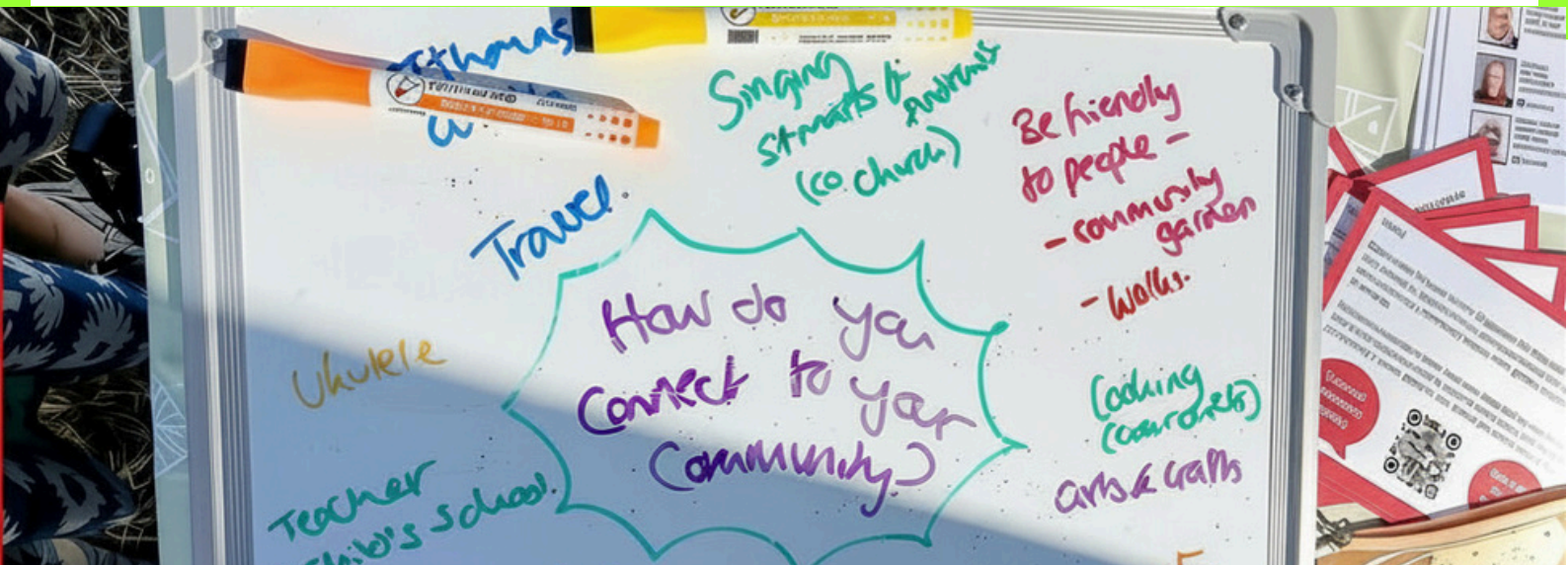




Hello from Amy!



Hi I'm Amy, the Community Builder for St Thomas.

Summer is here and has been kicked off in style, bubbles and community spirit thanks to the fantastic Love St Thomas festival team. Thank you for creating another amazing community event!

As per usual there plenty of new ideas and projects popping up in St Thomas.

If you've got a great idea for your street or neighbourhood, be it a community garden, festival or new group, but don't know how to start, I can support you to turn it into a reality.

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!

Best wishes

Amy
Amy Jones

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have shared with me at recent events.

I'd like to set up a wheelchair/mobility scooter outdoor meet up? Can you help?

"I'm looking for a community space to run a group. Can you help?"

I'd like to join a litterpicking group in the area or organise a litterpick

"The cadets are looking for ways to help in the community. Can you help us."

Community Builder Pop Events

I'll be at outside the Birdhouse Cafe for a pop up games session on Wednesday the 19th August. Come and say hello and discuss any community ideas you have. I'll also be supporting the Air Cadets to run a community litter pick so please come and join us. All equipment provided. Keep an eye out for more litterpicks in the summer on my social media pages as a resident is concerned about the amount of rubbish and impact on wildlife in the Barley Valley nature reserve.



