



## Hello from Natalie!



Hello St James!  
As I approach one year in my role as a Community Builder, it's great to reflect on the journey so far—the team-building moments, planting sessions, litter picks, pop ups and the many wonderful groups I've had the pleasure to be part of. Each experience has deepened my commitment to creating spaces where people feel seen, supported, and connected.

At the heart of it all is a simple belief - let's focus on what's strong, not what's wrong. I'm here to help foster a stronger, more connected community, where neighbours look out for one another and everyone feels a sense of belonging. I can support you in getting more involved or finding the connections and opportunities, you need in your life. If you have any ideas or suggestions please make get in touch.

Best wishes,

*Natalie*

Natalie

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# Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have been saying:

"I'd like to see a local repair cafe. I can sew and restring pearls."

"We could do some more pop ups on Old Tiverton Road, at the Park."

"Apart from my sister, do you know you're the only one who really listens to me."

"Can you do this (Pop Up Play) in the park across the road from my school?"

## Door Knocking

One of the best ways to reach people from all walks of life is through door knocking. It gives us the perfect opportunity to have those discovery conversations to build connections and signpost, particularly for those who haven't connected with others for days.



Here I am with my fabulous colleague Zoe, letting residents know who we are and what opportunities are out there. This summer, look out for me and one of my colleagues who just might knock on your door!

## Diary dates

Sunday 13<sup>th</sup> July, 11am  
Community Litterpick at Devonshire Place Orchard

Wednesday 16<sup>th</sup> July, 3.30-4.30pm  
Pop Up Play at Queen's Crescent Garden

Wednesday 23<sup>rd</sup> July, 11am  
Art Community Walk and Talk  
St Sidwell's Community Centre



## Pop Up Play at Queen's Crescent Garden

**Wednesday 16<sup>th</sup> July 3.30-4.30pm**

Join your Community Builders - Natalie and Rachel for an Active Pop Up Play with various games, for the whole family to enjoy. Share your ideas and connect with others

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natalie.smith@eci.org.uk  
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Natalie Smith - St James  
Rachel Gillmore - Exwick

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



# Let's get active with Georgie!

"What a great start to the summer we've had across St James, and many more ideas to come for physical activity! The St James Community Walk and Talk, starting outside St Sid's on Wednesdays at 11am, has been a gentle and friendly way for locals to get moving, meet others, and enjoy a chat while exploring the neighbourhood. With our final walk left in this current run, now's the perfect time to come along.

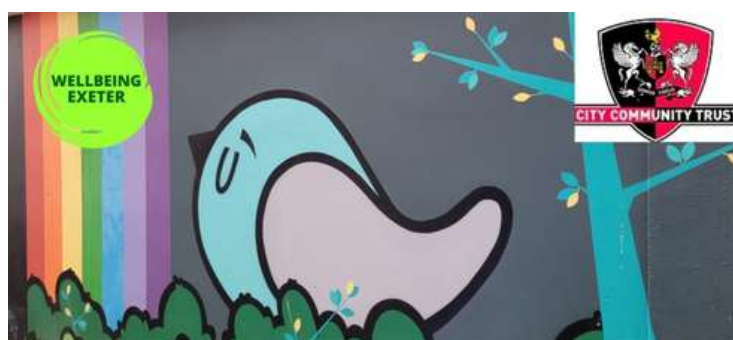
To find out more or register your interest in future walks, please get in touch with Georgie Barbour-Gresham or Natalie Smith.

It would be great to hear more idea's from local residents and to hear where you would like the physical activity to be in St James"

Georgie



If you have an idea or need support to access physical activity. Please contact Georgie via this email: [georgie.barbour-gresham@ecct.co.uk](mailto:georgie.barbour-gresham@ecct.co.uk)



## Art Community Walk & Talk Wednesday 23rd July

A stroll around the city to spot art by local artists  
Meeting 11am at St Sidwell's Community Centre entrance.

Contact: ☎ 07856 917894 📧 [natalie.smith@eci.org.uk](mailto:natalie.smith@eci.org.uk) 📱 Natalie Smith - St James  
☎ 07926127824 📧 [Georgie.BarbourGresham@ecct.co.uk](mailto:Georgie.BarbourGresham@ecct.co.uk) 📱 Georgie - CPAO Exeter North

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

## Ways to stay active

- Go out for a walk, jog, run, swim, bike ride or just go for the stairs, instead of the lift.
- Come to one of our Pop Ups
- Join a fitness group  
[Freemoovement](#)
- Arrange a Community Litter Pick
- Host an Active Community Event supported by your Community Builder
- Set up a Little Free Library
- Join a Community Gardening Group -Sidwell Street Gardeners, Exeter Community Garden, Rainbow Garden at Sidwell Street Methodist Church



# It starts with a chat!



Residents in St James are keen to keep where they live free of litter, so if you are thinking of doing a Community Litter Pick, I can support you with this. After a chat with St James' resident - Charlie, we are now working together on monthly litter picks.

