



## 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, such as 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 below!

Best wishes

*Maisaa*  
Maisaa Sweid

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## Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said when I met them in Newtown:

Winter was hard for me but I am so happy spring is here!

Thank you for all the information. I am new here, and I will try to join these groups to meet people.

I've lived here for 25 years, and I'm pleased to meet you. I'm looking forward to connecting with my neighbours again.

I enjoy the groups you linked me to, because they give my kids a chance to do something away from technology, and they also allow me to meet new people and learn new skills.

## Newtown Community Litter Pick

A committed group, sunshine, community champions, and lots of rubbish picked.

what more could we ask for?

One resident asked me as a joke "What's our price after today's litter picking?"

Another answered it perfectly:

"We moved out of our house, warmed up, laughed, collected lots of litter, chatted and shared coffee."

And then came this reply:

"That's true. Thanks for including me in this and making me smile."

Some residents met face to face for the very first time despite chatting for months on the community WhatsApp group. They really appreciated finally meeting one another and sharing a moment together as neighbours.

It wasn't just about litter picking, it was about connection, community, and pride in where we live.

If you missed this one, don't worry! Please get in touch to join us next time! (Dates coming up soon) Everyone is welcome, and every pair of hands (and smiles) makes a difference.



# Merry Go Round Toy Libraries

I had such a lovely time meeting Andrea at the toy library she's genuinely friendly and so welcoming. You can find her at Positive Lights Projects on Tuesdays 10.30\_4pm

It's a brilliant space where kids can come in and play while parents swap toys and games. Such a simple idea, but it makes a big difference:

less spending, more space at home, and fewer toys going to waste. There's an affordable annual membership and then a very small charge per toy, which makes it really accessible. And the variety is amazing not just toys and games, but even scooters and helmets. If you haven't visited yet, please pop in to say hello and share the word with other parents. It's one of those community gems that deserves to be busy and loved.

For more information:

07352 165628

admin@mgrtoylibrary.org

<https://www.facebook.com/share/1G5PuhwUa8/>



## Community Builders Door Knocking in Newtown

It was wonderful to meet residents on their doorsteps during door knocking in Newtown, and have simple conversations about their neighbourhood, what they enjoy about the area, what interests they have, and what kinds of activities they would love to see happening locally. Many people were interested to hear about the groups, events, and support already happening nearby, and we were able to signpost them to community activities and connect them with things taking place right on their doorstep.

Door knocking might sound old-fashioned, but it remains one of the most powerful ways to build community. Research on community engagement shows that face-to-face contact helps build trust, strengthens local relationships, and increases participation in neighbourhood activities. When people feel personally invited and heard, they are far more likely to get involved in local life.

What made the experience even more special was the atmosphere of the neighbourhood itself. The weather was kind to us, the flowers were blooming everywhere, and the streets felt colourful and full of life. Those small details really added warmth to the conversations and made it a joyful way to spend time in the community.



## Get Creative and Connect: Coffee & Chat



### Get Creative & Connect!

Many residents have told us they'd love an indoor space to meet, chat, and share creative hobbies, and now it's here! Join this friendly new social group every Wednesday from 2-4pm at the cosy Newtown Community Centre (Belmont Hut).

Whether you enjoy sewing, crochet, crafts, or simply catching up with neighbours over a cuppa, this is the perfect place to relax, create, and connect with others in the community. Everyone is welcome. Come along, bring a friend, and be part of something fun and friendly!

## Crochet Newtown

A friendly and relaxed group who meet on Tuesdays 2-3pm at Exe Coffee Roaster Cafe' on Heavitree Road. They do knitting, crochet or just socialise!