Pop Up Play

Wednesday 19th August 10am-12pm

On the grass by the Birdhouse cafe, Pincus Gardens

Join your Wellbeing Exeter Community Builder Amy Jones & Community Physical Activity Organiser Felix Elsen for a **FREE** pop up play session. Share ideas for the community and find out what's on in the local area.

✉ Amy.jones@eci.org.uk ☎ 07935 218747

✉ CB St Thomas (Amy Jones)

www.wellbeingexeter.org.uk



Community Litterpick

Monday 24th August 2pm, Cowick Barton Playing Fields

Meet at the Air Cadet hut, Old Vicarage rd end

Join your Wellbeing Exeter St Thomas Community Builder Amy Jones, Community Physical Activity Organiser (CPAO) Felix Elsen & the 2469 St Thomas Air Cadets for a community litter pick

This is a **FREE** event. All equipment provided. Everyone welcome.

☎ 07935 218747

✉ Amy.jones@eci.org.uk ✉ CB St Thomas (Amy Jones)

www.wellbeingexeter.org.uk

Walk Leaders & Westside Wheelers



Do you enjoy walking and meeting new people?

Could you spare an hour or two each week to lead a local walk and help people connect and stay active?

For more information:
 Email: volunteering@westbank.org.uk
 Call: 01392 824752
www.westbank.org.uk/volunteering

www.westbank.org.uk
 @westbankdevon @westbankdevonuk
 Westbank, The Healthy Living Centre, Farm House Rise,
 Exminster, EX6 8AT | 01392 824752
 Reg Charity: 1119541 | Company No: 06243811

Registered with
**FUNDRAISING
 REGULATOR**

WESTBANK
 health - wellbeing - care

Do you enjoy walking? Would you like to meet other in the local area? Westbank Walks for Health are looking for new walk leaders. Please contact them for more information.

WESTSIDE WHEELERS.3

Are you a mobility scooter user? Would you like to meet others, get out and enjoy the sunshine and explore the local area? I recently met Emily who is keen try this after seeing a similar group start up in Whipton (Whipton on Wheels). Wheeling trips would be in the St Thomas and Exwick area. Please get in touch if you're interested.

News from Felix - CPAO



Hi, my name is Felix and I am the Community Physical Activity Organiser (CPAO) for West Exeter. I am happy to announce we now have Pickleball courts at Cowick Barton Tennis courts!

What started as a conversation with local councillors and the Exeter Pickleball Club about an idea to add pickleball court lines to some of the tennis courts at Cowick Barton Park over a year ago, has finally become a reality. Pickleball court lines have been added to 2 of the tennis courts & the existing nets will be used for both sports. It means this brilliant public facility will now be able to be used for Pickleball too. These are the first public tennis courts across Exeter to benefit from this dual use.

There will most likely be a launch event to mark the occasion at some point and to introduce new people to this growing sport. Keep an eye on my social media page for further information. Facebook: facebook.com/CPAOExeterWest/ Instagram: instagram.com/cpao_exeterwest/

If you've never heard of Pickleball before check out the Pickleball England website. <https://www.pickleballengland.org/what-is-pickleball/>

Check out Joy Rides a new weekly Social Bike Ride at Rideon Exeter. A series of guided group rides. Free to join, these rides will be at a relaxed pace and led by a trained and friendly ride leader. Free booking on Ride On's website: <https://rideoncycling.org/joy-rides/>

Bereavement Buddies

Have you recently been bereaved, or are you struggling with the loss of a loved one?

The lovely folk at **Riverside Church Exeter** have started a Bereavement Buddies drop-in alongside their Friendship Hub Community Café, running every Tuesday and Wednesday from 10am–12pm.

Whether you'd like a listening ear, a friendly chat, or simply some company from people who understand, you'll be warmly welcomed.

If you're feeling unsure about taking that first step, please get in touch with me. I'd be more than happy to pop in with you, make introductions, and help you feel comfortable.

FRIENDSHIP HUB

TUESDAYS & WEDNESDAYS 10AM-12PM

A time to connect with others and build relationships over a cup of coffee, tea and snacks.

Bereavement Buddies

A friendly face in a safe space, bereavement buddies have lived experience and are available every week to chat.

