



Hello from Maisaa!



Welcome to Newtown'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 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

Maisaa

Maisaa Sweid

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said when I met them in Newtown:

I struggle to walk far from my home. Having this on my door step is very nice!

I'm not sure about meeting new people, but I'll give this group a try and see how it goes!

Thank you for supporting this get together event! Lots of chats and yummy cake. It was lovely!

You brightened my day by bringing me coffee and cake from the community's autumn celebration when I wasn't well enough to attend, reminding me how small acts of kindness can mean everything

Newtown Autumn Celebration

Great Newtown Autumn Celebration!

What a wonderful gathering! We cleared the leaves, did some planting, and connected people from different parts of the Newtown area. It was great to share examples of what's worked in the past and to plan some new get-togethers lots of ideas sprouted for the festive season!

A big thank you to Issy for the amazing lemon drizzle cake and helping massively with tidying the green space, and to everyone who came along and made the day so special.

If you have any ideas to bring people together in your neighbourhood. Please get in touch and I would be happy to support it happening!



Decorate Newtown this December!

Let's Make Newtown Sparkle This December!

At our autumn celebration, a few residents were chatting about the window advent calendar, and a lovely idea came up! How about we invite everyone to decorate their windows (no number required) by a set date in December?

Then we could plan a festive walk together to enjoy all the beautiful displays, followed by a little celebration with mince pies and hot chocolate.

What do you think of this idea?

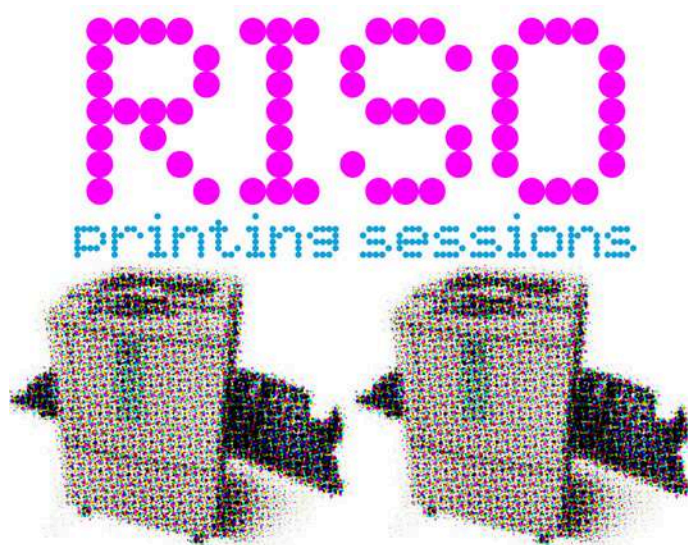
Do you think it would work on your road?

Would you like to join in? If yes please let me know!

Let's bring some extra cheer to Newtown and make our streets sparkle this December!



Inky Fingers Workshops at positive Light Projects



Tuesdays 6 - 9pm
21/10, 18/11, 16/12,
20/1, 17/2, 17/3

Did you know that **Inky Fingers Workshop** offer monthly Riso printing workshops at Positive Light Projects? You will be supported to create a series of 50 prints, with up to four colours (using Pink, Light Blue, Yellow and Black inks). Bring along some materials to make your final print/artwork. These could be photographs, drawings, pieces of text, existing artworks, etc. Bring them as hard copies/print outs, not as digital files, please. There will also be magazines, book type and other collage materials, a light box, scissors, glue and pens to work with.

Please book on via <https://linktr.ee/inkyfingersworkshop> as we can only support 4 people in each session.

Get Creative and Connect: Coffee & Chat



Get Creative & Connect!

Many residents have told us they'd love an indoor space to meet, chat, and share creative hobbies, and now it's here! Join this friendly new social group every Wednesday from 2-4pm at the cosy Newtown Community Centre (Belmont Hut).

Whether you enjoy sewing, crochet, crafts, or simply catching up with neighbours over a cuppa, this is the perfect place to relax, create, and connect with others in the community. Everyone is welcome. Come along, bring a friend, and be part of something fun and friendly!

