



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

This issue

Page 1

- Introduction

Page 2

- Spring Celebration

Page 3

- Newtown Greening Group

Page 4

- Rosebery Road
- Chute St Mural

Page 5 & 6

- Community Groups

Pages 7

- Exeter Respect Festival and Inclusive Exeter

Pages 8

- ECI Charity Quiz Night

Page 9 & 10

- Community events, groups posters

Page 11 & 12 & 13

- What's on

Page 14

- Useful information

Page 15

- About Wellbeing Exeter

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 can't go out at all so having your newsletter through my door is so helpful and keep me connected!

The social cafe on my door step allow me to meet people and socialise!

My children had so much fun at your pop up in the park. Thank you!

Thank you for supporting our organisation and you are welcome to any of our groups!

Spring Celebration

What a great day we had at the very first Newtown Community Spring Celebration, and it certainly won't be the last! This fantastic event came from an idea by local residents, and I was delighted to support it in my role as a community builder.

We welcomed residents from across Exeter. The children especially enjoyed the animal trail, bubbles, sunflower seed planting organised by a resident, and of course , the sweets! It was heart-warming to see so many people connecting, chatting, and building community spirit.

If you'd like to see more seasonal gatherings in the park, please get in touch , I'd love to support you in bringing your ideas to life. And keep an eye on the upcoming Summer pop ups and get together around Newtown, if you have any activity to add to it please let me know.



Newtown Greening Group

I've been working with local residents—like Debbie, who first suggested the idea—to care for some of the neglected green spaces in Newtown. By mapping local areas, knocking on doors, and chatting with neighbours, I discovered a strong shared interest in gardening, sustainability, and creating more welcoming spaces for people and wildlife. Many also said they'd love more opportunities to connect with others in the community.

To help build those connections, we combined the Gardening Group—which meets on the first Saturday of every month at Clifton Street—with a friendly Social Café. It's a space where we come together not just to garden, but also to share a cuppa, enjoy some cake, and have a good chat. We've also started Community Coffee and Chat, held on the last Friday of each month at Exe Coffee Roasters on Heavitree Road. It's a relaxed drop-in session where anyone can come along, meet others, and talk about what matters to them and to our community.

Over the past few months, we've met so many new faces, connected with the local school, shared seeds and plants, held a plant sale, and of course, had plenty of cake and conversation. If you live in Newtown and would like to get involved—whether in gardening, helping out at events, or simply coming along for a chat—you'd be very welcome. Get in touch with me or contact Debbie at debjthomas@hotmail.co.uk.



Debbie says “We’re a small group of Newtown residents (currently without an official name!) working to make our local green spaces more inviting for both people and wildlife. By planting a wider range of flowers, shrubs, and trees that provide food and shelter across the seasons, we hope to bring colour, life, and biodiversity to our streets.

We’ve planted bulbs, wildflowers, hedging, and pollinator-friendly plants, and even built a bug hotel—with a wildflower roof on the way! So far, we’ve transformed spaces like ‘Hawthorn Haven’ and ‘Silver Birch’, and with more volunteers, we hope to bring more areas to life. Ultimately, we’d love to see a network of green corridors through Newtown, creating homes for hedgehogs, pollinators, birds, and insects—and offering everyone in our neighbourhood a chance to connect with nature.”

Rosebery Road Community Group

Bringing Rosebery Road Together: Growing Connections, One Step at a Time. A small group of residents on Rosebery Road have taken inspiring steps to bring their neighbourhood closer together—and it's already making a big difference!

What started as a simple idea to connect and make the area a happier, more vibrant place to live has grown into regular weeding get-togethers, meet-ups at the local pub, and gatherings at each other's homes. There's always friendly chatter, plenty of laughter, and lots of planning for what's next.

One exciting idea currently in the works is an International Food Sharing Evening, where neighbours can bring and enjoy dishes from different cultures, celebrating the amazing diversity that exists right on our doorstep.

To keep in touch and share ideas, they've also set up a WhatsApp group open to anyone living on Rosebery Road or nearby streets. Whether you want to help out, meet new people, or just see what's happening.

Everyone is welcome.

Interested in joining or learning more? Contact Alfonsina:
aablackwell@sky.com



Chute Street Mural

What an amazing community effort at the Chute Street mural!

Kids, families, teenagers, everyone stopped by and left their mark on this masterpiece. It was more than just painting; it was about connection, creativity, and community spirit.

As a community builder, I was grateful to be part of it, not only to connect with residents, but also to reconnect with my inner artist. Moments like these remind us of the power of art to bring people together in the most joyful ways. From a resident idea to this!

Huge shout out to [Pete Stevenson](#) and Rose India Coroy for bringing it all together so quickly! Their energy was inspiring! They're wrapping it up soon with a sparkling touch of glitter, and then it's here to stay for the next 50 years for all to enjoy.

Here's to art, connection, and lasting memories!