RIVERSIDECHURCH

13-14 Okehampton St, Exeter EX4 1DU
01392 210146 | info@riversideexeter.com

The Club Exeter - Mental Health Hub



Recently I visited the Club Exeter which is a hidden gem in St Thomas tucked away behind 1 Locarno Road, EX4 1QD, near Merrivale park in St Thomas. The club is a safe welcoming community space for anyone experiencing mental health issues looking for a supportive community and place to connect with others. I was shown around by the lovely Saddle who has been running the club since 2018. They have a wonderful garden, art room, writing group, swimming group and organise day trips and community meals.

Opening hours are Tuesday and Friday 11am - 4pm, and Wednesdays 1pm - 4pm.

Sessions cost £3 per person. Support workers go free.

They are also looking for volunteers to help out with making tea & coffee and helping to cook the community meals. If you could spare a few hours a week or every few weeks please get in touch.

If you would like to visit the club but are unsure about going alone, please let me know and I would be happy to go along with you.

Phone: 01392 494718 Email: theclubexeter@yahoo.com

Facebook:

https://www.facebook.com/inspiringbravefaces?locale=en_GB

The Club Exeter - Mental Health Community Hub

TABLE TOP SALE

Saturday 15th August 2026 - 12pm - 3pm

Preloved & Handmade

♥ Clothing ♥ Homewares ♥ Toys

♥ Arts & Crafts ♥ Bric-a-brac

Also

♥ Cakes ♥ Hot Drinks ♥ BBQ

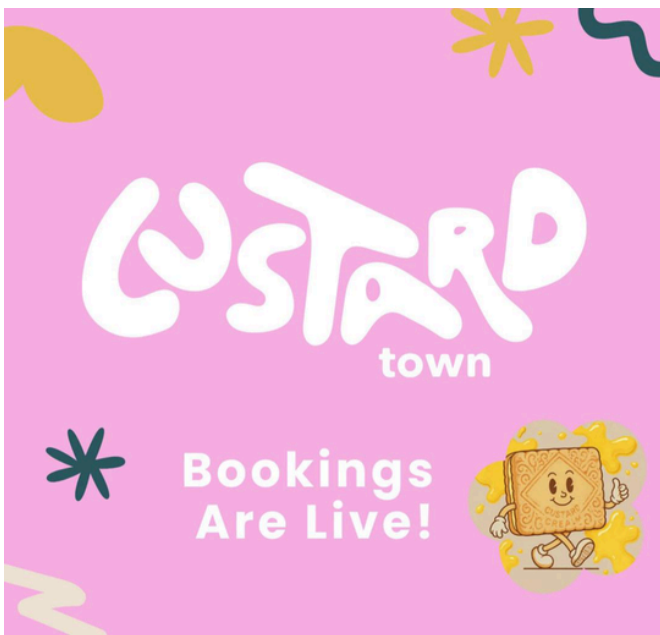
Want to sell at our event?
Rent a table for £10!
Contact us to book. Limited space available

Friends Place, Behind No. 1 Locarno Road, St. Thomas, Exeter, EX4 1QD
Tel: 01392 494718 Email: theclubexeter@yahoo.com
Facebook: www.facebook.com/inspiringbravefaces

New Community Emergency Group

A date has been set for a public meeting to set up a St Thomas/Alphington Resilience Group Network. It will be held on Friday 23rd October 6-8pm at St Thomas Church Hall. This will include a presentation/workshop/desktop exercise facilitated by Rod from Devon Communities Together. Prior to the event Benji from Love St Thomas would like to start assembling venues and organisations that might be interested in hosting an Emergency Hub. Initial training for these hubs is available at <https://www.devoncommunities.org.uk/news/community-emergency-hubs> (see bottom of the page for forthcoming dates, book via Eventbrite). Please spread the word about these training sessions and get in touch with Benji by emailing: hello@love-st-thomas.org

Custard Town a New ECI Project



Custard Town is officially open. A brand new inclusive play space for children aged 0-6
Want to Book Click Here!

Custard Town is a safe, welcoming and imaginative space where little ones can play, explore and connect. From sensory play and creative spaces to teddy bears' picnics, discos and family-friendly café vibes, Custard Town has been designed to support children's development while creating community for families across Exeter.