If you are interested and would like to know more, please let me know or contact Natalia on: .07757205376



## Newtown's Wildflower Gardens for the Bees

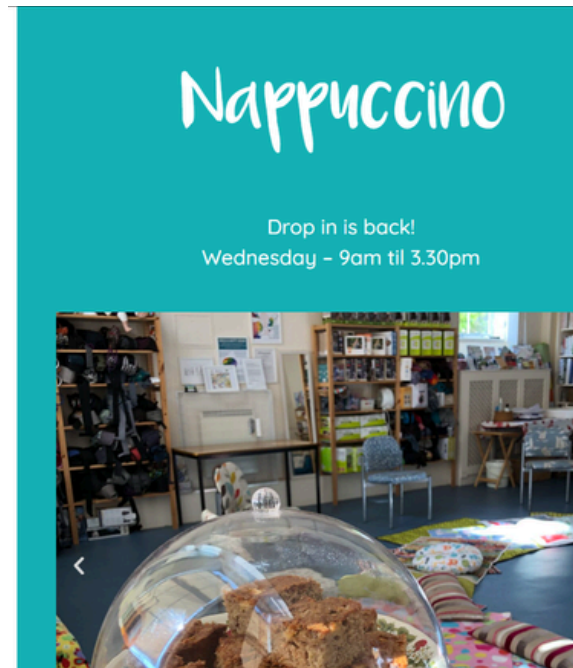


This friendly gardening group meet every other Thursday 10.30-12.30 at Clifton road. They garden then have coffee and socialise. If you are interested please email Judith: richardson.dawes@btopenworld.com

# Nappuccino at the Baby Room Exeter

Wednesdays 9.30-4: This amazing mash up of Cloth Nappies, Slings and Breastfeeding support. No need to book - just come.

There are FREE nappy trial kits available, come and ask for one and Jen will give you a full run down on how they work. Gill is our Sling Lady, she is on hand to help you find the best sling for you and your family from our extensive library. £3 gets you as much tea and coffee as you can manage and cake - it's not a group without cake! Soup and bread at 12.30



## Update From Devon And Cornwall Police



Don't suffer in silence  
**Report it**

Go online:  
[www.devon-cornwall.police.uk/reporthc](http://www.devon-cornwall.police.uk/reporthc)

**Call Devon & Cornwall Police: 101**  
**Non-Emergency:**  
Sign Live (video relay via BSL interpreter)  
SMS/text 67101  
Minicom/textphone 18001 101

**Emergency:**  
If a crime is in progress, call 999  
999 BSL (national video relay via BSL Interpreter)  
SMS/Text 999 (pre-registered)  
Minicom/textphone 18000

**101 Non-emergency**  
**999 Emergency**

"We stand together with our communities to remind everyone that we have zero tolerance to hate crime.

We acknowledge that this is a very difficult time for many diverse communities, and we want to provide some reassurance that we are here to provide support where hate crimes may be happening.

We have teams dedicated to supporting victims of hate crime. If you have been the victim of abuse or targeted because of your race or ethnicity, we want you to know that we are there for you. Please report it to us so we can investigate offences fully and signpost you to support. An increase in reporting helps us understand what is happening in our communities and how best to tackle it. Don't suffer in silence. Report it."

# Exeter Respect Festival 2025



Exeter Respect Festival 2026!

They welcome bookings, all are open.

Please visit our website:

[www.exeter-respect.org](http://www.exeter-respect.org)

Under the page enquiries fill a form or email. To book a stall: [stalls@exeter-respect.org](mailto:stalls@exeter-respect.org)

Performance: [programming@exeter-respect.org](mailto:programming@exeter-respect.org)

Volunteering: [Volunteers@exeter-respect.org](mailto:Volunteers@exeter-respect.org)

We are committed to diversity and human rights.

Our theme is 'Different Roots One Community.' Please follow our social media for more activities and updates.

Let's bring diversity to life; let's celebrate our richness of cultures together. We are stronger then to stand up to all forms of prejudice, discrimination and racism. Let's make our 2026 celebration unique. All Different, All Equal!

## Inclusive Exeter

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](mailto:admin@inclusiveexeter.org.uk)
- <https://www.facebook.com/inclusiveexeter>
- [inclusiveexeter.org](http://inclusiveexeter.org)



**WE'RE BACK AT SOUTHERNHAY URC CHURCH**

**Drop-in Service** (Free Service)  
Tuesdays & Thursdays  
9:30 am - 1:30 pm  
At Southernhay URC Church.

**WOMEN'S YOGA**  
EVERY TUESDAY & THURSDAY 9:30 - 10:30 PM  
WELCOMES PEOPLE FROM EVERY BACKGROUND, ANY LANGUAGE IS NOT ENGLISH