Crochet Newtown

A friendly and relaxed group who meet on Tuesdays 2-3pm at Exe Coffee Roaster Cafe' on Heavitree Road. They do knitting, crochet or just socialise!

If you are interested and would like to know more, please let me know or contact Natalia on: .07757205376



Newtown's Wildflower Gardens for the Bees



This friendly gardening group meet every other Thursday 10.30-12.30 at Clifton road. They garden then have coffee and socialise. If you are interested please email Judith: richardson.dawes@btopenworld.com

Supporting the Baby Room This Christmas!

It's that time of year again! We will be placing orders with Thread Bear Design and Best Years in the next few days. Do check them out and if there is anything special you would like PLEASE ask us to order it for you - that way the profit on the item will help fund The Baby Room! We just don't have the space to stock things like Wooden Kitchens - but the baby room can order them if a customer wants one! They will definitely be getting some of the old favourites in though, such as the knitted dinosaurs and stacking wooden dinosaur and ocean sets.

Message if you want anything ordered!
hello@thebabyroomexeter.co.uk



The Baby Room

Support us this Christmas!

Make a donation if you can afford to. If not please consider doing some Christmas Shopping with us!

If you would like a particular item from Bestyears.co.uk or Threadbeardesign.com please message ASAP.

Update From Devon And Cornwall Police



Zero tolerance to Hate crime

If you've been targeted because of your race or ethnicity, we are here for you.
Show that hate doesn't belong here and report it.

Don't suffer in silence Report it

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

Call Devon & Cornwall Police: 101
Non-Emergency:
Sign Live (video relay via BSL interpreter)
SMS/text 07101
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

101 Non-emergency
999 Emergency

"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."

Exeter Respect Festival 2025



Exeter Respect Festival 2026!

We welcome bookings, all are open.

Please visit our website:

www.exeter-respect.org

Under the page enquiries fill a form or email. To book a stall: stalls@exeter-respect.org

Performance: programming@exeter-respect.org

Volunteering: Volunteers@exeter-respect.org

We are committed to diversity and human rights.

Our theme is 'Different Roots One Community.' Please follow our social media for more activities and updates. Let's bring diversity to life; let's celebrate our richness of cultures together. We are stronger then to stand up to all forms of prejudice, discrimination and racism. Let's make our 2026 celebration unique. All Different, All Equal!

Inclusive Exeter

Inclusive Exeter is a community interest company bringing grassroots community groups and individuals together. They offer free drop in sessions for people from diverse backgrounds, English conversation cafe and free groups such as yoga and Zumba across Exeter.

- admin@inclusiveexeter.org.uk
- <https://www.facebook.com/inclusiveexeter>
- inclusiveexeter.org

Exeter Scrap Store

Exeter ScrapStore has changed their opening dates and started their festive season sale with lots of sparks and creative stuff



Community Connection in Action – Good News Café

The Good News Café is on the 1st and 3rd Thursdays of every month, at Christadelphian Church, Heavitree Road. During a visit to the Good News Café, I introduced myself as the Community Builder for Newtown and was warmly welcomed. The Kids Swap Shop was buzzing with parents exchanging clothes and chatting. When the team mentioned they needed a clothes rail, I reached out to the community, and thanks to a generous local resident, we secured one!

This simple act shows the power of community connections. People helping people. I also took the opportunity to signpost and connect attendees with other local groups and activities in their area.

Why not pop by the Good News Café, say hello, enjoy a cuppa, and maybe swap some clothes for your kids or grandkids?





Newtown Community Get Together Gardening and Cafe

First Saturday of each month 1.30-3.30PM at Clifton St
top car park

Join your neighbours by helping looking after the green spaces in
Newtown and enjoy a cuppa and cake while socialising with them.