- ✨ Inclusive play
- ✨ Sensory experiences
- ✨ SEN sessions
- ✨ Affordable family fun
- ✨ A welcoming space for everyone

Contact Us: Email: custard@eci.org.uk

Phone: 07856925638

Follow us @custardtownexeter on social media for updates coming soon!

Activities & Courses



SATURDAY 1ST AUGUST

SUMMER SCIENCE WORKSHOPS FOR KIDS!

FUN. HANDS-ON. EDUCATIONAL.
PERFECT FOR CURIOUS MINDS AGED 4-12!

30 MINUTE SCIENCE WORKSHOPS

- ROCKETS** 10:00AM - 10:30AM
- ELECTRICITY** 11:00AM - 11:30AM
- CHEMICAL REACTIONS** 12:00PM - 12:30PM

£3 PER CHILD AGED 4-12

AT THE BIRDHOUSE CAFE
PINCES GARDEN, EXETER

SCAN TO BOOK YOUR PLACE!

OUTDOOR SCIENCE FUN IN A BEAUTIFUL PARK SETTING!

AGES 4-12 LEARN • EXPLORE • HAVE FUN! LIMITED SPACES - BOOK NOW!



THE SUMMER BOOK QUEST

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

Games

- Name the Magical Island Creature
- How many skittles in the Jar?
- Outdoor & Indoor Treasure Hunt
- Longest Bunting Ever

Libraries Unlimited

JOY RIDES

@ Ride On

Join us for **FREE**, sociable led rides
Easy pace. Low traffic routes around the
estuary. Open to all. Led by friendly &
supportive ride leaders.

For info and bookings :
Scan the QR, visit our website
or stop by the workshop!



Joy Rides is a partnership between Ride On, Exeter City Community Trust and Wellbeing Exeter, made possible thanks to funding from Sports England.

07544 314749
info@rideoncycling.org
rideoncycling.org

61 Haven Road,
Exeter,
EX2 8DP

JOY RIDES

SUMMER SCHEDULE • JULY – SEPTEMBER 2026

Turf Loop

Topsham Loop

City Loop

DATE	ROUTE
Wed 8 July	TURF LOOP
Sat 18 July	TOPSHAM LOOP
Sat 25 July	CITY LOOP
Sat 1 August	TURF LOOP
Wed 5 August	TOPSHAM LOOP
Sat 15 August	CITY LOOP
Sat 22 August	TURF LOOP
Sat 29 August	TOPSHAM LOOP
Wed 2 September	CITY LOOP
Sat 12 September	TURF LOOP
Sat 19 September	TOPSHAM LOOP
Sat 26 September	CITY LOOP

Saturdays meet 10.30am • Wednesday evenings meet 6pm
Ride On, 61 Haven Road, Exeter EX2 8DP

Ride On

Activities & Courses Continued



Visually Impaired Running

If you live in the Exeter area and want to try running or if you're an established runner struggling to find a guide, join our new group offering trained guide assistance for visually impaired runners of all abilities.



Join us and help build a thriving VI running community for Exeter.

Use the QR code to find out more

Exeter Summer Cycling Festival

Free Cycle Training Sessions for all abilities

Join Active Devon and Ride On for 5 days of FREE cycle training and Dr Bike sessions from Tuesday 4 - Saturday 8 August 2026

Social rides • Family rides
Learn to Ride • Cycle Confidence
E-Bike sessions • Intermediate
Dr Bike

Head to our webpage or scan the QR code below for more information and to book
www.activedevon.org/event/summer-cycling-festival

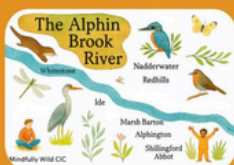
Mindfully Wild

CONNECTING PEOPLE WITH NATURE TO GROW WELLBEING, SKILLS & COMMUNITY

HELP US RESTORE THE ALPHIN BROOK IN EXETER

WHAT WE'LL BE DOING

- RIVER RESTORATION
- WILDLIFE SURVEYS
- INVASIVE SPECIES REMOVAL
- WELLBEING ACTIVITIES
- WALKS
- HISTORY PROJECT
- SHARE YOUR IDEAS & KNOWLEDGE



TAKE OUR SURVEY AND TELL US WHAT ACTIVITIES YOU WOULD LIKE TO DO



SIGN UP TO VOLUNTEER FOR CONSERVATION SESSIONS



JOIN THE WHATSAPP GROUP



FIND US ON



www.mindfullywild.org.uk Email: info@mindfullywild.org.uk

FIND US ON

JOIN US FOR THE BIG BUTTERFLY COUNT ON FRIDAY 31ST JULY

FIND OUT ABOUT THE RESTORING THE ALPHIN BROOK PROJECT & HOW YOU CAN GET INVOLVED



WHERE?

