



Hello from Rachel!



Welcome to Exwick's Community Summer newsletter! Now the school holidays are here there are lots of exciting events and activities to look forward to, such as the Exwick Summer Fete and the Walking Sports Festival. The second edition of the new Community Magazine West of the River has just come out and is full of exciting things to do across Exwick and St Thomas.

Part of 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 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, 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

Rachel

Rachel Gilmore

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Exwick Summer Fete

Plans are well underway for this year's Exwick Summer Fete, taking place on Saturday 9th August from 12 noon to 4pm. It promises to be a fun, family-friendly afternoon packed with entertainment and community spirit. There will be live music, a bouncy castle, face painting, a wide range of stalls, a local history display, and a vibrant art exhibition. There will also be plenty of delicious food and drink on offer, as well as creative activities to keep the children entertained throughout the day.

We're currently looking for people to help out on the day with a variety of things from setting up, stewarding, or helping with an activity during the event. If you'd like to get involved and lend a hand please get in touch: rachel.gillmore@eci.org.uk or if you're interested in having a stall—please email: eca@exwick.org.



Exwick History Society

Following on from another successful history walk and tidy-up at Hamlyn's Lane, the Exwick History Society is preparing a series of events open to all.

Local History Stall & Poster Exhibition - Sat 9th Aug

12pm–4pm Exwick Summer Fete (inside the Parish Hall)

Exwick Cemetery History & Tree Walk Sat 6th Sept

10:30am - Meet at the Cemetery Chapels for a guided tour of the site's trees and history

Hamlyn's Lane Tidy-Up & History Walk Sat 27th Sept

10:30am - meet outside Exwick Parish Hall - help tidy and learn about its past.

Everyone welcome to all events but, if you can, please contact the society via email to let them know you hope to join an event. The Society also welcomes visitors to its informal drop-in on the first Friday of every month at Exwick Parish Hall.

exwicklocalhistory@gmail.com.
www.exwick-localhistory.org.



Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said they that they would like to see in the area;

It would be lovely to get together for a Community Walk.

There's so many fruit trees in Farm Hill...it would be great to have a map showing where they are.

I'd love to go on a bat walk in the area.

It would be great to have more benches on the flood relief

Creative Opportunities

Exwick Parish Hall continues to be a creative hub for the community, with two fantastic groups offering space to relax, learn new skills, and connect with others through art and craft.

Art for All - meets every Tuesday from 12:15 to 2:15 PM, starting again in September. Sessions are relaxed and offer a chance to experiment with a variety of mediums such as watercolours, pastels, graphite, charcoal, and collage. Whether you're new to art or have years of experience, you're encouraged to explore your own creativity in a friendly, informal atmosphere. Participants are also welcome to bring along the own projects. For more information or to book, please contact Tanya - tanyart1@proton.me

Exwick Crafty Chat - Every Other Thursday Evenings 7pm-9pm. The group recently relocated to the back room at the Parish Hall.


The group started as a way for local people to come together, enjoy a variety of crafts, and have a friendly chat. Since then, it's grown into a welcoming, sociable group where adults can relax, share skills, and learn from one another in a safe and supportive setting.

They are always looking for new members to join their small group, so please do drop in, bring a craft and have a cuppa.

So whether you prefer a paintbrush or a pair of knitting needles, there's a creative corner for you at Exwick Parish Hall.

ART FOR ALL

ART





EXWICK PARISH HALL

Tuesdays
12.15pm-2.15pm

Come along to this fun, informal art course investigating drawing, watercolours and various media.
Encouraged to develop own ideas and projects.
You are welcome to bring along something you'd like to draw!
Materials and refreshments supplied.
£20 for each block of 4 weeks
All Welcome.

To Book and enquires email: Tanya Todd at tanyart1@proton.me
or tel: 07542041672 Exwick Community Builder, Rachel.

Sponsored by Exwick Community Association

Update from Felix - CPAO

Some of you may be aware that we had planned a large family-friendly Walking Sports Festival to take place at the Exwick Playing Fields on Sun 20th July. After lots of work planning and organising the event, we had to postpone it due to severe weather warnings the day before. This was very disappointing and we are now working hard to make sure that the festival still happens on a different date in the coming months. Keep an eye on my Facebook page facebook.com/CPAOExeterWest and look out for posters around Exwick and St.Thomas with further information.

