

## Hello from Bernice!



Welcome to Wonford's Community Builder newsletter. 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. So if you've got a great 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 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

*Bernice*

Bernice

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## Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said when meeting me out and about:

"It has been great to come and get my bike checked, and to see so many residents."

"The Community Centre's Saturday Cafe and food surplus provisions are really helpful."

"The Wonford Westbank Walk has totally changed my life for the better."

"It is such a lovely space to walk the dog'."

## Community Litter Pick

The Community came together with Jenny Mitchelmore, Wonford Planters, Hetty, Devon Wildlife Trust, Ed Shaw, CPAO City Trust and myself for a litter pick. The weather was great and the team worked really hard so ended with tea and cake!



## Bike Marking & Mending Event

The Wonford Community & Learning Centre held a Bike Marking and Mending Event in conjunction with the Police Community Team and Wellbeing Exeter. The event was lucky with the weather and attendance as 27 bikes were marked, 30 bikes mended and lots of conversations about community and support.

The Community Centre Cafe also had a wide range of surplus food and flowers available for residents to take as they have every Saturday at the drop in.

Due to the success we will be repeating the event later in the year so if you would like make use of the bike marking and mending do look out for the next date.



# Ed the Community Physical Activity Organiser



Hello!

For those of you who don't know me, I'm Ed, the Community Physical Activity Organiser for Exeter South, including Wonford. My job is to connect people to the activity already happening in their neighbourhoods and to work alongside residents and groups to grow their ideas for getting their communities moving more.



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[edward.shaw@ecct.co.uk](mailto:edward.shaw@ecct.co.uk)

Phone: 07736 918281

FB: CPAO Exeter South

Over the past few months, Bernice and I have been out and about in Wonford listening to what parents, carers and young people would like to see locally. One of the highlights was a drop-in at the Wynstream Parents' Evening, where we heard some brilliant ideas for possible youth sessions and activities. It was great to see so much enthusiasm around new activities for young people and to hear directly from families about what would make a difference for them.

We also enjoyed joining Devon Wildlife Trust, the Wonford Planters and the Wonford Community Centre for a community litter pick. It was a lovely example of people coming together to look after their local green spaces, and it always feels good to be part of something that makes a neighbourhood cleaner and more welcoming.



I've also been working alongside Wonford Health Matters and the Community Centre to help shape the Wonford Loves Ludwell Festival in May. Thanks to the enthusiasm and hard work of community members, an exciting day of nature, creativity and movement is coming together.

And, looking slightly less far ahead, I'm excited to be joining Devon Wildlife Trust at their Discover Northbrook event during the Easter holidays. The original date was postponed because of bad weather, but the rescheduled day promises to be a fantastic chance for families to get outside, and explore a local green space. Fingers crossed for some sunshine this time.

If you'd like to share an idea or just have a chat, you can often find me at the Wonford Community Centre Café on Wednesday and Thursday mornings. You might also see me out and about knocking on doors. And if your idea can't wait, please do get in touch!

WONFORD COMMUNITY AND LEARNING CENTRE  
AND WONFORD HEALTH MATTERS  
PRESENT

**FREE ENTRY**

**11AM-2PM**

**SATURDAY 16TH MAY**

# The Feel Good Festival

FREE ACTIVITIES FOR ALL AGES!  
FREE BOUNCY CASTLE  
TASTER SESSIONS AND DEMONSTRATIONS  
LOCAL CLUBS AND SOCIETIES  
MUSIC, FUN AND FOOD!

COME AND EXPLORE NEW WAYS TO FEEL YOUR BEST!



## Surplus Saturdays FREE Food Surplus

Free Food Surplus from the Neighbourly Scheme.  
Saturday mornings from 11am - 2pm  
(times may vary depending on bookings)  
At the back of the community centre overlooking the park



Join our Whatsapp Announcement Channel to get updated when we get a delivery.  
The announcement channel is public, personal details are not shared with anyone.