FREE

10AM-11AM

BY THE ALPHIN BROOK ON ALPHIN BROOK ROAD, MARSH BARTON. GO THROUGH THE GATES TO THE FOOTPATH BY THE FLOOD DEFENSE ENTRANCE NEAR LIDL. LOOK FOR THE BIG WHITE FLAG ON THE FOOTPATH. W3W ///OVERNIGHT.DATED.HIPS

11:30AM-12:30PM

BY THE A30 FOOTBRIDGE BY THE TWISTED OAK PUB IN IDE, EX2 9RG W3W ///LION.DISCREPANCY.CARRY

www.mindfullywild.org.uk Email: info@mindfullywild.org.uk

Activities & Courses Continued

Transitions 2026 Workshop Programme

Make Your Move
Weds 23rd and 30th September 10.30am-1.00pm
 YMCA, 39-41 St. Davids Hill, Exeter EX4 4DA
 A two part self-help course to plan and manage a rental move.

Clear Your Clutter
Thurs 24th Sept, 1st and 8th Oct 1.00pm-3.00pm
 St John's Court, Exmouth EX8 4DD
 A course of 3 weekly workshops designed to tackle de-cluttering.

Connection Reflection
Weds 7th, 14th and 21st October 11.30am-2.30pm
 The Moorings, Wonford House, Dryden Road, Exeter EX2 5AF
 A course of 3 weekly workshops designed to help you understand your social connections.

  Scan to Book Your Place

Transitions 2026 Workshop Programme

Our courses are free to attend and designed to be most beneficial when all sessions are attended.

Scan the QR code to book your place or email transitions@eci.org.uk

Improve Your Sleep
Thurs 30th July, 6th & 13th August 10.30am-12.30pm
 Old Heathcoat School Community Centre, Tiverton EX16 5JJ
 A course of 3 weekly workshops exploring routines, relaxation techniques and habits that support deeper, more restful sleep.

Just the Job
Weds 12th & 19th August 1.30pm-4.00pm
 The Mint Methodist Church, Fore Street, Exeter EX4 3AT
 A course of 2 weekly workshops on preparing for work, learning or volunteering.

Creature of Habit
Thursday 10th and 17th September 10.30am-1.00pm
 Central Exeter
 A two part course looking at why we need routine and structure in our lives and how habits are formed.



Join the Jelly team!

Looking for volunteering experience?

Gain customer service & workplace skills, build confidence and support your local community by volunteering in our children's charity shop

- ✦ Serve customers
- ✦ Meet new people
- ✦ Training provided
- ✦ 25% volunteer discount

Scan to find out more!



148-149 Fore Street, Exeter, EX4 3AN
 01392 205800
jelly@eci.org.uk
www.eci.org.uk



Registered Charity Number: 1024201
 Registered Company Number: 2646720 (England)

Are you looking to feel more connected?

Would you like a few more friendly faces in your week?
 Not sure where to start? You don't have to do it on your own.
 Contact Wellbeing Exeter to ask about support from a Community Connector. Our Connectors can meet you locally to:

-  **Have a chat**
 We'll listen to your story and explore what you enjoy, what you miss, what you'd like more of, and any challenges you're facing.
-  **Explore what's nearby**
 Together, we'll look at local groups, activities and support that match your interests and needs.
-  **Take the next step**
 Your Connector can support you to try something new — at your pace and in a way that feels comfortable. You don't have to do it alone.
-  **Build confidence and connections**
 Over time, you can grow your confidence, meet new people and feel more connected to your community.