**ENGLISH CONVERSATION GROUP**  
EVERY THURSDAY 12:30PM - 1:30 PM  
@ SOUTHERNHAY URC CHURCH

**Drop-ins**  
Women's Yoga  
English Conversation Group

Dix's Field, Exeter EX1 1QA

**TUESDAYS**

9:30 AM - 1:30 PM - DROP-IN SERVICE  
12:30 - 1:30 PM - WOMEN'S YOGA

**THURSDAYS**

9:30 AM - 1:30 PM - DROP-IN SERVICE  
12:30 - 1:30 PM - WOMEN'S YOGA  
12:30 - 1:30 PM - ENGLISH CONVERSATION GROUP

<https://www.inclusiveexeter.org/> [admin@inclusiveexeter.org.uk](mailto:admin@inclusiveexeter.org.uk)

Registered charity: 1100532

**Merry Go Round Toy Libraries**

**Pre-loved Toy Sale!**

**Saturday 16<sup>th</sup> May 2026**

**10:30am until 3pm**

**Positive Light Projects, Sidwell Street (EX4 6RD)**



[my.mgrtoylibrary.org](http://my.mgrtoylibrary.org)

**Cash or Card payments accepted**

## Newtown Community Centre



The Newtown Community Centre hosts a range of weekly classes including Yoga, dance, music, drama, social groups and much more. For more info see our what's on posters, our social media or visit the website.

Get Creative - our new weekly Craft Cafe starts on Friday 10th April 1.30-3pm. Bring an existing project or come along and try something new. A great way to relax and meet new people. Suggested donation £2

Cultural Cafe event - April 18th. In partnership with the Italian Cultural Association Exeter our next cafe event offers a variety of free happenings throughout the afternoon; with a bookable singing and percussion workshop in the afternoon, then a drop in cafe with snacks and music between 4.30-6pm. See our website for more info.

Volunteer opportunities - as a small local charity we are always looking for new volunteers to help with stewarding community events, light gardening, decorating, litter picking and much more. Please get in touch if you'd like to get involved.

Find out more or get in touch

Facebook page - Newtown Community Association - Newtown Community Centre

Website [www.newtowncommunity.org.uk](http://www.newtowncommunity.org.uk)



## 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.

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

NEWTOWN  
COMMUNITY COFFEE  
&  
CONVERSATIONS

**SECOND MONDAY 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

## St Sid's Clothes & Plants Swap/Sale



**Thursday 23rd April**

**12.00 – 3.00pm**

Come along to swap and shop your pre-loved clean  
and good quality clothes for something new to you!

We will be outside, if raining, we will be in the  
Rougemont Room.

The cafe will be open, serving lunch and beverages.

Clothing/plant donations can be dropped off to the  
Rougemont Room

2 - 4pm on Wednesday 22nd  
10 - 11.30pm on Thursday 23rd

**St Sidwell's Community Centre**  
Sidwell Street  
EX4 6NN



St. Sidwell's  
Community  
Centre

**WELLBEING  
EXETER**

## Newtown Community Spring Celebration

Join us for a fun-filled community  
gathering

**Date: April 19, 2026**  
**Time: 2:00 PM - 4:00 PM**  
**Where: Belmont Park  
Children's Play Area**

Animal  
Trail & Fun  
Activities

Seed  
Planting &  
Plants sale

Fun &  
Socializing

Refreshments  
& More


**What to Bring:**

- ✓ A picnic & picnic mat
- ✓ A cup for drinks
- ✓ Your wonderful self

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**Creative Drop-in  
Friday's 1.30-3pm  
(starts April 10th)**

At Newtown Community Centre – Belmont Park





**Get Creative**

**Connect**

Bring an existing craft project or come and try something new



**Coffee & Chat**

Suggested donation £2



For info: [bookings@newtowncommunity.org.uk](mailto:bookings@newtowncommunity.org.uk)

**Newtown Community Centre  
Cafe Event  
Saturday 18<sup>th</sup> April  
4-6pm**




In partnership with the Italian Cultural Association Exeter our next cafe event offers a variety of free happenings throughout the afternoon;

**2-4pm** Dance, percussion and singing workshop with Trikkeballakke and La Tarantella Exeter (*limited places so booking is essential*)

**4.30pm** Drop in art and craft workshop with local Italian artist Beatrice Corsetti (*places on a first come first served basis*)

**4.30 and 6pm** - Soup, Light Italian snacks, music and good company





This is a 'warm-up' event in preparation for the annual Italian Liberation Day Celebration, which will be held on Saturday 25th April, at Exeter Phoenix.