On the day, the Exwick Playing Fields will be transformed into a festival space for several hours of free drop-in taster sessions. Among other things, this is likely to include Walking Cricket, Walking Football, Non-Contact T1 Rugby and more. With the help of our experienced coaches, this will be an amazing opportunity to try your hands (and feet) at these inclusive walking sports, suitable for any age (16+) and ability.

As the name suggests, walking sports are modified versions of the traditional sports they emerged from. Pitches and courts are often smaller, while balls and other equipment may be lighter. There is usually limited or no contact, with an emphasis on gentle pace rather than strenuous exercise. All of these sports are very accessible and inclusive regardless of age, gender and ability.

The event will also include kids' activities, so parents can bring their children and let them have fun while trying out any of the sports on offer. We are also making plans to have music as well as refreshments.

Come and join us for a chance to play, socialise and enjoy a fun day out this summer!

More info:


facebook.com/CPAOExeterWest

felix.elsen@ecct.co.uk



Exwick Tots - Moving to Thursdays



The much loved Exwick Tots group is moving to a Thursday Morning. These weekly sessions are a welcoming space where parents and caregivers can come together with their babies and toddlers. This friendly holistic playgroup, will start again in September 10am - 12pm (termtime). A £2 donation includes a snack, craft, story and songs! For more information visit their Facebook Group:  Exwick Tots

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 www.homestart.org.uk

Local PSCO Team

PC 7907 Charlie James and
PCSO 30753 Gavin Menditta
Email:
EXETERNEIGHBOURHOOD@devonandcornwall.pnn.police.uk

Exwick Councillors

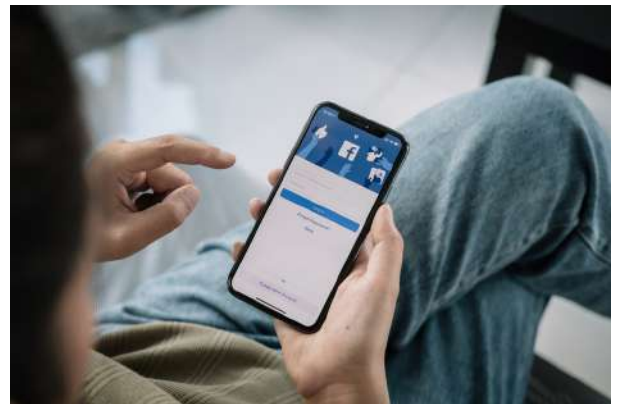
Exeter City Council:

Councillor Philip Bialyk
cllr.philip.bialyk@exeter.gov.uk
Councillor Paul Knott
cllr.paul.knott@exeter.gov.uk
Councillor Susannah Patrick
susannah.patrick@exeter.gov.uk

Devon County Councillor - Exwick:

Councillor Tony Stevens
tony.stevens@devon.gov.uk

Get Social



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

- Exwick
- Exwick Community Association
- Exwick Cricket Club
- Be Inspired Exwick Community Group
- Exwick Parish Hall
- Exwick Free Toy Shed
- Exwick Community Larder



Pop Up Play

Exwick Play Area, Station Road & Exwick Parish Hall
Tues 29th July, Tues 12th Aug 10am-12pm, Wed 20th Aug 2pm-4pm

Meet neighbours & share ideas with your local Community Builder & Community Physical Activity Organiser.

Family fitness activities in the Hall - 12th August 10:15-11:15

Family-friendly yoga in the Hall - 20th August 2-3:30pm

Free drinks and snacks. Children must be accompanied.

Contact: ☎ 07542 041 672 ✉ rachel.gillmore@eci.org.uk 📘 Rachel Gillmore - Exwick

www.wellbeingexeter.org.uk

Merrivale Big Breakfast

FREE Community Event organised by Exeter Community Initiatives

Join us every Wednesday in August 6th, 13th, 20th & 27th

10:00 AM – 12:00 PM Merrivale Park, EX4 1PJ

Enjoy a **FREE** breakfast with hot drinks and family-friendly activities including:

- ✂ Family Friendly Craft
- ⚽ Sports Activities
- 👥 Meet neighbours and connect with the community

No booking needed – just turn up, everyone welcome – bring the whole family!

More info: Amy.jones@eci.org.uk


(Children must be accompanied by an adult)



Scan to
find out
more!