We're free, friendly and local. Why not get in touch with a Community Connector? If you are 18 or over, you can:

- Complete a simple online form, use this QR code
- Call us directly on 01392 284271
- Email us on info@wellbeingexeter.org.uk

We look forward to hearing from you.



www.wellbeingexeter.org.uk





What's on: St Thomas

Monday

- 09.00-11.00 Baby & Toddler Group -St Thomas Methodist Church (STMC) (Term time only)
- 10:00-10:30 Story Time - St Thomas Library (STL)
- 10:00-13:00 Play space - The Family Garden (FG) (term time only)
- 10:00-15:00 Community Fridge & warm hub - Love Food CIC (LF) (term time only)
- 10:30-12:00 Knit & Natter - (STL)
- 11.30-16:00 Exeter Food Bank (EFB) (referral service only)
- 13:00-14:00 Fish & Chip Lunch Club-Friends of St Thomas Medical Centre Trefoil Lodge
- 13:30-17:30 Tech Cafe-IT Support- (STL) (3rd Monday of the month only)
- 15:30-17:00 Exeter City Community Trust Youth Club Years 7 & 8 - West Exe School (WES)
- 17:00-18:00 Premier League Kicks Football Sessions 4-11 Years (WES)
- 17.45-18:45 50th Exeter Brownies - St Thomas Methodist Church (STMC)
- 18:00-19:30 Brownies 7-10 years - Trefoil Lodge (TL)
- 18:00-19:00 Womens Walking Football - Riverside Leisure centre (RLC)
- 18:30-19:30 Freemovement Circuits in the Park - Cowick Barton Fields (CBF)
- 19:00-20:30 Guides 10-14 years - (TL)
- 19:15-20:45 Exeter 45th Guides (STMC)
- 19:30-21:00 Rangers 14-18 years (2nd and 4th Monday) (TL)

Tuesday

- 10:00-15:00 Community Fridge & warm space - (LF) (term time only)
- 10:00-10:30 Bounce & Rhyme - (STL)
- 10:00-12:00 Community cafe (Donation only) (RC)
- 10:00-13:00 Play space - (FG) (term time only)
- 11:00-13:00 Breastfeeding support drop in- Birdhouse Cafe (BC)
- 11:30-12:00 Bounce & Rhyme - (STL)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 St Thomas Library Book Chat- Luccombe Oak Pub (LO)
- 16:45-17:45 Rainbows - (STMC)
- 16:45-17:45 Rainbows 4-7 years - (TL)
- 18:00-19:00 Rainbows 4-7 years - (TL)
- 18:00-19:00 45th Exeter Brownies - (STMC)

Wednesday

- 09.30 -11.15 Baby & Toddler Group - St Thomas Baptist Church (STBC) (Term time only)
- 10:00-15:00 Community Fridge & warm space- (LF) (term time only)
- 10:00-13:00 Play space (FG) (term time only)
- 10:00-12:00 Friendship hub, knit & natter & community cafe (donation only) (RC)
- 10.00-13.00 Step One Wellbeing Craft Group-The X Centre (XC)
- 10:30-11:30 Westbank Health Walk (every 2nd & 4th Wed) St Thomas Health Centre (STHC)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 13:00-16:00 Mental Health Hub Drop in - The Club Exeter, behind 1 Locarno rd (£3)
- 13:15-14:45 Songbirds Choir St Thomas the Apostle Church Hall (STACH)
- 13:30-15:00 Mums Choir - (STL)
- 17:00-18:00 Squirrels 4-6 years - 6th Exeter St Thomas Scout Hut (STSH)
- 17:00-18:00 Beavers 6-8 years - (STSH)
- 18:30-20:00 Cubs 8-10 1/2 years (STSH)
- 18:30-19:00 Freemovement Circuits in the Park - (CBF)