To find our more about both events or to book onto the workshop by visiting;

[www.eventbrite.co.uk/d/united-kingdom-exeter/italian-liberation-festival-2026](http://www.eventbrite.co.uk/d/united-kingdom-exeter/italian-liberation-festival-2026)









Saturday

**NEW DADS' GROUP**

**First Saturday of the month  
10-12**

- Meet other new Dads
- (Veteran Dads also welcome)
- Come during pregnancy if you wish
- Partners/supporters welcome
- Tea, coffee and biscuits



**No need to book, £3 donation**



[thebabyroomexeter.co.uk](http://thebabyroomexeter.co.uk)

a Shop, a Venue, a Haven







**Conversation Class**

**Saturdays, 9.30am - 10.45am**  
At the Sidwell Street Bakehouse, 178-179  
Sidwell Street, Exeter, EX4 6RD



Come and practice your conversation skills at this fun, friendly and informal English class!




**St. Sidwell's Community Centre**

For information:  
[maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk)

# Volunteer Brochure

Newtown Community Builder  
Volunteer Opportunities  
Brochure : Follow the link to find  
volunteering opportunities in the  
community and if you know any  
more please let me know!  
<https://canva.link/7jwsu8q8j9pj96i>



## Volunteer Fair

11am - 2 pm, Thursday 23rd April, Exeter Cathedral

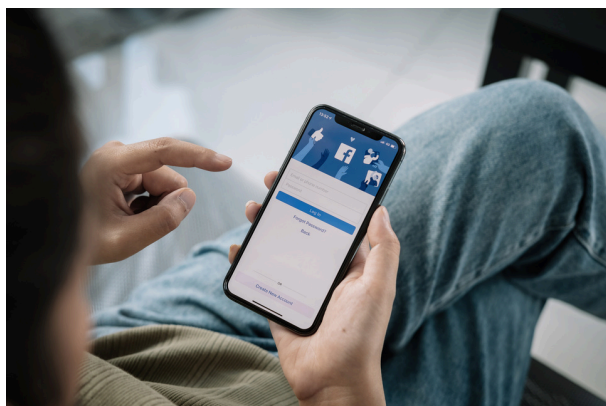
Want to volunteer but not sure where? Visit our Volunteer Fair & find out!

To book: ☎ 01392 205800 📧 [info@eci.org.uk](mailto:info@eci.org.uk)



Find out More!

## 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/](http://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](http://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](http://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](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children



## What's on: Newtown 2026

### Monday

- **10.00-11.30am** - Baby Message - The Baby Room Exeter
- **1.00pm Baby Yoga** - The Baby Room Exeter
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

### Tuesday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **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
- **11.00-1.00 pm** Garden sessions - St Sidwell's Community Garden
- **12.30-1.30pm** - Women Yoga at Southernhay Church with Inclusive Exeter . .
- **2.00pm** - Crochet Newtown - Exe Coffee Roasters on Heavitree road . All welcome.
- **2.00-4.00pm** Work and wellbeing Drop -in at St Sidwell's Community Centre
- **7.30-9.00pm** - Homebirth group - meet on the Second Tuesday of each month.
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

### Wednesday

- **9.30am-4.00pm** - Nappuccino is the ultimate baby group. Friendly and informal, with tea, coffee and home baking every week.
- **11.00am** - Community Walk and Talk - First and Third Wednesday of each month - starting from St Sidwell's 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. Offering refreshments, activities and information.
- **7.00pm** - Firestone - Percussive dance - Newtown Community Centre £2
- **6.00-7.00pm** - Meditation on Zoom - Email Bill for the link: billvennells@hotmail.com
- **10.00-12.00 pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre



## What's on: Newtown 2026

### Thursday

- **9.30-1.30 pm** Inclusive Exeter Free Drop- in Services **at** Southernhay URC Church
- **10.30-12.30pm** Newtown's Wildflower Gardens for the Bees every other Thursday with Judith
- **10.30-12.00 pm** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month Good News Cafe' & Kids Swap Shop at Exeter Christadelphian Church
- **12.30-1.30pm** - Women Yoga at Southernhay URC Church with Inclusive Exeter.
- **12.30-1.30pm** - Conversation Cafe at Southernhay URC Church with Inclusive Exeter.
- **1.00-3.00pm** - Garden sessions - St Sidwell's Community Garden
- **2.00-4.00pm** - Sid's Drop In – Digital skills, work & wellbeing - St Sidwell's Community Centre
- **10.00-12.00pm** Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre
- **7.30 pm** NCA Roots Band at Newtown Community Centre £5/£3

### Friday

- **11.00am-12.30pm** - Sing and Sign - The Baby Room Exeter
- **10.00-12.00** Wellbeing Cafe at the Belmont Second Friday of the month.
- **1.30-3.00pm** - Friday Club - St Sidwell's Community Centre
- **1.30--3.00pm** Newtown Community Coffee and Conversation third Friday of every month at Exe Coffee roasters cafe , 19 Heavitree road.
- **1.30-3.00pm** Creative and coffee group at Newtown community centre All Welcome. £2 donation.
- **7.00-8.30pm** - Belmont Chapel Youth Group
- Free ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre

### Saturday

- **9.30-10.45 am** Conversation Class at St Sidwell's Bakehouse
- **10.00am-12.00pm** - New Dads at The Baby Room Exeter - First Saturday of each month - £3 each
- **10-11.30** Saturday Dads, Second and fourth Saturday of the month at the Belmont.
- **1.30-3.30 pm - First Saturday of the month:** Newtown community get together gardening and cafe' @ Clifton Street top car park

### 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](mailto:hello@co.church).



## What's on: Newtown 2026

### Contact Details for Venues and Classes:

- St Sidwell's Community Garden: call 01392 666 222 or email [volunteer@stsidwells.org.uk](mailto: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](mailto:wellbeing@stsidwells.org.uk)
- Post Natal Core Restore: [nancyogaphysio@gmail.com](mailto:nancyogaphysio@gmail.com)
- Community Walk and Talk [natalie.smith@eci.org.uk](mailto:natalie.smith@eci.org.uk), mobile:07856917894
- Friday Club: 01392 666222 , email [fridayclub.exeter9@gmail.com](mailto:fridayclub.exeter9@gmail.com)
- Further information on the ESOL Classes, please email [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk).
- Postnatal Yoga for Mums (babies welcome) contact: [annah.herbert@gmail.com](mailto:annah.herbert@gmail.com)
- Belmont Chapel : Tel: [01392 258029](tel:01392258029) Email: [office@belmontexeter.church](mailto:office@belmontexeter.church)
- St Matt's Church: For more information on the groups, email [jessica@stmattsexeter.org](mailto:jessica@stmattsexeter.org)
- Groups at the Baby room Exeter: <https://thebabyroomexeter.co.uk/>
- Judith at Newtown Wildlife Gardens for the Bees : [richardson.dawes@btopenworld.com](mailto:richardson.dawes@btopenworld.com)
- FireStone percussive dance contact: Trish 07866 976274
- NCA Roots Band Phone: 07759386178, Email: [aljonesfiddle@gmail.com](mailto:aljonesfiddle@gmail.com)



**YOUR LOCAL  
EXETER**



## Newtown Community Builder

Name: Maisaa Sweid

Phone: 07746472581

Email: [maisaa.sweid@eci.org.uk](mailto:maisaa.sweid@eci.org.uk)

Facebook: Maisaa Sweid (Community Builder Newtown)

## Community Physical Activity Organiser (CPAO)

Charlotte Flavell

Tel: 07926 127 824

Email: [charlotte.flavell@ecct.co.uk](mailto:charlotte.flavell@ecct.co.uk)

Facebook: CPAO Exeter North



## 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](http://www.yourlocalexeter.org.uk)

**YOUR LOCAL  
EXETER**



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