



Hello from Zoe!



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

During the breaks between wind and rain, I've been out and about in Pinhoe, talking to people about their hopes for the community.

I'm normally dressed in hi-vis on my bike or in warm layers and a pink headband. If you see me, 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 litter pick or a social group, but don't know how to start, I can support you to turn it into a reality.

Equally, 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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New Year, New Ideas



I've had some lovely conversations with residents recently, asking people how they connect with each other and what they love about the area.

Social media, neighbourly conversations, dog walks and chatting at family activities are all a popular way for residents to find out what's going on locally.

Ideas included:

- a 'toy library' near the local park
- flowers along the path next to eastern fields to brighten up the area
- regular litter picks/clear ups
- an outdoor picnic reading event
- having sporty activities for children aged pre-school upwards
- groups for families with children of different ages
- more lighting along lanes in between houses and in parks for safety

If you like any of these community ideas or have some of your own you want to share, get in touch!

Volunteer Fair



Are you looking for volunteers to help with a local cause? I am currently putting together a list of volunteer opportunities in Pinhoe ready for the annual Volunteer Fair (see below). So if you're a community group, charity or non-profit, please get in touch and send me the following by the 10th of March:

- Volunteer role
- Description of role (a couple of sentences)
- Logo/photo for the group
- Contact details - please add a phone number if you can.

Date for your diaries

The annual Exeter Community Initiatives Volunteer Fair at Exeter Cathedral is on **Thursday 3rd of April 2025**. This is a great opportunity to connect with amazing opportunities in the area.

[Book your space here.](#)

Listening Post

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

"I'm keen to get out, it's just hard to find things to do if you can't walk far."

"There's not really anything to do on a Sunday."

"I'm retired, so I thought 'why not' [do a litter pick]!"

"It's nice to socialise with people my own age."

"There aren't many sport activities for children who need a larger space than a playground to burn off energy."

Harringtons Litter Pick



A local resident recently suggested it would be good to see more litter picks in residential areas.

As luck would have it, the Harringtons Residents Association decided to organise a litter pick for Saturday the 1st of February.



The litter pick was a success, and we rewarded ourselves with tea and cake. The highlight was two kids joining in, helping us find the small rubbish which was hard to spot.

If you want to organise a litter pick in your neighbourhood, get in touch.

Happy Bags



At a recent Clyst Caring coffee morning, I met Ronnie who showed me her 'happy bags'. She started creating these bundles of joy in Summer 2023 to raise funds for a local cause. They soon became a hit and Ronnie recruited other members of the community to sew the bags and source bits and bobs for the bags. The bags are now spreading joy across the country!

The happy bag includes a 5 pence 'so you're never completely broke' and a chocolate to remind you 'somebody cares'.

Ronnie says "It's a bit of fun which brings a smile to people's faces."

If you have an idea for bringing joy to the community, let me know how I can help.

Buggy Walk



There's a new way to get outdoors with your little ones - Pinhoe's first buggy walk!

Georgie, the local Community Physical Activity Organiser, first heard of a 'buggy walk' through a Wellbeing Exeter referral. The suggestion highlighted the need for an inclusive activity tailored to new parents who wanted to engage in light physical exercise, while also having the opportunity to bring their little ones along. The idea resonated strongly with Georgie, as it addressed a common challenge faced by many new parents: the desire to be active and social without having to arrange separate childcare.

This initiative gained further support and encouragement from other new parents in Pinhoe. Their enthusiasm and shared vision strengthened the idea, and so, the concept of a regular buggy walk was born!

The first 'taster' buggy walk took place on Thursday 30th of January and the parents who came were grateful for the opportunity to meet in the sunshine. Georgie says "The first buggy walk was great! Thank you to the lovely group who came. We will be back next week outside Pinhoe surgery. Great chance to meet other parents and get out and be active with the little ones and join for a coffee after."

The Pinhoe buggy walk will be held on Thursdays, from 11am-12pm, starting from Pinhoe surgery. Contact Georgie for more details.

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)

Stories and Rhymes



Pinhoe library is a wonderful space for learning and creativity, and they lead regular activities for babies and toddlers.

The library are looking for helpers to lead the weekly 'Bounce & Rhyme' sessions on Wednesday mornings from 9.45-10.15am. They are also looking for someone to lead storytelling sessions once a week.

If you are interested in supporting the library with either of these activities, get in touch by emailing pinhoe.library@librariesunlimited.org.uk.

