Countess Wear

Community Newsletter Autumn 2026



Hello from Maisaa!



Welcome to the Countess Wear Community Builder newsletter!

My role is to connect residents, map local resources and support people to bring their ideas to life, helping to make our neighbourhood an even better place to live.

It's been a pleasure walking around Countess Wear, meeting residents through door-knocking, pop-ups and joining the Thursday walking group. I've thoroughly enjoyed the conversations and seeing new ideas beginning to grow from our Social Café after the walks.

I'm looking forward to supporting more community ideas, so if you have something in mind or would like to get involved in local activities.
I believe every resident has something valuable to offer, whether it's sharing a skill, bringing a new idea or simply getting to know their neighbours. With winter approaching, perhaps you have ideas for a Living Advent calendar, Christmas walks, carol singing or other festive activities to bring neighbours together? I'd love to hear from you and help make them happen!

Best wishes,

Maisaa

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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 a knitting group in Countess Wear

I lived here more than 25 years and I wish the disco party would come back , and more affordable social groups

This phone box looks old and I would be happy to look after it if it turnes to Free Little Library

We have just moved here. the What's on list is very useful. My wife would love joining the walking group.





Ed, the CPAO, and I enjoyed a lovely walks around Countess Wear, discovering beautiful little cottages along the river and welcoming new residents. It was great to see neighbours connecting and sharing ideas about activities they'd like to get involved in, before heading back to Café 24 for coffee and more conversations. Our walks are open to everyone, with a flexible pace and route to suit the group. Join us every Thursday at 10am outside Café 24 for a friendly walk, fresh air and a chat!

Little Free Library

A local resident has come up with a lovely idea to turn an old telephone box into a Little Free Library, and she is happy to look after it. She feels it would be a great addition to the neighbourhood, encouraging people of all ages to share books, especially local schoolchildren.
With the help of a local councillor, I'm supporting the resident to seek permission from the landowner to renovate and use the box, but if this isn't possible, we can explore other options to bring the Little Free Library to life.



Would you like to see a Little Free Library in your neighbourhood, help look after one, or get involved in this idea? Please get in touch!

Discovering Countess Wear

Did you know, Cafe 24 hold a handful of booklets you can purchase about the History of Countess Wear by local authors. Grab a coffee and a book to takeaway!



News from Ed - CPAO



Hello! I'm Ed, the Community Physical Activity Organiser for Exeter South, including Countess Wear and Newcourt. My role is to connect people with activities already happening in their local area and to support residents and groups who have ideas for helping their communities become more active.
Over the last couple of months, I've been delighted to welcome Maisaa to the Countess Wear area as the new Community Builder. Since Maisaa took over the role, I've been supporting her to get to know the community through local pop-up sessions, introductions to community groups and activities, and spending time door knocking together to hear directly from residents about what matters most to them. These conversations have already generated some great ideas and helped strengthen relationships across the neighbourhood.



I've also enjoyed supporting and attending a number of community activities. Residents joined a guided Nature ID Walk, using the Seek and Merlin apps to identify local plants, birds and insects while learning more about the natural environment on their doorstep. I also attended the Devon Wildlife Trust Pollinators Family Picnic at Northbrook Park, where families took part in seed bomb making, bug hunting and nature quizzes while learning about the importance of pollinators and local wildlife.



In addition, we have been working with residents interested in installing a community defibrillator following discussions at Café 24, linking them with local groups who have successfully delivered similar projects elsewhere in the city.
And in the next few months with Maisaa in post, we want to know more about the activities you would like to do? From walks and community litter picks, butterfly, bird and plant identifying, jumble sales, a community library, and other ideas, we'd love to hear what would help you get involved and connect with your community. You can often find us joining local residents for a short Countess Wear walk on Thursdays at 10am, meeting outside Café 24. So if you see us please do stop and say hello, or get in touch through any of the channels below:



email: edward.shaw@ecct.co.uk
Tel: 07736 918281
Facebook: CPAO Exeter South

Wellbeing Exeter
Community Physical Activity Organiser
Exeter South (Heavitree, St Loyes, Priory and Topsham)

New Grow Box

Exciting news for Countess Wear!