☎07746472581 📧maisaa.sweid@eci.org.uk 📍Maisaa Sweid Newtown

www.wellbeingexeter.org.uk

NEWTOWN
COMMUNITY COFFEE
&
CONVERSATIONS

**SECOND MONDAY OF EVERY
MONTH**

TIME: 1.30 PM – 3.00 PM

Exe Coffee Roasters.
19 Heavitree Road

Join us to meet new
neighbours, connect and
socialize

**Newtown Community Association's
Annual General Meeting**
on
SATURDAY 29th November
10am-12noon
at
Newtown Community Centre
Belmont Park

All Welcome

Join us for coffee, hear more about the work of
the NCA and find out more about how you could
be involved in future community events.

www.newtowncommunity.org.uk

You are invited to

**Merry Go Round
Toy Libraries**

**Annual General
Meeting (AGM)**

Everyone is welcome

Stay informed & get involved

Tuesday 18th November
5pm
Positive Light Projects
(EX4 6RD)

Contact
coordinator@mrgtoylibrary.org
for more information

Wellbeing Cafe



FR
14
NOV

Friday, 14-Nov-2025
10:00am - 12:00pm
Auditorium

About

Everyone is welcome to come along to this monthly wellbeing café. It will be a very relaxed environment where you can drop in for 5 minutes or for the whole session that will be from 10am until 12pm. We will have a refreshments station with tea, coffee and cake available and tables set up with different activities and games. This is open to anyone and a great place to bring a friend who is struggling with their wellbeing or loneliness.

If you would like more information before coming along, please contact Laura Rawson on care@belmontexeter.church

Location

AGM

A reminder of our AGM

We are delighted to invite you to our Annual General Meeting, which will be held at St Sidwell's Community Centre on **Wednesday, 19th November 2025 at 5pm**.

This year's meeting will also mark the end of Celia Plender's time as Trustee and Chair. We are currently recruiting for a new Chair of Trustees and will provide updates on this and other matters at the meeting.

Refreshments will be provided. To help us cater appropriately, please **RSVP by Thursday, 13th November** by using this form [St Sidwell's Community Centre - AGM registration - Fill in form](#)

If anyone would like to speak at the AGM to share your experiences of volunteering, please speak with Iona.

The agenda is available in the community centre - please ask in the office or email Iona - iona@stsidwells.org.uk

Saturday

NEW DADS' GROUP

First Saturday of the month 10-12

- Meet other new Dads
- (Veteran Dads also welcome)
- Come during pregnancy if you wish
- Partners/supporters welcome
- Tea, coffee and biscuits



No need to book, £3 donation

 thebabyroomexeter.co.uk
a Shop, a Venue, a Haven



Facing Exeter

Join artists from the Inky Fingers Workshop team for **FREE** creative art workshops in the city centre!
We are asking you to think about the future of the city:
- what could happen here? - what might it look like?
- what could Exeter become famous for? - who might live here?

Workshops are open to all ages, no experience needed - we want to welcome you and hear your ideas!

Held at **Positive Light Projects, Sidwell Street.**

Saturdays 10am-12noon:
- 15th November
- 13th December
- 24th January
- 14th February

More information and booking here>>>
[@inkyfingersworkshop](#)



Funded by UK Government

Exeter City Council

University of Exeter

CREATIVE ARC

Devon County Council

Top items needed this month

Pasta Snacks
Rice Pudding
Tinned Meat
Small coffee Jars
Tea bags (packs of 40)
Deodorant



Exeter Foodbank

FOOD DONATION POINTS

- The Mint Methodist Church, behind reception- Fore St, Exeter EX4 3AT
- The Beacon Community Centre, near reception- Pendragon House, Beacon Lane, Exeter EX4 8LZ
- Sainsbury's- 1 Hill-Barton Road, Exeter, EX1 3PF
- Sainsbury's- Guildhall Shopping Centre, Exeter EX4 3HH
- Sainsbury's- Alphington Rd, Exeter EX2 8NH
- Tesco- Exeter Vale Shopping Centre, Russell Way, Exeter EX2 7EZ
- Tesco Express- Main Rd, Exminster, Exeter EX6 8DB
- Tesco Esso Express- 85 Fore St, Heavitree, Exeter EX1 2RN
- Tesco Express- 135 Cowick St, St Thomas, Exeter EX4 1HS
- Co-Operative- 61 - 63 Fore St, Heavitree, Exeter EX1 2RJ
- Co-Operative- Cowick Street, South, Exeter EX4 1AJ
- Co-Operative- 107 Alphington Rd, Marsh Barton, Exeter EX2 8JD
- Co-Operative- Old Tiverton Road, Exeter, EX4 6LG
- Co-Operative- 15 Fore St, Topsham, Exeter EX3 0HF
- Waitrose- Gladstone Rd, Exeter EX1 2ED
- Wilkos- Unit 100, Guildhall Shopping Centre, Exeter EX4 3HP
- Morrisons - Prince Charles Rd, Exeter EX4 7BY
- One Stop- Woodwater Ln, Exeter EX2 5NG
- One Stop- 32-34 Burnthouse Ln, Exeter EX2 6BH
- One Stop- 22 Glasshouse Ln, Lower Wear, Exeter EX2 7BR
- Exeter & Devon Crematorium - Topsham Road, EX2 6EU