Quiz Night

Did you know that there's not just one, but THREE pub quizzes in Pinhoe?

The Pinhoe Hoard - Every Wednesday from 7.30pm

Heart of Oak - Every other Thursday from 8pm

Pinhoe Jubilee Club - Various Saturdays from 7pm



Little Free Libraries



Have you ever come across a Little Free Library?

Pinhoe has lots of Little Free Libraries in the neighbourhood, inspiring a love of reading and sparking creativity. They are a great way to get a new read and explore the area. Ward grants from Exeter City Council have helped many of these get off the ground. Here's a few you can visit locally:

Hill Barton Vale - [Blacksmith Drive](#) and Huntsham Road
The Harringtons - [Finning Avenue](#)
Tithe Barne - [Staddlestone Road](#)
Mayfield gardens - [Follis Walk](#)

If you have an idea for the area and need a little to help get it going, then please get in touch!

Toddler Groups



Did you know that there are baby & toddler groups in and around Pinhoe every weekday?

Mondays: 1.15-2.45pm - Bumps & babes - Cumberland Grange

Tuesdays: 9.30-11.30am - Pinhoe toddlers & babies - America Hall

Wednesdays: 9.30-11.30am - Pinn lane baby & toddlers - Pinhoe URC

Thursdays: 9.30-11.15am - Lilypad Babies & Tadpoles - Beacon Centre

Fridays: 9.15-11am - Pop up play cafe - Whipton Community Hall

9-11am - Westclyst Toddlers & Babies - Alexander House Care Home

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
Pinhoe Parents
Hill Barton Vale Resident
Pinhoe Memories
Minerva Residents
Pinhoe Albion FC
Pinhoe and Poltimore with HOPE (Pinhope)
Saxon Brook Community
Pinhoe Pantomime
Pinhoe Social
TW Mayfield Gardens
Pinhoe Toddler and Baby Group

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
- 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
- Andy's Man Club - Talk through problems that men face. Monday evenings, 7pm.
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
- 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/>



Buggy Walk

Thursdays, 11-12pm (Outside Pinhoe Surgery)

Join for a social walk to make the start of your new year and meet new parents and get active while doing so.

Contact:

07926127824

Georgie.bourbour-gresham@ecct.co.uk

@Wellbeing Exeter - Be active = Exeter Central North

www.wellbeingexeter.org.uk

Community Coffeetime IL GRANO

1 Station Road, Pinhoe
11.00 - 12.00

Third Thursday of the Month

Good Morning



Everyone Welcome!

3rd Thursdays

16th January
20th February
20th March
17th April
15th May
19th June

2025

Pub Quiz

THE PINHOE HOARD
WEDNESDAY 7:30PM

Book a table now on 01392 690655

FIRST PLACE: £50 BAR TAB
SECOND PLACE: MEAL FOR TWO
THIRD PLACE: BOTTLE OF WINE
PRIZE FOR THE BEST TEAM NAME!

£2 per person, proceeds go to the NSPCC

The Pinhoe Hoard, 2 Bakers Way, Exeter, Devon EX4 8GA
01392 690655 | pinhoehoardpubexeter.co.uk | pinhoehoard.exeter@marstons.co.uk



Pinhoe & Broadclyst
Medical Practice

Walk for health

Tuesdays 12.30pm
Fridays 1pm

Friday sessions starting
from 8th November

Meet outside Pinhoe surgery

Join neighbours for a gentle walk, meet new people, walk at your own pace. Help improve your health & wellbeing. Lets get moving!

For more information contact

Pinhoe surgery or email Laura laura.kyte@nhs.net



FREE COMMUNITY FITNESS PROGRAMME
everybody welcome : no equipment needed

GATEWAY TO
GETTING ACTIVE



Find us online @freemoovement : www.freemoovement.com

FREE FITNESS GROUP

EVERYBODY WELCOME

STATION ROAD PARK

WEDNESDAY 18.30

Isca Indoor Bowls Club

TASTER NIGHTS!

EVERY TUESDAY FROM 1ST OCTOBER
1830-2030

PLEASE CALL TO BOOK 01392 265390 OPTION 2

ALL EQUIPMENT PROVIDED JUST WEAR
FLAT SOLED SHOES

Summer Lane, Exeter, EX4 8NT

WHY NOT GIVE INDOOR BOWLS A GO?