Here's a snippet from the St James' Forum Magazine:

"Devonshire Resident's Association organised their first St James Litter Pick of the year with the my support. Chair Charlie Davis says "It's good exercise, fun and very satisfying. It's a great way of bringing the wider community together."

I am keen to support events with other Resident's Associations, so please get in touch if you would like to chat.

Here's what I can do to support you :

- Supply the Litter Picking equipment
- Help with the Risk Assessment
- Arrange for the litter to be collected



## Community Litter Pick

Sunday 13th July at 11am

Meet at Devonshire Place Orchard with local neighbours to keep St James tidy. All litter pickers, gloves and bag are provided. Everyone is welcome - bring family and friends.

From Devonshire Place Orchard, we'll make our way up towards Well Street, Prospect Park, Powderham Crescent, St James' Road and surrounding roads. If you would like to keep up to date with community events in St James - join St James Community Champions via the QR code.

Contact: ☎ 07856917894 📧 natalie.smith@eci.org.uk 📱 Natalie Smith - St James

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



## Pop Up Fun

A highlight of our role is holding Pop Ups. Me and Georgie plan them and turn up at a community space with our Wellbeing flag and a bike trailer full of goodies. Whether it's an active pop up, a pop up planting session or pop up listening, it's a fantastic opportunity to connect with the wider community.



A young person who I was playing badminton with during our recent Active Pop Up in Bury Meadow Park during May Half Term suggested we bring an active pop up to the green space opposite her school. We popped up and had some fantastic feedback from St James' Forum and the local community - "We like to see more of this in our community."



# Repair Cafe Planning Meeting

Join us on Friday 4th July 2025, 10:30am - 12:30pm

The University of Exeter's Sustainable Team is setting up a Repair Café on Streatham Campus (Tues 25th Nov). They are hosting a planning meeting on Friday 4th July from

10:30am - 12:30pm in the Digital Maker Space (Forum Library). Please see below for details about the event.



This meeting is a great opportunity to bring together everyone who's interested in being involved - whether as a volunteer, organiser or supporter. The time will be used to co-create the vision for the November event:

- What will the event look like?
- What roles need to be filled?
- What equipment and materials will we need?
- How can we best use the funding we've received from the Sustainability Projects Fund?

There will also be a 'tour' of the space so we can start imagining how it will be used.

Anyone interested in sustainability, community repair or hands-on making is welcome! Whether you're ready to take on a role or just curious, feel free to attend the whole session or just drop-in. Staff, students and community members are all welcome and encouraged to attend. After the November event, there's a plan to run these University Repair Café events on a monthly basis, so we need as much support as we can get!

If you're planning to attend this initial meeting on July 4th, please take a moment to fill out this short form to let us know. [Click here](#)

## Merry Go Round - Toy Library

Merry Go Round is a Toy Library service that has recently relocated from The Scrap Store to Positive Lights Projects on Sidwell Street. You will be welcomed by Andrea on Tuesdays between 10-4pm. You can stay, play and borrow toys/books. There is also an online booking system - [Click here to book](#). Pop in and say hello or stay and play!



## 1st Exeter Boys' Brigade



The 1st Exeter Company of the Boys' Brigade has been meeting at this church since 1920!

The Boys' Brigade offers a programme with plenty of variety and little chance of becoming bored! Lots of physical activities, crafts, games and competitions, with the opportunity to learn new skills.

As well as our regular weekly meetings we take part in competitions with other BB Companies, attend and support our own BB Camping & Training Centre at Broadleas, Haytor, on Dartmoor, and some of us take part in a regular summer camp at Pembrey Country Park in Wales.

Most of all our activities are centred around having fun and making friends. We meet on Tuesday evenings.

[Anchor Boys](#) for ages 5 -7, from 6.00pm -7.30pm

[Junior Section](#) for ages 8 -11, from 6.00pm -7.30pm

[Company Section](#) for ages 12 -18, from 7.30pm - 9.30pm

To find out more about the Boys' Brigade, visit their website - [Click here](#)

# A Close with no sense of community

It was a breezy spring afternoon in May when we began knocking on doors along a winding close—a quiet close shared by long-time residents and university students. Most students were away at lectures, so we spoke mainly with residents. As Community Builders, we asked a simple question: “What’s strong in your close?”