Our Community Grow Box outside Café 24 is one step closer to becoming a reality!
With support from local councillors, Clive from You Grow CIC and myself as Community Builder, we recently met with the Café 24 owner to agree on the size and location. We have now received approval from Devon County Council Highways, so everything is moving along nicely!

Thanks to Exeter City Council's Ward Grant for funding this project and everyone who has supported the idea. Watch this space! Hopefully, it won't be long before our Grow Box arrives, bringing fresh herbs and vegetables for everyone to enjoy. We'll also be organising community gardening pop-ups where neighbours can come along, help with planting and get involved in looking after this lovely shared space. Would you like to get involved? Please get in touch!







Newcourt Community Association

I had a lovely walk around Newcourt with Angel the centre Coordinator from Newcourt Community Centre. We visited the local play areas, identified equipment needing maintenance and explored who is responsible for repairs. We also chatted about the community groups and how we could support them further, and visited the lovely community allotment.

ED the CPAO also held a community pop-up, chatting with residents passing by, hearing their ideas and helping them connect with local groups and activities. It was a great opportunity to learn more about the area and its community!



Allotments

If you're wanting to get growing , you're in luck!
There is still one allotment available for £25 per year. Please contact Angel if you'd like to take on the last spot outside the Newcourt Community Centre. Happy growing.

Email Angel: angelmv@newcourtca.org.uk



Volunteers Needed at Newcourt Community centre events



Newcourt Community Centre is looking for volunteers to help with upcoming events, including the Halloween Disco on the 30th of October, Santa's Grotto and Makers Market! on the 6th December (Please see the events posters below).

If you can spare some time to help, you may be able to receive free tickets for the Halloween Disco or Santa's Grotto or a free table at the Makers Market as a thank you!
Interested? Please contact Angel or myself.
Email: angelmv@newcourtca.org.uk

Community Table Tennis

Have you thought about a game of Table Tennis? There are bats for you to use free of charge for the two table tennis tables that we have in our local play parks. In Countess Wear, the table is in the park on Lakeside Avenue, and you can grab the paddles from the staff at Café 24. In Newcourt the table is in the smaller child play area on Liberty Way, and the paddles can be collected from the Spar shop staff.





Little Library in Café 24

Did you know there is a little library in Café 24? If you're looking to empty out your unwanted books and pick up something new, then bring them to Café 24 and see what else there is on the book shelves. You can also borrow puzzles, and there are kids toys and books for little ones while you visit.

Bra Bank

You can recycle your Bra at
Newcourt Community Centre.
There is another one at The Baby Room on Paris street.




HALLOWEEN
COOKIE DECORATING
Wednesday 28th October
10am-11am
Bradbury Cafe
£2 per Child
All children must supervised by an Adult
To book please scan the QR code
RIP


HALLOWEEN
Disco
NEWCOURT COMMUNITY CENTRE
SCAN TO BOOK
30TH OCTOBER
5PM-7PM
ALL TICKETS £4 EACH
TICKET INCLUDES A DRINK AND A SNACK.
Prize for the best adult costume and child costume so dress to impress!!
Disco and games!
ALL CHILDREN MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT.
WWW.TICKETSOURCE.CO.UK/NEWCOURT-COMMUNITY-CENTRE