Newtown Animal Welfare Group



A resident who wished to apply for funding to renew a mural on Chute Street, where she lives, needed to be part of a community group. Given her strong passion for animals, she decided to form this group with the help of a friend.

Please join if you live in Newtown. All welcome

<https://www.facebook.com/newtown.animal.welfare.group>

Crochet Newtown

A friendly and relaxed group who meet on Tuesdays at 2pm at Yuan's Cafe' Well St and Thursdays at 2pm at Dahhans, Fountain House, Western Way. They do knitting, crochet or just socialise!

If you are interested and would like to know more, please let me know.



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

Ukulele Play & Learn Together Idea is sprouting at Belmont Park!

A lovely Newtown resident is bringing back the much-loved Ukulele Play & Learn Together Group and I would like to know what do you think of this idea!

Whether you're a total beginner or a seasoned strummer, you can come along to Belmont Park for some music, fun, and community spirit. It's all about playing, learning, and connecting, no pressure, just joy! Bring something comfy to sit on, bring your ukulele, and pick a song you'd love to learn. Come along to socialise, laugh, and enjoy making music together.

The initial time used to be Wednesdays 1.30-2.30

All levels welcome – everyone's included!

Before we plan the first session it's essential to know if there is any interest in joining from the community.

Let us know what you think? Please contact me if you are interested!



Exeter Craft Festival



For 3 days in July, on Exeter's historic Cathedral Green, we showcase the best arts and crafts the South West has to offer
<https://www.facebook.com/exetercraftsfestival>

Any questions contact: enquiries@exetercraftfestival.co.uk

Exeter Respect Festival 2025



Exeter Respect Festival 2025: Celebrating 28 Years of Unity in Diversity

Belmont Park burst into colour and community spirit as Exeter Respect Festival marked its 28th year. Since 1997, the festival has championed the message: All Different, All Equal, All Welcome.

This year's event was a vibrant celebration of culture, music, food, and connection. Global flags, cultural performances, delicious international cuisine, and lively stalls created an atmosphere of joy and inclusion.

Thank you to everyone who helped make it unforgettable—here's to many more years of respect, unity, and celebration!

Inclusive Exeter

Drop-in Service

Free Service

Tuesdays & Thursdays
9:30 am - 1.30 pm

At Southernhay URC Church, EX1 1QD

Welcomes people from ethnically diverse backgrounds, whose first language is not English.

Get friendly, confidential and informal help with completing forms, dealing with utility companies or other public services.

We recommend you make an appointment if possible, as time can be restricted
☎ 07360 813133
admin@inclusiveexeter.org.uk

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](https://www.inclusiveexeter.org)

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

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

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





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**

SIP, CHAT, AND CONNECT TO YOUR COMMUNITY

LAST FRIDAY 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

**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!

**16th 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)

FREE ENTRY **NORTH EXETER
COMMUNITY SPORTS DAY**

**SAVE THE DATE
SUNDAY
31ST AUGUST
12PM-3PM**

**SUMMERWAY PARK,
WILLOW WAY, EXETER,
EX48DY**

FUNDED & SUPPORTED BY

Live & Move **WELLBEING EXETER** **EXETER CITY COUNCIL**

FOR MORE INFORMATION CONTACT
GEORGIE.BARBOUR-GRESHAM @ .CO.UK

St. Sidwell's Community Centre

Sidwella Day 2025!

Volunteer and ESOL Student Celebration

Friday 1st August, 12pm-3pm



Falafel Wraps | Venison Burgers | Art in the Garden | Language Taster Classes | Plant Sale | Bake Sale

Sign up in advance to guarantee your free meal, and advise of dietary requirements: george@stsidwells.org.uk (or talk to a member of staff at the centre)

Work & Wellbeing Drop In

Every Tuesday 2-4pm
from 13th May

A weekly free and friendly drop-in at
St Sidwell's Community Centre

All things work related, CVs, interviews and access

Get connected with other organisations

Learn new free digital & IT skills with Learn My Way

Digital and IT Support

Wellbeing support and a listening ear

Access to laptops, the internet and help filling in forms

St. Sidwell's Community Centre

dropin@stsidwells.org.uk

01392 666 222

www.stsidwells.org.uk

St Sidwell's Community Centre,
Sidwell St, Exeter, EX4 6NN

THE SIDWELL STREET Bakehouse

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
bakehouse@stsidwells.org.uk

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

GREEN PHOENIX festival

Sunday 6th July

from 11am ✖ free entry ✖

MUSIC | FAMILY ACTIVITIES
ART | FILM SCREENINGS | LEARNING
STALLS | PERFORMANCE | POETRY

Inspiring a sustainable future through a day of creativity and action

exeter phoenix





• What's on: Newtown 2025

Monday

- **10.00-11.30am** - Baby Message - The Baby Room Exeter
- **10.30am** - Tai Chi and Qigong - Newtown Community Centre, Belmont Park
- **11.00am-1.00 pm** - Gardening sessions - St Sidwell's Community Garden
- **1.00pm** Baby Yoga - The Baby Room Exeter
- **4.15-5.00pm** DOREMI DEVON - Children's Music Classes (4-6 years old) - Newtown Community Centre, Belmont Park
- **6.00-7.00pm** - Tennis - Adult Intermediate - ETC
- **6.00-7.00pm** - Pilates with Nic - EPH
- **7.00-8.00pm** - Tennis - Adult Intermediate/Advanced - ETC (April-Oct)
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Tuesday