Use this link or scan the QR code to join.  
<https://whatsapp.com/channel/0029VbC9eC9Fy724SNDC3P2K>

Surplus Food Updates for  
Wonford Community Centre - Exeter

Exeter City Council

Devon Wildlife Trust

# DISCOVER NORTHBROOK

Explore your local park

Wednesday 15<sup>th</sup> April  
10am-2pm  
Northbrook Park, Exeter  
EX2 6LB

Joined by **DOUBLE ELEPHANT**

**FREE!**

Let's go exploring!  
Grab your wellies for guided walks and nature workshops.  
Free refreshments available.

For more information, please visit [www.devonwildlifetrust.org/events/2026-04-15-discover-northbrook](http://www.devonwildlifetrust.org/events/2026-04-15-discover-northbrook)

EXETER PICKLEBALL CLUB PRESENTS

## EXETER PICKLEBALL YOUTH CLUB

A CROSS BETWEEN BADMINTON, TENNIS AND TABLE TENNIS

**WONFORD SPORTS CENTRE**  
**FRIDAYS 19:15-20:15**  
**9-13 YEARS OLD**  
**£5 PER SESSION OR £2 FOR WONFORD CHILDREN**


**LED BY LEVEL 1 IPTPA QUALIFIED COACH, TIM**  
**SUPPORTED BY BETH**  
FULLY INSURED AND ENHANCED DBS CHECKED

**SIGN UP ON**  
**WWW.EXETERPICKLEBALLCLUB.CO.UK**  
ALL EQUIPMENT PROVIDED

Live & Move

**FANCY A FREE BREW AND CHAT?**

EVERY MONDAY 7-9PM (EXCEPT BANK HOLIDAYS)



Fancy a free brew and chat? ☕

Our **Andys Man Club** groups are a safe, non-judgemental space for guys to talk. They run every Monday 7-9pm (excluding bank holidays) for any man 18+.

Why not come along to the **Wonford Community & Learning Centre Ltd** or **Exeter City Football Club** this Monday for a brew and chat? There's no pressure to talk, you can simply sit and listen.

**GLOBAL BUBS & TOTS**

THE OLIVE PROJECT

Every Wednesday  
11am - 12:15pm

Big Play Room @ Exeter Family Hub,  
Chestnut Centre,  
Magnolia Ave, Exeter  
EX2 6DJ

Playgroup for newborns to preschoolers, and a place for mums from the global community to connect and feel supported.

Any questions, contact 0333 049 5030  
or [marina@theoliveproject.uk](mailto:marina@theoliveproject.uk)

**FREE**  
\*Refreshments provided!




**Drop-in Service**

Free Service

Tuesdays & Thursdays  
9:30 am - 1.30 pm

At Southernhay URC Church, EX1 1QD

**WELCOMES PEOPLE FROM ETHNICALLY DIVERSE BACKGROUNDS, WHOSE FIRST LANGUAGE IS NOT ENGLISH.**

Get friendly, confidential and informal help with completing forms, dealing with utility companies or other public services.

We recommend you make an appointment if possible, as time can be restricted  
07360 813133  
[admin@inclusiveexeter.org.uk](mailto:admin@inclusiveexeter.org.uk)




**We are here to help**

Inclusive Exeter offers a weekly free Drop-In Support Service for those from Black, Asian and Minority Ethnic communities to provide informal help with form filling and IT.

We recognise that people from these backgrounds can often face challenges like language and social barriers, as well as not being overly familiar with the bureaucratic systems of mainstream services.

We can help people with completing different kinds of forms and similar support, for example:

- Benefits like Universal Credit, Personal Independence Payment (PIP), child benefit etc.
- Document applications like passport, driving license etc.
- Other applications like social/council housing, tenancy forms, bus pass etc.
- Changing utilities, dealing with bills etc.