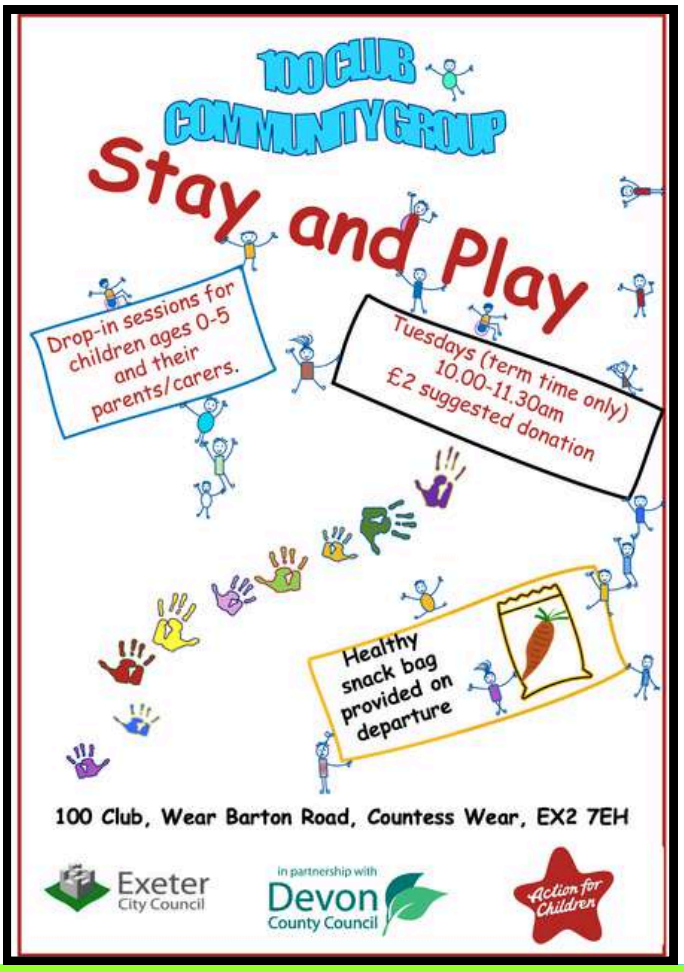

SANTA'S GROTTO
At Newcourt Community Centre
£4 PER CHILD WITH A GIFT FROM SANTA
SUNDAY 6TH DECEMBER
BOOKINGS BETWEEN 12PM-2PM
SCANN TO BOOK
RUNNING ALONG SIDE THE MAKERS MARKET!
More information on our webs
www.newcourtcommunitycentre


NEWCOURT MAKERS MARKET
COMMUNITY CENTRE
SUNDAY 6th DECEMBER
11am - 3pm
VENDOR BOOKINGS
£5 per table
To book a table please complete our online application form
Scan to apply
SANTA'S GROTTO
12pm till 2pm
Tickets £4