- **10.00-11.00am** - Soccer School - ECC
- **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
- **12.30-1.30pm** - Women Yoga at Southernhay Church with Inclusive Exeter. .
- **2.00pm** - Crochet Newtown - Yuan Café in Well Street. All welcome.
- **6.30-8.30pm** - WordHut - First and Third Tuesday of the month - Newtown Community Centre
- **7.15-8.15pm** - Vinyasa Flow Yoga with Natasha - Newtown Community Centre
- **7.30-9.00pm** - Homebirth group - meet on the Second Tuesday of each month. No booking required and donations only.
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

Wednesday

- **9.00am-3.30pm** - Nappuccino is the ultimate baby group. Friendly and informal, with tea, coffee and home baking every week.
- **10.15-11.00am** - Amiguitos - Spanish classes for kids - Newtown Community centre
- **11.00am** - Community Walk and Talk - First and Third Wednesday of each month - starting from St Sidwell's Community centre
- **6.00-7.00pm** - Salvation Sanctuary International Church - Newtown 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.
- **5.30-6.15pm** - Urbanflow (Street Dance) Age 6+ - ECC
- **6.00-7.00pm** - Meditation on Zoom - Email Bill for the link: billvennells@hotmail.com
- **6.15-7.00pm** - Urbanflow Age 9+ - ECC
- **7.00pm** - Firestone - Percussive dance - Newtown Community Centre
- **8.00-10.00pm** - Exeter Jazz Orchestra - Newtown Community Centre, Belmont Park
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre



• What's on: Newtown 2025

Thursday

- **9.30-10.30am** - Postnatal Yoga for Mums (babies welcome) - Newtown Community Centre
- **12.30-1.30pm** - Women Yoga at Southernhay Church with Inclusive Exeter.
- **1.00-3.00pm** - Garden sessions - St Sidwell's Community Garden
- **2.00pm** - Crochet in Newtown meeting - Dahhans by Blackboy Road's roundabout
- **2.00-4.00pm** - Sid's Drop In - Digital skills, work & wellbeing - St Sidwell's Community Centre
- **4.15-5.00pm** - DOREMI DEVON - Children's Music Classes (7-10 years old) - Newtown Community Centre, Belmont Park. **5.15-6.00pm** for 10-13 years old, **6.05pm - 6.55pm** Go for Gold for ages 14-18
- **7.00-8.30pm** - Exeter Flues - Newtown Community Centre
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- LEGO ANIMATION CLUB at Newtown Community Centre - For anyone aged between 8 and 12 years

Friday

- **11.00am-12.30pm** - Sing and Sign - The Baby Room Exeter
- **1.30-3.00pm** - Friday Club - St Sidwell's Community Centre
- **1.30pm-3.00 pm** Community coffee meeting at Exe Roasters café' on Heavitree road. Last Friday of every month.
- **6.15-7.15pm** - Vinyasa Flow Yoga with Natasha - Newtown 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

- **10.00am-12.00pm** - New Dads at The Baby Room Exeter - First Saturday of each month - £3 each
- **1.30-3.30 pm - First Saturday of the month:** Newtown community get together gardening and cafe' @ Clifton Street top car park
- **4.00pm** - Free Zumba Classes - Newtown Community Centre, Belmont Park
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre



• 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
- 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.
- To book for the Lego animation club, please email bookings@newtowncommunity.org.uk
- To book for Qigong/Tai Chi contact, Rainbow on 07733 587123
- Exeter Jazz Orchestra, contact Will Paley on waleymusic@gmail.com or 07989027469
- DOREMI Devon Contact: rebecca@doremiconnect.co.uk
- FireStone percussive dance contact: Trish 07866 976274
- Vinyasa Flow Yoga e contact Natasha to book: natashayuleyoga@gmail.com or 07741470052
- Zumba on Saturdays Contact details: Connie 07894824712 Connie.dowle@hotmail.com
- Exeter Flutes Contact details: Email: lynndavidoff@hotmail.com / Phone: 07593961483
- WordHut Contact Wendy 01392 439643 or Robert 01392 664713
- Postnatal Yoga for Mums (babies welcome) contact: annah.herbert@gmail.com
- Amiguitos - Spanish classes for kids/ Email: amiguitos.devon@gmail.com/ Facebook: <https://www.facebook.com/amiguitosspanishforkids>
- Belmont Chapel : Tel: 01392 258029 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/>

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 - [click here](#)