**Drop-in and see if we can help!**

For more info & details, please visit: Inclusive Exeter  
Website - [www.inclusiveexeter.org/](http://www.inclusiveexeter.org/)  
or email, [Admin@inclusiveexeter.org.uk](mailto:Admin@inclusiveexeter.org.uk)  
Leave a message on - 07360813133







# What's on: Wonford April 2026

## Monday

- **9.15-10.30am** Baby & Toddler Group - Chestnut Nursery. No Charge. Contact the nursery on 01392 284990 Term time only
- **9.30am-10.30am** Pilates - Wonford Community & Learning Centre. Cost £5. Contact Nic Gardner 07792 586540
- **11.30am-12.30pm** Bone Health Exercise Class - Wonford Community & Learning Centre. Cost £7. Contact Chris Bundy 07980916319
- **2.00- 3.00pm** Seated Exercise Class - Grandisson Court Community Room. No charge.
- **1.30-3.30pm** Line Dancing - Wonford Community & Learning Centre. Cost £5. Call Monica 07498452393
- **7.00pm** Andy's Man Club. Talking group for men - WCLC, Pheonix Suite. Free. Contact [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)
- Music Centre at Wynstream School . Available to all children of primary school age. Choir and Music groups. Free of charge. Contact 01392 284990

## Tuesday

- **11.00am-12.00pm** Wonford Walking Football - Wonford Sports Centre. Cost £5. Book online [www.exetercct.org.uk](http://www.exetercct.org.uk)
- **12.00-4.00pm** Krafty Kafe - Amersham Court Community Room. Cost £2
- **17.45-9.00pm** Line Dancing - Wonford Community & Learning Centre. Contact Monica 07498452393
- **10.00am-12.00pm** Community Pantry. Free food collection - Wonford Community & Learning Centre. Free; no vouchers needed. Donations welcome.

## Wednesday

- **9.00am-11.00am** Wynstream Toddler group. **Term time only**
- **10.15am** Wonford Walking Group - Meet outside WCLC. 30 minute walk, tea and coffee after. Cost £1. Contact Claire 01392 824752 or email [claire.ridge@westbank.org.uk](mailto:claire.ridge@westbank.org.uk)
- **10am-12am** Wonford Community & Learning Centre Community Cafe. Free entry
- **10.00-12.00** Pain Clinic - Last Wednesday of every month.
- **1.30pm** Wednesday Club - Wonford Community & Learning Centre. Cost £6 per year for membership of centre. Contact 01392 217868

## Thursday

- **9.30am-10.30am** Pilates - Wonford Community & Learning Centre. Cost £5. Contact Nic Gardner 07792 586540
- **10.30am-12.00pm** Wonford Community & Learning Centre Community Cafe. Free entry



# What's on: Wonford April 2026

## Friday

- **9.30am** Toddler Group - Wonford Methodist Church. No Charge. All Welcome.
- **10.00am-11.30am** Upbeat Singers - Wonford Community Centre . Cost £2
- **10.30am** Walking Group - Meet at Grandisson Court.
- **2.00-4.00pm** Age Uk Tea Dance - Wonford Community & Learning Centre. Cost £4.50 to include refreshments.
- **8.15-9.45pm** Pickleball. New and accessible sport for all ages. Wonford Sports Centre. Cost £3.50. [exeterpickleballclub@gmail.com](mailto:exeterpickleballclub@gmail.com)

## Saturday

- **10.30am-12.30pm** Wonford Welcome - Wonford Methodist Church. Chat, games, crafts. Free hot meal in Winter, cold in Summer. No booking needed.
- **10.30am** Wonford Planters. Voluntary Gardeners for Wonford. No Charge. Contact 07305872540
- **4.30-5.30pm** Martial Arts. Adults and Children. Run by Inclusive Exeter. For ages 6+. No Charge. Contact [koman8964@gmail.com](mailto:koman8964@gmail.com) or 07511897954