Local Groups

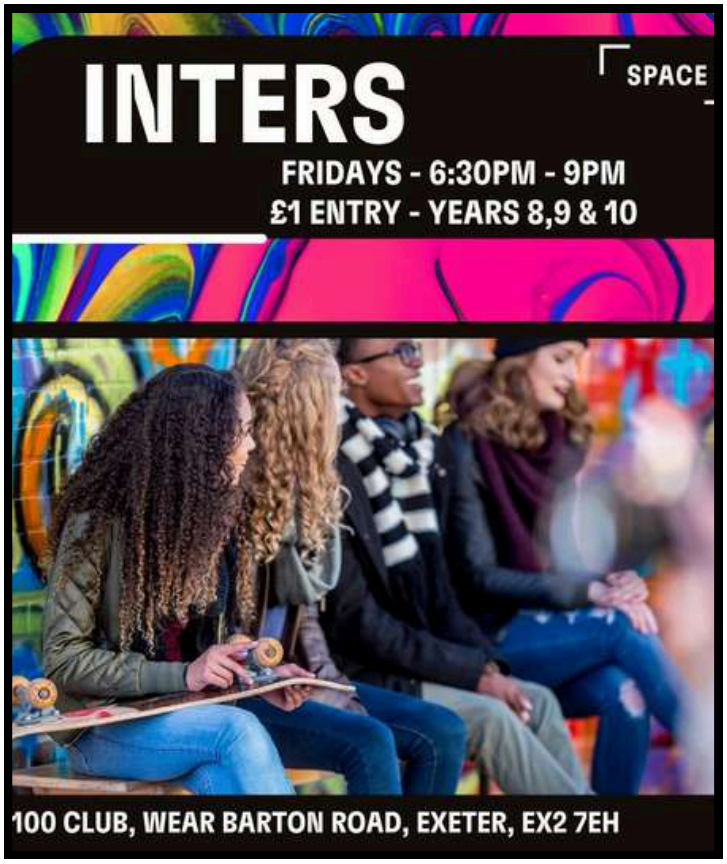


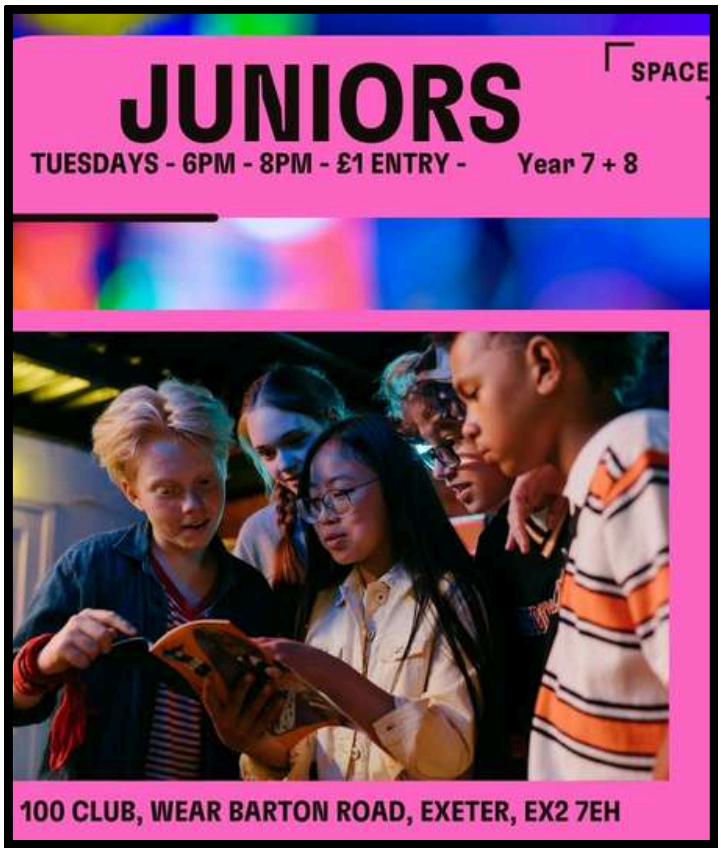




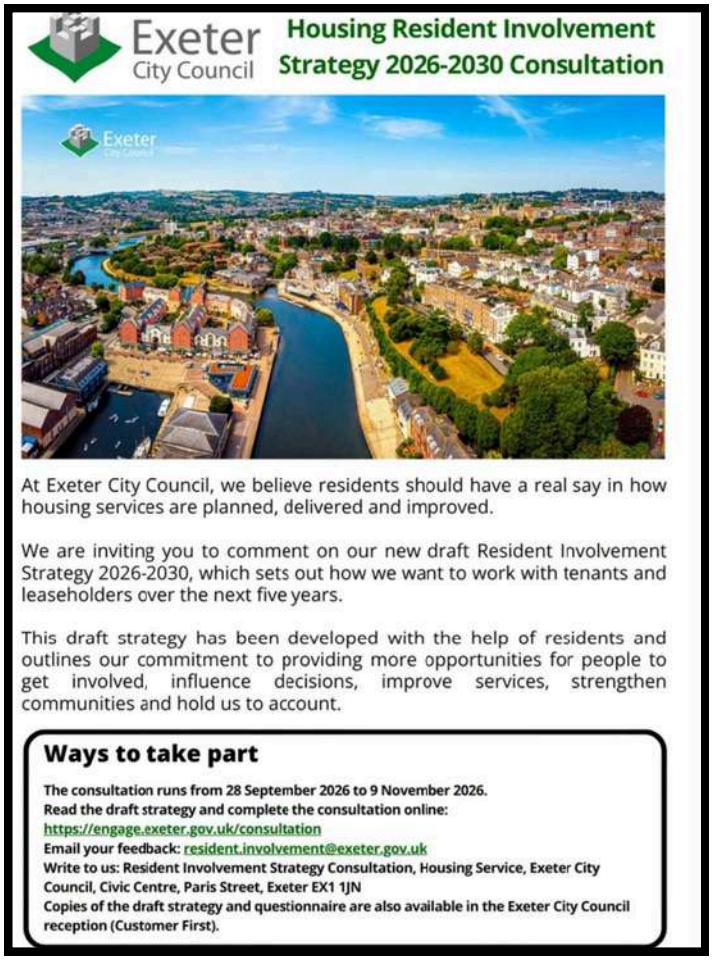


Local Groups









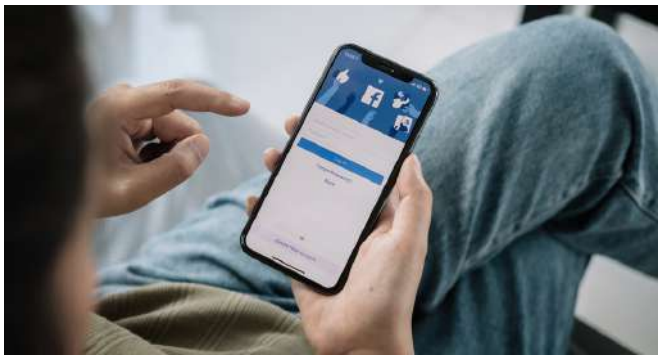
LYN - Love Your Neighbour

LYN (Love Your Neighbour) is what we call our community food boxes in Newcourt, which our lovely volunteers keep topped up with surplus food from local supermarkets.There is one box in the garden alley next to Newcourt Community Centre and another at Trinity Primary School. Their goal is simply to help minimise food waste, by sharing the surplus with our community.

For information on when food is available to collect, please follow the Facebook page - LYN Newcourt Exeter.



Get Connected



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

- Countess Wear Community Group
- Southbrook Residents Group
- Newcourt Community
- Seabrook Orchards Community UK
- Topsham Community Group
- Digby Local Community Group
- Countess Wear Born and Breed
- Trinity Church
- Newcourt WI
- 100 Club (Youth Group)
- LYN (Love Your Neighbour) Newcourt Exeter (Reducing food waste)
- Trinity Baby and Toddler Group
- Newcourt Community Centre - for regular listings of events and activities
- Topsham Community Association (What's On)
- Nancy Potter House activities: Estuary League
- Countess Wear Village Hall Activities – https://www.countesswearvillagehall.com

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
- NHS after care
- 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/

