



Hello from Rachel!



Welcome to the Summer edition of the Exwick Community Builder newsletter!

The Summer Holidays kicked off to great start with the Exwick Summer Fete, which was a fantastic event, bringing different groups together to celebrate some of the wonderful things Exwick has to offer.

There's still plenty of things to look forward to and lots of opportunities to get involved in local activities. Some of these include, Pop-up Play, History Walks and the Bank Holiday special at the Food Hub.

If you've got an idea for your street or neighbourhood, 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

Rachel

Rachel Gilmore

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Exwick Summer Fete

The Exwick Summer Fete was a fantastic afternoon of fun, bringing together local residents of all ages to enjoy a wide range of free and affordable activities. Families enjoyed games, a bouncy castle, craft stalls, delicious food and refreshments, and free face painting, creating a lively atmosphere throughout the day.

Visitors also had the opportunity to take advantage of free Dr Bike sessions, offering bike safety checks, maintenance advice and small adjustments to help keep people cycling safely.

The event was a wonderful celebration of community spirit, providing opportunities for people to meet neighbours, spend time together and enjoy everything Exwick has to offer. A big Thank You to everyone who attended, volunteered and supported the event - your contribution helped make it such an enjoyable day.



New Mural to Celebrate Exwick's Heritage

Exciting plans are underway for a new community mural in Exwick, replacing the much-loved sunflower mural created by local artist and Exwick News editor Linda White, which has gradually faded after years of exposure to the elements.

The new artwork will celebrate Exwick's rich history, featuring local landmarks that have helped shape the community alongside sunflowers in tribute to Frank Kelland, the area's well-known sunflower grower. Created in collaboration with local artists, the mural aims to reflect Exwick's heritage, community spirit and creativity while bringing a fresh splash of colour to the area.

Work is expected to begin in the coming months, and the finished mural will provide a lasting celebration of the local community.



Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said they that they would like to see in the area;

I'd love to be involved in a Christmas Fete

It would be great to have forest school activities for adults

I like to see mindfulness sessions for young people in Exwick

It would be good to have activities for young people with Autism

Discover Exwick's History

The Exwick History Society is a welcoming group bringing local history to life through shared memories, fascinating stories and guided walks around the local area. Everyone is welcome to drop in to their regular meetings, held on the last and first Friday of every month from 10am-12pm at Exwick Parish Hall, Station Road. Whether you've lived in Exwick all your life or are new to the area, it's a wonderful opportunity to share local knowledge and learn more about it's rich past.

The Society recently enjoyed a successful day at the Exwick Summer Fête, where visitors stopped by their history stall to browse old photographs, identify familiar faces and share memories of growing up in Exwick. Thanks to contributions from local residents, the group has gathered new stories, family photographs and valuable leads for future research, helping to preserve Exwick's heritage for generations to come. Upcoming free guided walks include:

- Saturday 29th August – Exwick Cemetery Tour, 10.30am (meet at the Chapel)
- Friday 18th September - Heritage Walk, 10.30am (more details to follow)
- Saturday 26th December - Hamlyn's Lane Walk, Explore & Tidy Up 2pm (meet at Exwick Parish Hall)
- Saturday 10th October – Exwick Village History Walk, 10.30am (meet at Exwick Parish Hall)

If you're interested in local history, why not come along? You'll receive a warm welcome and might even have a story of your own to add to Exwick's history.



Westside Wheelers

My colleague Amy and I recently met with a local resident who has an idea to bring mobility scooter users together for friendly rides around St Thomas and Exwick.

Inspired by the success of a similar group elsewhere in the City, she's keen to find out whether there's enough local interest to get something started locally.

If you're a mobility scooter user and think you'd like to be involved, we'd love to hear from you. My contact details are on the back page.

New Social Bike Rides



In partnership with Wellbeing Exeter, Ride On have launched Joy Rides this Summer – a new series of friendly, supportive and social group bike rides made possible through funding from Sport England's Movement Fund.

Whether you're looking to get back on your bike, want to build confidence, or simply enjoy cycling with others, Joy Rides will offer a welcoming way to get active, meet new people and explore the Rivervalley Park together on two wheels. Trained ride leaders will guide riders along several different routes which have been chosen to avoid busy roads and focus on enjoyable, social cycling rather than covering long distances at speed.

Rides in August will take place on the following dates:

- Wednesday 5th August 6pm
- Saturday 15th August 10.30am
- Saturday 22nd August 10.30am
- Saturday 29th August 10.30am

Weekly rides will continue until the end of September. All details and updates will be announced soon on Ride On's Facebook page as well as the CPAO's Facebook and Instagram accounts.

facebook.com/RideOnCyclingForAll
facebook.com/CPAOExeterWest/
instagram.com/cpao_exeterwest/

Walking Festival - 12-20 September



Exeter's first Walking Festival is coming this September - from Saturday 12th to Sunday 20th September!