The answers were honest. A few residents admitted they didn’t feel connected to their neighbours, but many expressed a desire to change that. Encouraged, we planned a small

Pop-Up gathering in a shared green space halfway down the close. We brought tea, cake, “What’s On” guides, and Wellbeing Exeter postcards, complete with QR codes to find out more information about our roles and local stories.

Even before the event, the response was heartening. One resident, who received our leaflet, called to say, “There’s no sense of community in this close” but offered to bring cake. Another said she’d be away but was eager to attend the next one.

Two weeks later, the Pop-Up transpired into something beautiful. Fourteen residents came, mugs in hand, smiles on faces, even the postman joined in. Conversations flowed effortlessly. People shared stories, admired gardens, discussed home sales, and even swapped tales from Ireland. Someone connected me with the local school. Others talked about their skills and hobbies.

The “What’s On” guides were a hit, sparking curiosity and questions. One woman said, “I’d like to do this again—maybe on a summer evening when more neighbours are home from work.”

By the end, everyone was on a first-name basis. As people drifted back to their homes, I overheard two residents making plans for another meet-up. That moment—those quiet, hopeful voices—felt like the beginning of something special.

The close isn’t just a close anymore...it’s becoming a community close.

Isn’t it amazing what tea, cake and a couple of Community Builders can do!



## Stay connected

Reasons to join St James Community Champions  
What’s App Group:

- Share ideas
- Work together to enrich our community
- Connect with neighbours
- Became more resilient
- improve your wellbeing
- Find out What’s On locally
- Organise an event with support
- Give your time to a great cause
- Keep Active in body and mind



### St James Community Champions

**Share ideas ~ support ~ inspire others**

Join your neighbours & community in St James to work together to maintain a tidy and blossoming neighbourhood. Share ideas and keep up to date with planned litter picks, planting sessions, etc via What’s App. Scan the QR code to join.

# What's on at Exeter City Football Club

## Devon HAF Programme



Bookings for our Exeter City Holiday Activities and Food programme are now open.

Lots of FREE funded activities for eligible children and young people aged 5-16.

To find out more and make a booking, please visit <https://eequ.org/exetercitycommunitytrust>

## Free Tours

The football season may be over until August but with the school holidays fast approaching why not take the opportunity to have a free stadium tour of St James Park during the holidays. Everyone is welcome, children, parents and grandparents.

Experience at first hand a behind-the-scenes view of various locations of the ground. Tours include the dressing rooms, a fans favourite, as well as the Hospitality Suites, Directors lounge, Museum Room and the Security Centre which provides a unique insight into their match day role.

At the same time the guides relay information about the history of the club making use of the visuals and displays which are all around the stadium plus some unusual and interesting stories which fans may not be familiar with!

**CREATING CONNECTIONS**  
SOCIAL CAFÉ

**TUESDAYS 10:30-12PM**  
**AT THE GRECIAN CENTRE, ST JAMES PARK, EX4 6PX**

Exeter City Community Trust looks forward to welcoming anyone who would like to come along for a cuppa and a chat at our Social Café. It is a great opportunity for people over the age of 40 to stay connected.

Possible activities include:

- Coffee mornings • Book swaps • Art and crafts • Crossword club • Guest speakers
- Gentle exercise • Walks and trips to other activities in the city.

**FREE TOURS**  
**OF ST JAMES PARK**



# Funding Opportunities

Are you a community working to improve/enhance your community? Here are a couple of grant suggestions:

Devon County Council: Locality Budgets 2025/26

Each County Councillor in Devon has a Locality Budget allocation of £8,000 that they can use in this financial year (until March 2026). Devon County Council Members can use their Locality Budget to support good causes in the area that they represent such as projects to address loneliness, increase access to healthy activities, help people experiencing food poverty or enhance public spaces. To find out more, [Click here](#)

Ward Grants - Community groups can apply for a maximum grant of £350, this is from an overall budget of £39,000. Each Ward has £3,000 to spend. A Ward Grant can support a community project, such as a community festival, theatre production or a craft group. Examples of costs that could be supported include equipment or resources, publicity, materials, and refreshments.

To find out more, [Click here](#)

## Magic Carpet

Magic Carpet brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups.

We believe in making creativity accessible to all and to promote the arts as a fantastic vehicle to develop skills, meet people and build self-confidence. We make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton.