What's on: Countess Wear & Newcourt 2026
Free and low-cost activities

Mondays

- **10.30am** - Westbank Health Walk Grade 1-3, meet at Newcourt Community Centre. 30-90mins. Free
- **1.30pm-3.00pm** 3rd Monday of the month Goldies Sing & Smile @ Newcourt Community Centre
- **2.00pm-3.00pm** - Robot Reg Baby and Toddler Group - 3mths+ tickets from Reception at Nancy Potter House
- **10.00am-12.00pm** IT drop in session at Nancy Potter House.
- **10.00am-12.00pm** Coastal Mobility Repair Service at Nancy Potter House Nelson Close

Tuesdays

- **10.00am-11.20pm** Babies and Toddlers Group Term time only £2 a session @ Newcourt Community Centre.
- **10.00am-11.30am** Stay and Play @ 100 Club , Wear Barotn RD, 0-5 Y. Term time only. £2 Donation.
- **10.30am-12.00pm** - Countess Wear Village Hall Coffee morning.
- **12.30pm-3.00pm** - Crafting Afternoons, First Tuesday of the month @ Gandisson Court.
- **1.15pm-3.30pm** Exeter Bridge Club@ Newcourt Community Centre: A four-player trick-taking card game played in partnerships, where two players team up against the other two.£3 Online: £2.50
- **2pm-4pm** - Over 50's 'Youth' Group to keep the body active, at the Dorothy Holman Centre Topsham. Free to attend.
- **6.15pm-7.15pm** - The Women's Institute, at Newcourt Community Centre - 3rd Tuesday of the month.
- **6.15pm** - Topsham Bridge Club runs every Tuesday & Thursday, meeting at 6.15pm for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House £2.50 per table.
- **6.00pm-8.00 pm** Juniors @ 100 Club, Wear Barton RD, Year 7+8. £1 entry.