If you are part of a school, church, community group or company and would like to organise a food collection on our behalf please contact our Operations Manager Teresa Pollard on 07818 226524 or email info@exeterfoodbank.org.uk.



www.exeterfoodbank.co.uk | Registered Charity in England & Wales (1128795)



Seed Packing Session at Newtown Community Centre, Belmont Park

Saturday 13th December, 2-4pm, FREE
Everyone welcome, light refreshments provided

Join us for a session of seed packing in preparation for Exeter Seed Swap 2026. We will be packing up lots of recent donations including kale, spinach and flowers. No experience necessary. No booking required.

It's fun, social, practical and appreciated!
Bring along seeds if you have any. Take away a few for yourself.

Find out more: www.exetersseedbank.co.uk



Supported by: Exeter City Council

THE SIDWELL STREET English Classes

Conversation Class

Saturdays, 9.30am - 10.45am
At the Sidwell Street Bakehouse, 178-179 Sidwell Street, Exeter, EX4 6RD

Come and practice your conversation skills at this fun, friendly and informal English class!

St. Sidwell's Community Centre For information: maria@stsidwells.org.uk



What's on: Newtown 2025

• Monday

- **10.00-11.30am** - Baby Message - The Baby Room Exeter
- **1.00pm Baby Yoga** - The Baby Room Exeter
- **1.30-3.00 pm** Newtown Community Coffee and Conversation Second Monday of every month at Exe Coffee roasters cafe , 19 Heavitree road.
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Tuesday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **10.00am-1.00pm** - Tuesdays - Belmont Chapel - a chance to get together for friendship, planned activities, games, a delicious home-cooked lunch and a thought-provoking 'pause for thought'.
- **10.00am-12.30pm** - Sing and Sign - The Baby Room Exeter - eastdevonsingandsign@gmail.com
- **11.00-1.00 pm** Garden sessions - St Sidwell's Community Garden
- **12.30-1.30pm** - Women Yoga at Southernhay Church with Inclusive Exeter. .
- **2.00pm** - Crochet Newtown - Exe Coffee Roasters on Heavitree road . All welcome.
- **2.00-4.00pm** Work and wellbeing Drop -in at St Sidwell's Community Centre
- **7.30-9.00pm** - Homebirth group - meet on the Second Tuesday of each month.
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Wednesday

- **9.30am-4.00pm** - Nappuccino is the ultimate baby group. Friendly and informal, with tea, coffee and home baking every week.
- **11.00am** - Community Walk and Talk - First and Third Wednesday of each month - starting from St Sidwell's Community centre
- **2.00pm-4.00pm** - Memory Cafe - Third Wednesday of the month. A friendly and informal cafe for people with dementia or memory loss, and their carers. Offering refreshments, activities and information.
- **6.00-7.00pm** - Meditation on Zoom - Email Bill for the link: billvennells@hotmail.com
- **10.00-12.00 pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre



What's on: Newtown 2025

Thursday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **10.30-12.30pm** Newtown's Wildflower Gardens for the Bees every other Thursday with Judith
- **10.30-12.00 pm** 1st and 3rd Thursday of each month Good News Cafe' & Kids Swap Shop at Exeter Christadelphian Church
- **12.30-1.30pm** - Women Yoga at Southernhay URC Church with Inclusive Exeter.
- **12.30-1.30pm** - Conversation Cafe at Southernhay URC Church with Inclusive Exeter.
- **1.00-3.00pm** - Garden sessions - St Sidwell's Community Garden
- **2.00-4.00pm** - Sid's Drop In – Digital skills, work & wellbeing - St Sidwell's Community Centre
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Friday