## Sunday

- **12.00pm** Badminton - Wonford Sports Centre. Run by Inclusive Exeter. Encouraging those from diverse ethnic and cultural backgrounds to join. No Charge. Contact Emdad 07534188343 or Al-Amin 07805063426
- **3.00-5.00pm** Pickleball. New and accessible sport for all ages - Wonford Sports Centre. Cost £3.50. [exeterpickleballclub@gmail.com](mailto:exeterpickleballclub@gmail.com)

## Contact Details for Venues and Classes:

- Wonford Community and Learning Centre - [wclc@outlook.com](mailto:wclc@outlook.com) 01392 217868
- Wonford Methodist Church - [minister@wonfordmethodistchurch.org.uk](mailto:minister@wonfordmethodistchurch.org.uk) 01392 256716
- Wonford Sports Centre - [wonford@exeter.gov.uk](mailto:wonford@exeter.gov.uk) 01392 265390
- [Info@andysmanclub.co.uk](mailto:Info@andysmanclub.co.uk)
- Inclusive Exeter - [admin@inclusiveexeter.org.uk](mailto:admin@inclusiveexeter.org.uk)
- Krafty Kafe - [Wonfordkraftykafe@gmail.com](mailto:Wonfordkraftykafe@gmail.com)
- Walking Group - [claire.ridge@westbank.org.uk](mailto:claire.ridge@westbank.org.uk) 01392 824752
- Pilates - Nic Gardner 07792 586540
- Pickle Ball - [exeterpickleball@gmail.com](mailto:exeterpickleball@gmail.com)
- Age Uk Tea Dance - WCLC 01392 217868
- Wonford Planters - Jenny 07305872540
- Martial Arts - [koman8964@gmail.com](mailto:koman8964@gmail.com) 07571897954 (Inclusive Exeter)
- Badminton - Emdad - 07534188343 Al-Amin - 07805063426 (Inclusive Exeter)

# Share your thoughts - Wild Exeter



Everyone who lives, works in or visits Exeter is being asked to give their views on nature in the city, how we can best protect and support it and how it can thrive in the future.

Together with Devon Wildlife Trust, University of Exeter, Met Office and other partners, Exeter City Council would like your views on nature in Exeter.

Survey closes on 28 April 2026.

[More details here.](#)

## Get Social



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

- What Wonford Wants
- This is Wonford
- Wonford Planters
- Wonford Community & Learning Centre Ltd
- Wonford Methodist Church
- Wonford Sports Centre
- Wonford and Heavitree United Services Club
- Krafty Kafe - Wonford Community Craft Group
- Wonford Community Builder
- Tuesday 'Wonford Sports Centre Badminton Club'

## Useful Information

- Parental Minds gives support to families who are struggling with their mental health  
<https://parentalminds.org.uk/>  
Tel: 07907 614 516
- Domestic Violence Splitz Devon Helpdesk  
Tel: 0345 1551074.
- Talk works Tel: 0300 555 3344  
[www.talkworks.dpt.nhs.uk](http://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](http://www.mhm.org.uk/the-moorings-devon)  
Tel: 07990 790 920
- Andy's Man Club - Talk through problems that men face. Monday evenings, 7pm.  
[www.facebook.com/AndysManClubExeter/](http://www.facebook.com/AndysManClubExeter/)
- 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](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children [www.homestarteemd.org.uk/](http://www.homestarteemd.org.uk/)
- Exeter Food Bank [exeterfoodbank.co.uk/](http://exeterfoodbank.co.uk/)



# 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 adults, families



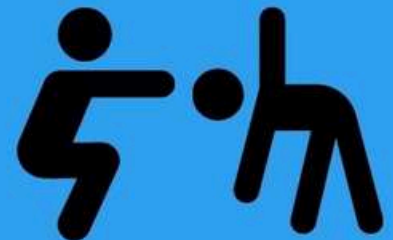
## Community Building

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](http://www.yourlocalexeter.org.uk)

**YOUR LOCAL  
EXETER**



[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)

# About 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.

## Wonford Community Builder

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[Facebook](#)