Open Studios – A Creative and Social Workshop

- Mondays 2-4pm Exeter Phoenix
- Thursdays 2-4pm Exeter Phoenix

A friendly space where people can paint, draw or create without pressure.

This is a workshop space to work on your own choice of art. It is not a taught session, but guidance is available from our artists. Aimed at those who are experiencing social isolation or who are working towards healthier mental wellbeing. £5 per session

[Click to register your interest](#)

## Taster Sessions

Get ready for your holidays with these free taster language sessions at the St Sidwell Centre. learn useful phrases in Spanish and Portuguese





# ECI Charity Quiz Night

We're thrilled to invite you to Exeter Community Initiatives' Charity Quiz Night at David Lloyd Exeter on Friday 11th July at 7pm – an evening packed with fun, friendly competition, and fundraising!

💡 Quiz teams of up to 6 – just £10 per team

🎵 BBQ, drinks, live music

🏊 Exclusive access to David Lloyd's outdoor pool and bar before the quiz

👨👩 Bring your family – it's the perfect night out for all ages!

💛 Quiz team prizes include a case of wine and a one-day David Lloyd guest pass for each team member

🎁 Amazing raffle prizes also up for grabs!  
It's a brilliant opportunity to connect, relax, and support a vital local cause.

All proceeds go directly to ECI, helping us continue our vital work supporting families, improving mental health and wellbeing, and empowering communities to thrive across Exeter.

✉ Team booking is essential to access David Lloyd facilities – reserve your spot by emailing: [hannah.scott@eci.org.uk](mailto:hannah.scott@eci.org.uk)

🔗 Learn more about the people we've supported:  
[Click here](#)

We'd love to see you there – let the quizzing begin!



**St. Sidwell's Community Centre**

# Sidwella Day 2025!

**St. Sidwell's Community Centre Open Day**

**Friday 1<sup>st</sup> August, 12pm-3pm**



**Falafel Wraps | Venison Burgers | Art in the Garden | Spanish, Portuguese and Arabic Taster Classes | Plant Sale | Bake Sale**

St. Sidwell's Community Centre, Sidwell Street, Exeter, EX4 6NN  
For info: [george@stsidwells.org.uk](mailto:george@stsidwells.org.uk)

**THE SIDWELL STREET English Classes**

## An Introduction to Arabic Language and Cultures

Explore the language and cultures of the Arabic-speaking world in this fun and informal session. No Arabic knowledge needed!

Arabic speakers, please come and share your language and cultures with us!

**16<sup>th</sup> July, 5.30pm-7pm,**  
**St. Sidwell's Community Centre,**  
**Exeter, EX4 6NN**

**St. Sidwell's Community Centre** Information/attendance: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk)

We are looking for

## FARMER'S MARKET VOLUNTEERS

**Thursdays**  
**09:00am - 13:00pm**

90min, 2hr and 4hr shifts available.

promote our produce

meet new people

have an interest in the local food movement



**Contact us:**

[volunteer@stsidwells.org.uk](mailto:volunteer@stsidwells.org.uk)

[bakehouse@stsidwells.org.uk](mailto:bakehouse@stsidwells.org.uk)

**178-179 Sidwell St**  
**Exeter**  
**EX4 6NN**

**THE SIDWELL STREET Bakehouse**

# VOLUNTEER WITH US

Keep fit & have fun!



**BREAD DELIVERIES ACROSS THE CITY**

**VOLUNTEER WITH US ON OUR ELECTRIC CARGO BIKE**

For more info pop into the Bakehouse and say hello or email: [volunteer@stsidwells.org.uk](mailto:volunteer@stsidwells.org.uk)





# What's on: St James: Summer 2025

## Monday

- 1.00-2.30pm Theatre Workshop - Migrant Women - St Sidwell's Community Centre
- 1.00-4.00pm Devon Mental Health Alliance Drop In - St Sidwell's Community Centre
- 3.00-5.00pm Gardening Group - Rainbow Garden at Sidwell Street Methodist Church (3rd Feb-Oct)
- 6.00-7.00pm Andy's Man Club - Exeter City Football Club