Wellbeing Exeter is working with community groups and charities across the city to showcase the amazing walks on your doorstep. From history to food, wildlife to dogs, these walks will help you discover fantastic facts and features of Exeter's neighbourhoods.

If you are part of a group and would like to be part of the festival, get in touch with Paul Moulard: paul.moulard@ecct.co.uk

Keep an eye out on the social media channels below or reply to this email if you'd like to be notified when the full programme is released.

Facebook: [Wellbeing Exeter](https://www.facebook.com/WellbeingExeter)
 Instagram: [wellbeing_exeter](https://www.instagram.com/wellbeing_exeter)



Creature of Habit

Thursday 10th and 17th September 10.30am-1.00pm
Central Exeter

A free 2-part course looking at habits, routine and daily structure

☎ 07531 870203 ✉ transitions@eci.org.uk

148-149 Fore Street, Exeter, EX4 3AN
☎ 01392 205800
✉ transitions@eci.org.uk
www.eci.org.uk
f t i n



Scan to Book!



Registered Charity Number: 1024229
Registered Company Number: 2844870 (England)



Make Your Move

Wednesday 23rd and 30th September 10.30am-1.00pm
YMCA, 39-41 St. Davids Hill, Exeter EX4 4DA

A free 2-part self-help course to plan & manage a rental move

To book: ☎ 07531870203 ✉ transitions@eci.org.uk

148-149 Fore Street, Exeter, EX4 3AN
☎ 01392 205800
✉ transitions@eci.org.uk
www.eci.org.uk
f t i n



Scan to Book!



Registered Charity Number: 1024229
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St Thomas Library - Summer 2026



MESSY THURSDAYS

Thurs, 30th July - Paper Cup Cat
Thurs, 6th August - Paper Plate Boat
Thurs, 13th August - Make your own Mural
Thurs, 20th August - Pigeon Craft
Thurs, 27th August - Glitter Rocks!

Summer Activities

Tues 10&11:30 - Bounce & Rhyme
Tues 12:30 - 16:30 - Board Games Afternoons
Thurs 12:30 - 16:30 - MESSY THURSDAYS
Fri 09:30 - 12:30 - Cuddly Reading
Sat 09:30 - 12:30 - Lego Club



WALKING TENNIS

FREE!

Sundays 12:30-1:30

Exwick Tennis Courts

Starting soon!

WHAT?
Free Walking Tennis sessions, open to all ages (18+) and abilities. Just turn up.

WHERE?
The Pavilion, Ennerdale Way, Exwick, Exeter, Devon EX4 2BQ
(Parking available)

Join the Facebook group to stay up to date.

Funded by **Live & Move**

Supported by **WELLBEING EXETER**

Questions? felix.elsen@ecct.co.uk



Pop Up Play

Wednesday 12th Aug 10-12pm

Tuesday 18th Aug 10-12pm

Exwick Play Area, Station Road

Meet neighbours & share ideas with your local Community Builder & Community Physical Activity Organiser.
Free drinks and snacks. Children must be accompanied.

Contact: ☎ 07542 041 672 ✉ rachel.gillmore@eci.org.uk 📱 Rachel Gillmore - Exwick

www.wellbeingexeter.org.uk

EXWICK FOOD HUB
BANK HOLIDAY SPECIAL!
★ **FRIDAY 28TH AUGUST** ★
10AM - 12PM

Join us for a relaxed and friendly Bank Holiday get together!

TEA & COFFEE COLD DRINKS DELICIOUS CAKE FUN ACTIVITIES FOR THE CHILDREN

EVERYTHING IS FREE!

EXWICK FOOD HUB Everyone is welcome!

COME ALONG, ENJOY AND SPEND TIME TOGETHER!

GOOD COMPANY • GREAT COMMUNITY • ALL WELCOME

SATURDAY 26 SEPT EXWICK

MEET AT THE FRONT OF THE PARISH HALL STATION ROAD, EXWICK

2PM HAMLYN'S LANE WALK, EXPLORE & TIDY-UP FREE EVENT

KINDLY EMAIL US TO LET US KNOW YOU ARE COMING ALONG

bring gloves and secateurs

refreshments

Exwick's Historic Green Lane

We will talk about many aspects of landscape and history

If you do not have a pair of gardening secateurs, join us anyway as we have spares ... please note some parts of the path are very overgrown!

EXWICKLOCALHISTORY@GMAIL.COM

EXWICK LOCAL HISTORY CIC

Exwick Guided History Walk

A guided local heritage walk exploring the history of Exwick

Friday 18th September 2026 10:30am - 12pm

SIGN UP FOR MORE INFO TO FOLLOW...