What's on: St Thomas

Thursday

- 09:00-11:00 Community Gardening Session Zero Mile Gardens - Emmanuel Hall (EH)
- 09:15-10:30 Stay & Play Baby & Toddler group - Montgomery School (MS) (term time)
- 09:30-11:00 St Thomas Tots - (STAPH) (term time)
- 10:00-15:00 Community Fridge - Love Food CIC (LFC) (term time only)
- 10:00-12:00 Community Drop-in - (STBC)
- 11:30-14:00 Exeter Food Bank- (EFB) (referral service)
- 12:00-14:30 Craft Group - Shilhay Community Centre (SCC)
- 12:30-13:30 Community Lunch Club, Love Food CIC - 95 Cowick Street (term time)
- 16:30-17:30 Wicketz Kids Cricket Sessions 8-16 Years - Riverside Leisure Centre (RLC)
- 17:45-18:45 Super 1's Disabilities Cricket Sessions 12-25 Years - (RLC)
- 18:00-20:30 5th Boys Brigade 5-18 Years - (STMC)
- 19:00-20:30 St Thomas the Apostle Church Bell Ringers - (STACH)
- 19:30-21:00 Craft 4 Others - St Thomas Methodist Church (every other Thursday) (STMC)

Friday

- 09:00-11:00 Stay & Play - West Exe Nursery Cowick Street (WEN) (term time)
- 09:30-11:00 Community Breakfast Club all welcome - (STL)
- 10:00-12:00 Stay & Play Toddler Group - Riverside Church (RC)
- 10:00-10:30 Story Time - (STL)
- 10:00-12:00 Knit & Natter- Trefoil Lodge (TL)
- 10:15-11:00 Chair Based Exercises - (TL)
- 11:30-12:30 Table Tennis, Badminton & Pickle Ball - Sport in Mind - Sport for improving mental health - (RLC)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 Tea, Craft & Chat - (TL)
- 14:15-16:15 Carers Group - (TL) (Every second Friday of the month only)
- 19:00-20:00 St Thomas Local History Group (monthly - 1st Friday of the month)
- 19:00-21:00 Scouts 10 1/2-14 years (STSH)
- 19:30-21:00 Youth Club (RC)
- 19:30 -St Thomas Local History Group (monthly - 1st Friday of the month) (STACH)

Saturday

- 09:00-10:00 Freemovement Circuits in the Park - St Thomas Pleasure Grounds (STP)
- 10:00-12:00 Lego Club - (STL)
- 09:00-13:00 Brillsville Market (Second Saturday of the month only) - Kings Carpark, Cowick Street (KC)
- St Thomas Repair Cafe (Every third Saturday of the month) - (STACH)

Sunday

- 08:50- 09:30 Junior Park Run 4-14 Years - (CBF)
- 10.15-12.15 Natter Club - (TL)
- 11:00-12:00 Community Gardening Session - St Thomas Community Garden (STPG)
- 11:30-12:30 St Thomas Food Fight (free hot food and drinks) - St Thomas Precinct, Cowick Street.

****Abbreviations in brackets () relate to the location. See back page for contact details***



What's on: St Thomas

Contact Details for Venues and Classes:

- **(STMC)** St Thomas Methodist Church - <https://www.stthomasmethodist.co.uk/>
- **(STBC)** St Thomas Baptist Church - 01392 421707 - <https://www.stbc.org.uk/>
- **(STL)** St Thomas Library - 01392 407061 - stthomas.library@librariesunlimited.org.uk
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- **(LF)** Love Food CIC - info@lovefoodcic.co.uk - <https://lovefoodcic.co.uk/>
- **(EFB)** Exeter Food Bank St Thomas Hub - 07818 226 524 - info@exeterfoodbank.org.uk
- **Friends of St Thomas Medical Centre** - Contact Denise 01392 676676
- **(WES)** West Exe School Premier Kicks & Youth Club - 01392 255611- inclusion@ecct.co.uk
- **(RL)** Womens Walking Football - <https://www.eventbrite.com/.../stthomas-womens-walking...>
- **(LO)** Luccombe Oak Pub - 01392 966695
- **(STMC)** Crafting for others email: mrsmaacookie@sky.com
- 50th Exeter Brownies - 50thexeterbrownies@gmail.com
- 45th Exeter Brownies - exeterbrownies45@gmail.com
- Exeter 45th Guides - exetergg45th@aol.co.uk
- **(STSH)** 6th Exeter St Thomas Scout Hut - <https://6thexeterscouts.org.uk/contact-us/>
- Freemoovement - 07709 300765 - freemoovement@hotmail.com
- **(CBF)** Cowick Barton Playing Fields - 01392 262630 - <https://exeter.gov.uk/leisure-and-culture/>
- Rainbows - westexerainbows2nd@outlook.com
- **(BC)** Birdhouse Cafe breastfeeding support - Text 07484747923
- **(STACH)** St Thomas the Apostle Church Hall-01392 437486<http://www.stthomaschurchexeter.co.uk/>
- **(STHC) Westbank walks contact-** 01392 824752 healthwalks@westbank.org.uk
- Mums Choir - mums.choir.exeter@gmail.com
- **(XC)** The X Centre, Commercial Rd, Exeter, EX2 4AD - <https://steponecharity.co.uk>
- **(EH)** Zero Miles Gardens Community Gardening - zeromilegardens@gmail.com
- **(MPS)** Montgomery Primary School - 01392 285240 <https://www.facebook.com/MontyToddlerGroup>
- **(SCC)** Shilhay Community Centre, Thursday Activity Group (Shilhay Community Centre) - See Facebook group
- Super 1's Disabilities Cricket & Wickets Kids Cricket - damian.price@devoncricket.co.uk
- Sport in Mind Table Tennis, Badminton, Pickle Ball - info@sportinmind.org
- 5th Boys Brigade - boysbrigade5thexeter@hotmail.com
- **(WEN)** West Exe Nursery Stay and Play - 01392 279361
- **(RC)** Riverside Church - 01392 210146 - info@loveexeter.com
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- Friends of St Thomas Health Centre - Knit & Knatter, Chair Exercise, Carers Group - 01392 676676- denise.knowles@nhs.net held at Trefoil Lodge
- **(STCG)** St Thomas Community Garden - <https://www.facebook.com/groups/2504356273192890>

Amy Jones - St Thomas Community Builder

Phone: 07935 218747

Email: Amy.jones@eci.org.uk

Facebook: CB St Thomas (Amy Jones)

St Thomas Repair Cafe Closed in August

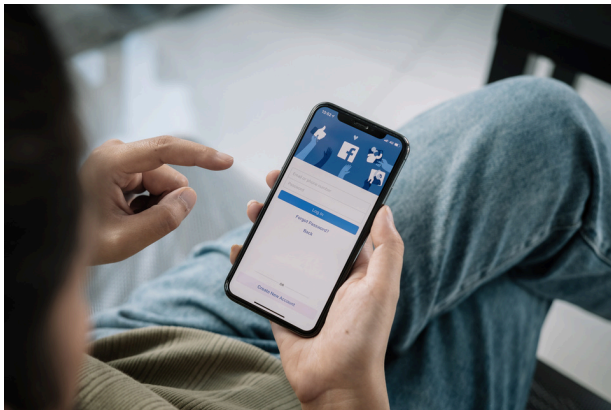
**NEXT
REPAIR CAFÉ:**

Saturday 19th September

Then every 3rd Saturday of the month from 10am to 1pm



Get Social



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

- St Thomas, Exeter
- Brillsville Market St Thomas
- West of the River Magazine
- Love Food CIC
- Cowick Roots and Recreation
- Mindfully Wild CIC
- Family Garden CIC
- St Thomas Winter Market (Winter Festival)
- The Birdhouse Cafe
- Zero Mile Gardens
- St Thomas Community Garden
- St Thomas Local History Group
- Love St Thomas Summer Festival.
- St Thomas Food Fight
- Friends of St Thomas Heath Centre
- St Thomas Repair Cafe
- Wellbeing Exeter
- Exeter Community Initiatives

Useful Information

- Parental Minds gives support to families who are struggling with their mental health
<https://parentalminds.org.uk/>
Tel: 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+.
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/>



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

www.wellbeingexeter.org.uk

**YOUR LOCAL
EXETER**



St Thomas Community Builder

Name: Amy Jones

Phone: 07935 218747

Email: amy.jones@eci.org.uk

Facebook: [Amy.Jones Community Builder \(St Thomas\)](https://www.facebook.com/Amy.Jones.Community.Builder.(St.Thomas))

Community Physical Activity Organiser (CPAO)

Felix Elsen

Tel: 07736 918 280

Email: felix.elsen@ecct.co.uk

Facebook: CPAO Exeter West