## Tuesday

- 10.00-12.00pm Exeter Community Garden - Higher Hoopern Lane, EX4 4SQ (close to carparks A&B). Email: [exetercommunitygarden1@gmail.com](mailto:exetercommunitygarden1@gmail.com)
- 10.30-12.00pm Social Cafe - Grecian Centre at St James' Park
- 10.30-12.00pm Coffee Morning - St Sidwell Methodist Church (first & third Tues of each month)
- 10.00-12.00pm ESOL English Classes - St Sidwell's Community Centre. Email: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) or [christine@stsidwells.org.uk](mailto:christine@stsidwells.org.uk)
- 11.00-1.00pm The Sidwell Street Gardeners - St Sidwell's Community Centre (Feb 25)
- 1.00-4.00pm Board Games & Books - St Sidwell's Community Centre
- 2.00-4.00pm CoLab Men's Group - CoLab, King William Street
- 6.00-7.30pm Boys Brigade (ages 5-11 years) - Sidwell Street Methodist Church
- 7.30-9.00pm Boys Brigade (ages 12-18 years) - Sidwell Street Methodist Church

## Wednesday

- 10.00-12.00pm ESOL English Classes - St Sidwell's Community Centre. Email: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) or [christine@stsidwells.org.uk](mailto:christine@stsidwells.org.uk)
- 10.30-12.30pm CoLab Women's Group - Meeting House, CoLab, King William St. [colabwomen@colabexeter.org.uk](mailto:colabwomen@colabexeter.org.uk)
- 1.00-4.00pm Rekindle Arts & Crafts Recovery Drop In - St Sidwell's Community Centre
- 6.30pm Freemoovement at West Garth Park
- 7.30pm Men's Group meets monthly - Sidwell Methodist Church - [www.sidwellstreetmethodist.org.uk](http://www.sidwellstreetmethodist.org.uk)

## Thursday

- 9.30-11.15am Baby & Toddler Group - Sidwell Street Methodist Church (Term Time)
- 10.00am Sporting Memories - St James' Park
- 2.00-4.00pm Sid's Drop In - St Sidwell's Community Centre
- 7.30pm Badminton - Sidwell Street Methodist Church
- 7.00-9.00pm Open Mic Night - The Sunset Society, 5 Old Tiverton Road

## Friday

- 10.00-12.00pm ESOL English Classes - St Sidwell's Community Centre. Email [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) or [christine@stsidwells.org.uk](mailto:christine@stsidwells.org.uk)
- 12.15pm St James' City Walk & Talk - meet at St Sidwell's Community Centre
- 1.00-3.00pm Sidwell Street Gardeners - Sidwell's Community Centre
- 1.30-3.00pm Friday Club - St Sidwell's Community Centre (£2 - refreshments)
- 1.00-4.00pm Board Games - St Sidwell's Community Centre
- 2.00-3.30pm Sidwell Scribblers - St Sidwell's Community Centre

## Saturday

- 9.30-10.45am ESOL English Classes - Sidwell Bakehouse
- 10.00am Exeter Community Garden - Higher Hoopern Lane, EX4 4SQ (close to carparks A&B)
- 10.30-11.30am Exeter University Health Walk - Meet at visitor's carpark, opp. Northcott Theatre

## Sunday

- 9.00am Freemoovement at West Garth Park

## Devon Connect

Devon Connect is a free community resource for anyone wanting to share or find information about activities, events, volunteering opportunities and conversations across Devon.

It's also a social networking platform for you to connect and collaborate around the things that matter in your community, To find out more [click here](#)



## Get Social



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

- St James with Duryard Community Support
- St Sidwell's Community Centre
- Exeter City Football Club
- Exeter City Community Trust
- Exeter Community, UK
- Mums in Exeter
- Age UK Exeter
- Exeter Community Group Uk
- Exeter Community Garden
- What's Happening Exeter

## Useful Information

- Andy's Man Club - Mondays 7pm  
[www.facebook.com/andyManClub](http://www.facebook.com/andyManClub)
- TALKWORKS - 0300 555 3344  
[www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)
- Parental Minds gives support to families who are struggling with their mental health  
[www.parentalminds.org.uk/](http://www.parentalminds.org.uk/)  
Tel: 07907 614 516
- Domestic Violence Splitz Devon Helpdesk  
Tel: 0345 1551074
- Exeter City Council Tel: 01392 277888
- Exeter University - general enquiries  
Tel: 01392 727272
- Mental Health Mind charity  
Tel: 0300 123 3393
- Devon MASH - Multi Agency Safeguarding Hub Tel: 0345 155 1071
- 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)



# 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.

## St James Community Builder

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Facebook: Natalie Smith

(Community Builder St James)

[Click here](#)

Join my mailing list



## Community Physical Activity Organiser (CPAO)

Georgie Barbour-Gresham

Tel: 07926 127 824

Email: [georgie.barbour-gresham@ecct.co.uk](mailto:georgie.barbour-gresham@ecct.co.uk)

Facebook: CPAO Exeter North

[Click here](#)