Wednesdays

- **10.00am-11.30am** - Coffee morning at Grandisson Court, Countess Wear, Exeter, Devon, EX2 6NJ. 50p
- **10.00am-11.30am** Babies and Toddlers Group Term time only £2 a session @ Newcourt Community Centre.
- **10.00am-12.00pm** - Needlecraft at The Bradbury Café, Nancy Potter House Nelson Close. Free to attend if you order a drink.
- **10.00am-12.00pm** ECOE - Exeter Community Energy at Nancy Potter House Nelson Close
- **12.45pm-4.00pm** Exeter Bridge Club @ Newcourt Community Centre : A four-player trick-taking card game played in partnerships, where two players team up against the other two.£3 Online £2.50
- **2.00pm-3.00pm** - Bingo at Nancy Potter House. First Weds of the month. Free to attend, £1 a game.
- **6.30pm-9.00 pm** SENIORS @ 100 Club, Wear Parton RD Year9 to age 19. £1 entry.
- **7.00pm** BINGO @ Grandisson Court First Wednesday orf the month.

What's on: Countess Wear&Newcourt 2026
Free and low-cost activities

Thursdays

- **10am-11am** - Countess Wear Walkers, Led by Ed our CPAO. Meet outside café 24. Free
- **12.45pm-4.00pm** Exeter Bridge Club @ Newcourt Community Centre : A four-player trick-taking card game played in partnerships, where two players team up against the other two.£3 Online £2.50
- **1.00pm-4.30pm** Soft Play at Nancy Potter House - tickets available from Reception Desk. £2.00 per child
- **6.15pm -** Topsham Bridge Club suggested arrival time: 6.15pm, for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House. £2.50 per table

Friday

- **9.30am-11.30am** - Regular Councillor Drop-ins. Second Friday of the month at Cafe 24. Pop along and chat with your local councillors about any issues, concerns, or projects that you may want some help or support with.
- **9.30am-11.30am** - Over 50's Coffee Club at Newcourt Community Centre (£1.50 donation suggested)
- **10.30am** - Topsham Health Walks (Westbank), meet at The Lord Nelson Car Park, EX3 0DU.
- **10.45am** - Countess Wear Health Walks (Westbank), meet at rear of King George V Playing Fields.
- **11.00am** - Walking Group: Southbrook - Grandisson Court, Led by Ed our CPAO. Free
- **9.30am-12.00pm** - Veterans Armed Forces Group meets in the Bradbury Café, Nancy Potter House, on the last Friday of the month for a social gathering. Free, or pay £8 for full English Breakfast.
- **11.00am-1.00pm** Sountwest Water Advice Team at Nancy Potter House
- **11.15am-12.45pm** Estuary Men's Group: A free supportive and welcoming space for men and their health and wellbeing
- **11.15am-12.15pm** - 'Goldies' singing group at Nancy Potter House. Every 3rd Friday of the month £4
- **11.30am-1.00pm** Second Friday of the month : Estuary League of Friends Stroke Support Group at Nancy Potter House
- **6.30pm-9.00pm** INTERS @100 Club. Wear Barton RD. Year 8+9+10.£1 entry

Saturdays

- **10.00am-1.00pm** - Topsham Repair Café in the Dorothy Holman Centre, Ferry Road (by the recreation ground). First Saturday of the month. Free to attend.
- **6.45pm -** Bingo, at the 100 Club on 2nd Saturday of the month.

What's on: Countess Wear & Newcourt 2026
Free and low-cost activities

Contact Details for Venues and Classes:

- Newcourt Community centre: https://www.newcourtcommunitycentre.com/schedule
- Tel: 01392 873560 Email: info@newcourtcommunitycentre.com
- Goldies UK : Face book page: https://www.facebook.com/groups/882078553074692
- Exeter Bridge Union : Website: https://www.bridgewebs.com/exeter/
- Estuary League, Nancy Potter House: **Tel: 01392 879009**
- 100 Club : 01392 662227 email: **100clubyc@spacepsm.org**

Sign up to e-newsletter

Countess Wear Community Builder



Name: Maisaa Sweid
Phone: 07746472581
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Facebook: Maisaa Sweid(Community Builder Countess Wear)

Community Physical Activity Organiser (CPAO)



Name: Ed Shaw
Phone: 07736 918281
Email: edward.shaw@ecct.co.uk
Facebook: CPAO Exeter South

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

YOUR LOCAL EXETER

www.wellbeingexeter.org.uk