pinhoe

Monday

- 9.15am-2pm Machine Embroidery (1st Monday of month) - America Hall
- 9.30 & 10.30am Health Walk (9.30am Grade 1, 10.30am Grade 2/3) - Pinhoe Surgery
- 9.45-11.15am Clyst Caring Coffee Morning - United Reform Church Hall, Old Pinn Lane
- 10.30am Single parents coffee catch up (1st and 3rd Monday) - Chapters cafe
- 11am-12pm Story and song time - Cumberland Grange
- 12-12.45pm Community Yoga Classes with Rosie - Exeter Science Park
- 1.30-3.30pm Whist (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 7.30pm Angels (4th Monday of month) - URC Church Hall, Old Pinn Lane

Tuesday

- 9-11.30am Baby & Toddler Group - America Hall
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park
- 6.30pm Isca Indoor Bowling Club (Taster Nights) - Isca Centre
- 7-8pm Women on the Run - Exeter Arena
- 7-9pm Amateur Radio Society (1st and 3rd Thursday) - America Hall
- 7.15-9.30pm Pinhoe Friends - America Hall (2nd Tuesday of month)

Wednesday

- 9.30-11.30am Pinn Lane Toddlers - URC Church Hall, Old Pinn Lane
- 9.45-12.30pm Creative Crafts - America Hall (Sunnylands)
- 9.45-10.45am Bounce & Rhyme (fortnightly) - Pinhoe Library
- 10.30am-12pm Knit and Knatter - Pinhoe Library
- 11am-12.30pm Dementia Support Group (Last Wednesday) - Cumberland Grange
- 4.30-5.45pm Pinhoe Albion Football Academy - St Lukes School (spaces for ages 10-14)
- 6.20pm Freemovement (free circuit training) - Station Road Park
- 7-9pm Isca Model Club (every other week) - America Hall
- 7.30pm Quiz Night - The Pinhoe Hoard

Other activities

- Exeter Arena - Daily range of activities
- Jubilee Club - Range of sports fixtures, snooker & skittles
- The Bike Shed - Fitness classes



What's on: Pinhoe

Thursday

- 10.20am-12pm Tea & Memories (1st Thursday) - Cumberland Grange
- 10.30-12.30pm Neighbours Drop In - what's on locally (2nd Thursday) - Pinhoe Library
- 11am-12pm Neighbours Coffee Meetup- Il Grano, Main Road (3rd Thursday of month)
- 1-2pm Bookchat - Pinhoe Library (3rd Thursday of month)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park
- 6.30-7.30pm Tithe Barn Runners (Facebook page)
- 6.30-9pm Bingo (part of ISCA Bowls Club, call for membership details) - Isca Centre
- 8pm Pub Quiz (Book ahead) - Heart of Oak

Friday

- 8.45-11am Coffee & Cake - Horsebox Cafe - Church Hill (Weather dependant)
- 9-11am Parent & Child Morning (Alternate Fridays, from 17th Oct) - Robin's Nest
- 9-11am Westclyst Toddler & Parents - Alexander House, Westclyst
- 12.30-2.30pm Lunch Club (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 1.30-4pm Women's Institute - America Hall (1st Friday of month)
- 6.45-9pm Exeter TAG rugby (16+, £5 per session) - Exeter Arena
- 7pm Book Club (2nd Friday) - The Pinhoe Hoard (Pinhoe Social Facebook group)
- 7-9pm Pinhoe Community Singers - America Hall

Saturday

- 9.30am-4pm Guild of Weavers (2nd Saturday of month) - America Hall
- 10-11am Coffee Morning - URC Church Hall, Old Pinn Lane
- 10am-12.30pm Lego Club - Pinhoe Library
- 12-1.30pm Pinhoe Albion Football Academy - St Lukes School (spaces for ages 10-14)

Sunday

- 9-10am Sunday Morning Coffee & Chat - The Robin's Nest (Cafe, Main road)

Girl Guiding

Pinhoe has always had strong links with Girl Guiding. Pinhoe Guides is one of the oldest active units in Exeter (over 100 years old!). From crafting to camping, sports to inventing. There's something for every girl to explore.

1. Rainbows aged 4-7 pinhoerainbows@gmail.com
2. Brownies aged 7-10 pinhoebrownies@gmail.com
3. Guides aged 10-14 pinhoeguides@gmail.com
4. Rangers aged 14-19 4thexeterrangers@gmail.com

If you are interested in registering your child or signing up as a volunteer, visit girlguiding.org.uk



What's on: Pinhoe

Contact details for venues

- America Hall, Del la Rue Way. Angela Roberts 01392 469179
- Cumberland Grange, 01392 339728
- Exeter Arena, 01392 265840
- Horsebox Cafe, 07596 224094
- Isca Indoor Bowls Club, £6 per year membership, 01392 265930
- Isca Centre, 01392 265840
- URC Church, Old Pinn Lane 01392274345
- Pinhoe Albion FC, facebook or Haighymma40@gmail.com
- Pinhoe Church, 07596 224094
- Pinhoe Library, Main Road 01392 466 007
- Pinhoe Surgery, 01392 469666
- Community Yoga Classes with Rosie, 07999558015
- Jubilee Club, Main Road, 01392 467148
- Local Facebook pages - Pinhoe Community, Pinhoe Social, Love Pinhoe, Pinhoe Community Hub, Pinhoe Village & Forum, Pinhoe Library, Pinhoe Parents, The Harringtons, Harringtons Park, TW Mayfield, Hill Barton Vale, Minerva, Pinhoe Church, Sandrock, Tithe Barn
- Women's Institute: 01392 255386, pinhoe@devonwi.org.uk
- Monday Health Walks - led by Westbank, 01392 824752, healthwalks@westbank.org.uk

About Wellbeing Exeter & Cranbrook



Wellbeing Exeter & Cranbrook 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.

Pinhoe Community Builder

Name: Zoe Hughes

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Facebook: [Zoe Hughes \(Community Builder Pinhoe\)](#)



Community Physical Activity Organiser (North Exeter)

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Facebook: [CPAOExeterNorth](#)



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