PART 2

A collaboration between:

WELLBEING EXETER Zero Mile Gardens HEALTH WALKS EXWICK HISTORY SOCIETY EXETER DEVON



What's on Exwick: Summer - 2026

not-for-profit or low cost activities

Monday

- **9.30am** - Polo Tinies - Play group for parents and their under ones - St Andrew's Church - Free

Tuesday

- **11.30am-1.30pm** - Art for All at ECC - email tanyart1@proton.net - £6.00
- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief - Free

Wednesday

- **2.00-4.00pm** - Exeter Quilters at EPH info@exeterquilters.co.uk (Monthly) £5.00
- **8.00pm** - Quiz Night - The Thatch House www.thatchedhouse.net - Free

Thursday

- **6.00pm** - Brownies - Exwick Heights School www.devonguides.org.uk (see website)
- **7.00-9.00pm** 1st & 3rd Thurs - Exwick Crafty Chat - friendly craft group for adults - EPH £2.00

Friday

- **10.00am-12.00pm** - Friday Friendship at EPH (Term Time) - Free
- **10.00am-12.00pm** - Exwick History Society - in the back room at EPH (1st & 3rd Friday of the month - email to confirm it's on - exwicklocalhistory@gmail.com) - Free
- **12.00pm-2.00pm** Job Club Exwick at Exwick Parish Hall (Term Time) - Free

Saturday

- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief - Free

Sunday

- **12.30pm-1.30pm** Free Walking Tennis at Exwick Tennis Club at Exwick Tennis Club - Free
- **4.00-6.00pm** Messy Church (2nd Sunday of the month) at EPH - Free

Contact Details for Venues and Classes:

- Art for All - Contact Tanya - tanyart1@proton.me
- Brownies - www.devonguides.org.uk/divisions/exeter
- Exwick Community Centre - bookings@exwick.org www.exwick.org
- Exwick Parish Hall - bookings@exwickparishhall.org www.exwickparishhall.org.uk
- Girls Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Exwick Cricket Club - ExwickCC@outlook.com www.exwickcricket.co.uk
- Exeter Quilters - info@exeterquilters.co.uk
- Exwick Sport Hub - Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Job Club Exwick - Chris Carter chris.carter@exwickcommunitychurch.org.uk
- The Thatched House - www.thatchedhouse.net info@thatchedhouse.net

Custard Town

Custard Town opened its doors on **2nd July** at Guildhall Shopping Exeter, and you can now book your adventure!

Designed for children aged 0–6 years, Custard Town is a safe, welcoming and imaginative play space where little ones can explore, create and play while families make memories together.

From creative play and sensory activities to teddy bears' picnics, discos and special events, there's always something exciting happening at Custard Town. [Book here.](#)



Useful Information

- Parental Minds gives support to families who are struggling www.parentalminds.org.uk/ 07907 614 516
- Devon Domestic Abuse Alliance <https://ddaa.org.uk/> Tel: 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
- Home-Start - Support for families with young children www.homestart.org.uk

Local PCSO Team

PC 7907 Charlie James and
PCSO 30753 Gavin Menditta
Email: EXETERNEIGHBOURHOOD@devonandcornwall.pnn.police.uk

Exwick Councillors

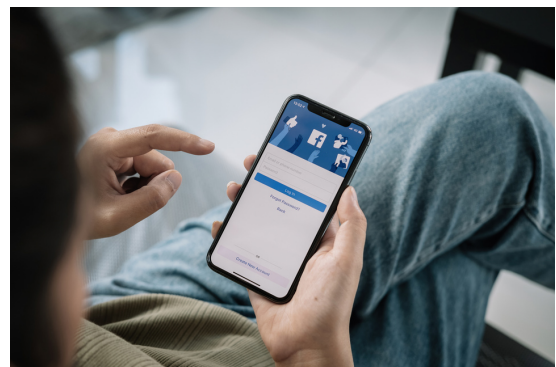
Exeter City Council:

Councillor Philip Bialyk
cllr.philip.bialyk@exeter.gov.uk
Councillor Paul Knott
cllr.paul.knott@exeter.gov.uk
Councillor Susannah Patrick
susannah.patrick@exeter.gov.uk

Devon County Councillor - Exwick:

Councillor Tony Stevens
tony.stevens@devon.gov.uk

Get Social



Keep up-to-date - Local Facebook pages/groups:

- Exwick
- Exwick Community Association
- Exwick Cricket Club
- Be Inspired Exwick Community Group
- Exwick Parish Hall
- Exwick Free Toy Shed
- Exwick Community Larder



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 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

Exwick Community Builder

Rachel Gillmore

Tel: 07542 041 672

email: rachel.gillmore@eci.org.uk

Facebook: Rachel Gillmore

(Community Builder Exwick)

Community Physical Activity Organiser (CPAO)

Felix Elsen

Tel: 07736 918 280

Email: felix.elsen@ecct.co.uk

Facebook: CPAO Exeter West