Knit & Natter

Pinhoe Library



BEGINNERS VERY
WELCOME

01392 466007

pinhoe.library@librariesunlimited.org.uk

handicapped SNOOKER tournament

ENTER BEFORE: 7TH MARCH 2025

ENTRY £20



FORMAT: LEAGUE, THEN CUP AND PLATE KNOCKOUT

THANK YOU TO THE EXETER SNOOKER AND BILLIARD LEAGUE
WHO HAVE DONATED £100 TO THE PRIZE POT & THE TROPHIES

PINHOE JUBILEE CLUB, EX4 8HS

APRIL
6

ENTRY FORMS FROM THE JUBILEE CLUB
OR GLYNCHAR@AOL.COM
TEL 07837002973



TROPHIES FOR WINNERS AND RUNNERS UP
ALL CASH ENTRY FEES GOING TO THE CHARITY



Volunteer Fair

Thursday, 3rd April, 11am - 3pm, Exeter Cathedral

Want to volunteer but not sure where? Visit our Volunteer Fair and find out! Bringing together over 60 local organisations looking for you!

Contact: ☎ 01392 205800 ✉ info@eci.org.uk 📅 Eventbrite

📍 148 -149 Fore Street, Exeter, EX4 3AN
 ☎ 01392 205800
 ✉ info@eci.org.uk
 🌐 www.eci.org.uk
 📱 [Facebook](#) [Twitter](#) [LinkedIn](#) [Instagram](#)



Scan to Book!



Registered Charity Number: 1026229
 Registered Company Number: 2844870 (England)



What's on: Pinhoe November 2024

Monday

- 9.15am-2pm Machine Embroidery (1st Monday of month) - America Hall
- 9.30am-12.30pm Art Class - America Hall
- 9.45-11.15am Clyst Caring Coffee Morning - United Reform Church Hall, Old Pinn Lane
- 12-12.45pm Community Yoga Classes with Rosie - Exeter Science Park
- 1.15-2.45pm Bumps and Babes - Cumberland Grange
- 1.30-3.30pm Whist (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 1-3.30pm Rock Choir - America Hall
- 7-9pm Art Class - America Hall
- 7.30pm Angels (4th Monday of month) - URC Church Hall, Old Pinn Lane

Tuesday

- 9.30-11.30am Baby & Toddler Group - America Hall
- 12.30-1.30pm Walk for Health - Pinhoe Surgery
- 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)
- 7.30pm Rangers (Girl Guiding, alternate weeks) - URC Church Hall - Old Pinn Lane

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 - Pinhoe Library (fortnightly, from 8th January 2025)
- 10.30am-12pm Knit and Knatter - Pinhoe Library
- 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

Thursday

- 10.20am-12pm Tea & Memories (1st Thursday) - Cumberland Grange
- 11am-12pm Neighbours Coffee Meetup- Il Grano, Main Road (3rd Thursday of month)
- 1-2pm Bookchat - Pinhoe Library (3rd Thursday of month)
- 6.30-7.30pm Tithebarn Runners (Facebook page)
- 6.30-9pm Bingo (part of ISCA Bowls Club, call for membership details) - Isca Centre
- 7.30-9pm Sugarcraft Guild (4th Thursday of month) - America Hall
- 8pm Pub Quiz (Fortnightly from 2nd January, book ahead) - Heart of Oak



What's on: Pinhoe November 2024

Friday

- 8.45-11am Coffee & Cake - Horsebox Cafe - Church Hill
- 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
- 1-2pm Walk for Health - Pinhoe Surgery
- 1.30-4pm Women's Institute - America Hall (1st Friday of month)
- 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

Other activities

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

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 bowls membership, 01392 265930
- Isca Centre, 01392 265840
- URC Church, Old Pinn Lane 01392274345
- 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, Pinhope Church, Sandrock, Tithe Barn
- Women's Institute: 01392 255386, pinhoe@devonwi.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

Phone: 07719239551

Email: zoe.hughes@eci.org.uk

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



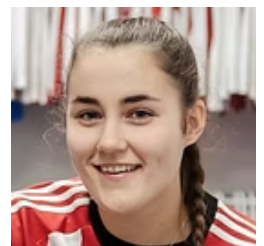
Community Physical Activity Organiser (North Exeter)

Name: Georgie Barbour-Gresham

Phone: 07926 127824

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

Facebook: [CPAOExeterNorth](#)



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