**A FUND RAISER
IDENTITY CRISIS**




**EXWICK PARISH HALL
9TH AUGUST • 8PM
TICKETS £5 ON THE DOOR
RETRO BLUES ROCK**

INFO: [HTTPS://WWW.FACEBOOK.COM/SHARE/18VJIQAQ/](https://www.facebook.com/share/18VJIQAQ/)

EYE
EXWICK YOUTH COUNCIL

CARDBOARD CONSTRUCTION WORKSHOPS



FREE

**Kinnerton Way Community Hall
2:30 - 5:30pm on Tuesday's
29th July to 26th August**

8 to 16 year olds jules@inspiringarts.org

Inclusive Exeter **COMMUNITY FUND**

SUMMER ACTIVITIES 2025!

FUN • FOOD • CULTURE • SPORTS • FAMILY TIME

Join us for a summer packed with exciting community events across Exeter. There's something for everyone – children, families, and friends!

UPCOMING EVENTS

JULY
Exeter Malayali Cultural Community-Sports Day
Station Road playing field | 05 July

AUGUST
Afghan Community In Exeter- Family Picnic
Venue TBA | 05 August

Nigerian Community In Exeter -Family Fun Day
Wonford Playing Fields | 16 August

Devon Bengali Association – Picnic
Date & Venue TBA

Filipino Community Association – Sports Fest
ISCA Academy | 23 & 24 August

SEPTEMBER
Exeter Kerala Community – Onam Celebration
Clyst St Mary | 06 September

Filipino Community Association -Family Fun Day
Date & Venue TBA

WHAT TO EXPECT

- Outdoor games and sports
- Bouncy castles & kids zones
- Picnic vibes & cultural foods
- Music, dancing, and crafts
- Volunteering opportunities

FOLLOW US? & STAY UPDATED!

Website: www.inclusiveexeter.org
Email: admin@inclusiveexeter.org.uk
Instagram: @InclusiveExeter
Facebook: Inclusive Exeter
X (Twitter): @InclusiveExeter
LinkedIn: Inclusive Exeter CIC

Crafty Chat

**Small, friendly craft group.
Bring a craft and have a chat!**

**Tea/Coffee provided.
£2 per session to cover room costs.**

**Exwick Parish Hall
Every other Thursday, 1900-2030.**






What's on: Exwick Summer - 2025

non-for-profit or low cost activities

Monday

- **9.30am** - Polo Tinies - Play group for parents and their under ones - St Andrew's Church

Tuesday

- **12.15-2.15pm** - Art for All at EPH - email tanyart1@proton.net
- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief

Wednesday

- **2.00-4.00pm** - Exeter Quilters at EPH info@exeterquilters.co.uk (Monthly)
- **7.00-9.30pm** - Drumming & Dance (Shumba) - at ECC shumbaarts@gmail.com
- **8.00pm** - Quiz Night - The Thatch House www.thatchedhouse.net

Thursday

- **10.00am-12.00pm** - Exwick Tots at ECC Facebook: Exwick Tots (term time)
- **6.00pm** - Brownies - Exwick Heights School www.devonguides.org.uk
- **7.00-9.00pm** 1st & 3rd Thurs - Exwick Crafty Chat - friendly social craft group for adults - EPH

Friday

- **10.00am-12.00pm** - Friday Friendship at EPH (Term Time)
- **10.00am-12.00pm** - Exwick History Society - in the back room at EPH (First Friday of the month - email to confirm it's on - exwicklocalhistory@gmail.com)
- **5.00-6.00pm** - Girls Football - Weetabix Wildcats - 5-11yrs and 11-14yrs at ESH

Saturday

- **10.45-11.45am** - Walk - Join other residents for an informal stroll - Meets at bench near Exwick Health Centre, on flood relief

Sunday

- **4.00-6.00pm** Messy Church (2nd Sunday of the month) at EPH

Contact Details for Venues and Classes:

- Exwick Community Centre - bookings@exwick.org www.exwick.org
- Exwick Parish Hall - bookings@exwickparishhall.org www.exwickparishhall.org.uk
- Art for All - Contact Tanya - tanyart1@proton.net
- Girls Football - City Community Trust 01392 255611 cctadmin@ecfc.co.uk
- Exwick Cricket Club - ExwickCC@outlook.com www.exwickcricket.co.uk
- Exwick Tennis Club - www.exwicktennisclub.co.uk

For full listings of 'What's On' in Exwick and St Thomas visit:

<https://westoftheriver.org/regular-events/>

Rachel Gillmore Community Builder Exwick

Tel: 07542 041 672 rachel.gillmore@eci.org.uk

Facebook: Rachel Gillmore (Community Builder Exwick)

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.

Exwick Community Builder

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