- **11.00am-12.30pm** - Sing and Sign - The Baby Room Exeter
- **10.00-12.00** Wellbeing Cafe at the Belmont Second Friday of the month.
- **1.30-3.00pm** - Friday Club - St Sidwell's Community Centre
- **7.00-8.30pm** - Belmont Chapel Youth Group
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Saturday

- **9.30-10.45 am** Conversation Class at St Sidwell's Bakehouse
- **10.00am-12.00pm** - New Dads at The Baby Room Exeter - First Saturday of each month - £3 each
- **10-11.30** Saturday Dads, Second and fourth Saturday of the month at the Belmont.
- **1.30-3.30 pm - First Saturday of the month:** Newtown community get together gardening and cafe' @ Clifton Street top car park



What's on: Newtown 2025

St Matt's Church Groups:

- POLO is a free group for 0-5 year olds and their parents and carers. We meet at 10:00-11:30am in St Matt's Church with toys, bouncy castle, snacks and singing. Everyone is welcome and there is no need to book on.
- POLO Tinies is a free group for parents with their under 1 year old. We meet at 9:30-11:00am in St Matt's Church for the parents to relax with cake and coffee before some singing together. Everyone with their under 1 year old are welcome and there is no need to book.
- POLO Hope is a group for adoptive and fostering to adopt families. We meet weekly at 9:30-11:00 in St Matt's Church to support each other through what can be a complex journey. For more information on this group please do email hello@co.church.

Contact Details for Venues and Classes:

- St Sidwell's Community Garden: call 01392 666 222 or email volunteer@stsidwells.org.uk.
- One to one wellbeing support at St Sidwell's community centre book a session in advance on wellbeing@stsidwells.org.uk
- Post Natal Core Restore: nancyogaphysio@gmail.com
- Community Walk and Talk natalie.smith@eci.org.uk, mobile:07856917894
- Friday Club: 01392 666222 , email fridayclub.exeter9@gmail.com
- Further information on the ESOL Classes, please email maria@stsidwells.org.uk.
- Postnatal Yoga for Mums (babies welcome) contact: annah.herbert@gmail.com
- Belmont Chapel : Tel: [01392 258029](tel:01392258029) Email: office@belmontexeter.church
- St Matt's Church: For more information on the groups, email jessica@stmattsexeter.org
- Groups at the Baby room Exeter: <https://thebabyroomexeter.co.uk/>
- Judith at Newtown Wildlife Gardens for the Bees : richardson.dawes@btopenworld.com

Volunteer

Inclusive Exeter are looking for people to join the little group of volunteers who run the English Conversation Group. This takes place 12.30 – 2.00 pm on Thursdays at The Mint Methodist Church Centre. It's a friendly little group offering people whose first language is not English the opportunity to chat with native speakers. No prep, no homework, always lots to talk about!

Get Social



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

- Maisaa Sweid (Community Builder- Newtown)
- Newtown Animal Welfare Group
- Exeter Scrapstore
- Newtown Community Association - Newtown Community Centre
- Newtown Primary School Exeter
- FREEMOOVEMENT
- The Baby Room Exeter
- Belmont Exeter
- Exeter Seed Bank
- Newtown Community Pre-school
- Inclusive Exeter
- St Matt's Church Exeter
- **Southernhay URC**
- Positive Light Projects
- St Sidwell's community centre

Useful Information

- Parental Minds gives support to families who are struggling with their www.parentalminds.org.uk/ 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+. 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

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.

Newtown Community Builder

Name: Maisaa Sweid

Phone: 07746472581

Email: maisaa.sweid@eci.org.uk

Facebook: Maisaa Sweid (Newtown Community Builder)

Community Physical Activity Organiser CPAO

Name: Georgie Barbour Gresham

Phone: 07926 127824

Email: Georgie.Barbour-gresham@ecct.co.uk

Facebook: Georgie - Community Physical Activity Organiser Exeter North -
 "any ideas you have about physical activity please get a hold of Georgie"