



Hello from Rachel!



Welcome to the Winter edition of the Exwick Community Builder newsletter!

As the festive season approaches, there's plenty to look forward to and lots of opportunities to get involved in local activities. Come along to the Exwick Community Christmas Fete on Sat 29th November and get into the festive spirit with Carols around the bonfire on Sat 13th December.

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

This issue

Page 1

- Introduction

Page 2

- Exwick Christmas Fete
- Advent Windows

Page 3

- Listening Post
- Sharing Memories

Page 4

- Friday Friendship
- Exeter Food Bank
- Turntable

Page 5

- Exwick News
- Wassail!

Page 6

- Update from Felix

Page 7

- Walking Events
- Yoga and Creative Workshop

Page 8

- What's On

Page 9

- Devon & Cornwall Police
- Useful Information & Get Social

Page 10

- Contact Details

Festive Cheer at the Exwick Christmas Fete!

Plans are well underway for this year's Exwick Community Christmas Fete, taking place on Saturday 29th November from 1pm to 4pm. It promises to be a fun, family-friendly afternoon filled with festive spirit and community cheer. There will be a wonderful variety of stalls, a popular cake stall, and plenty of refreshments, hot drinks, and festive treats to keep everyone warm. There are also craft activities to enjoy, a local history stand to explore, and a chance to learn more about the exciting plans for the new Parish Hall. It's the perfect way to celebrate the season together, meet friends and neighbours, pick up a few handmade gifts, while soaking up the festive atmosphere!

The event is being organised by the Exwick Community Association, and we're currently looking for people to help out on the day, from setting up to lending a hand with one of the activities. If you'd like to get involved and be part of this event, please get in touch: rachel.gillmore@eci.org.uk. If you're interested in having a stall, please email: eca@exwick.org.



Advent Windows

Have you enjoyed spotting the Advent Windows around the community and wondered about creating one of your own? This year, Liz is on hand to guide you! She's hosting two free workshops at St Thomas Church Hall, where you can dream up and craft a festive window display that's uniquely yours.

Drop in to make a stencil, gather ideas and materials, or simply chat through your plans. You're sure to leave inspired and ready to bring a little extra sparkle to your home this Advent.

The workshops are free and open to all, whether you're a confident crafter or trying something new for the first time. A big thank you to Liz for sharing her talent and festive spirit!

If your street is taking part in the Advent Windows Trail this year or you'd like to start one, please get in touch. It would be wonderful to see even more windows lighting up our community this Christmas!



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 good to have some more litter picks in the area, so we can help keep the area clean.

I'd love to have a street party in my street next Summer, where people can bring and share food.

It would be good to have more notice boards in the area.

It would be great to have a community cafe in the area, like Love Food in St Thomas.

Sharing Memories

Exwick Local History group was really pleased to meet Margaret (95) who was born and grew up in Exwick. Margaret came to several meetings and shared her memories of growing up in Exwick. It was fascinating hearing about her experiences as a young girl during the Second World War. She told us about the lives of her parents and grandparents and remembered the old wash house and the farms: "We would go to the farm with a jug and buy milk."

Margaret's mother's family, the de Viells, had lived on Exwick Hill since the 1840s — the work they did over the years helps build a picture of Exwick in the past: paper maker, wool sorter, agricultural labourer, stone mason, dress maker, railway labourer, laundress, gardener.

We were able to help scan and label Margaret's old photos and we provided the family with information from census returns, newspaper archives and other historic records. A big thank you to Margaret for sharing her memories and making history come alive.

Please come and share your memories and local knowledge at our meetings and learn how to research your own family or house. Written by Liz Gaskill.

Exwick Local History group meet on the 1st & 3rd Friday of the month between 10am-12pm at Exwick Parish Hall, 66 Station Rd. Contact us: exwicklocalhistory@gmail.com



Friday Friendship

You'll receive a warm welcome every Friday during term-time at Exwick Parish Hall, 10am–12pm. Drop in for a hot drink, a biscuit, and a friendly chat. There is also a dedicated toddlers' area, toys, and weekly activities such as crafting, baking, and painting. People value the friendly atmosphere, variety of activities, and strong sense of community. There are also community workers employed by Exwick Community Church who are on hand to offer advice on housing, referrals, food parcels, and other support. A Job Club is starting alongside the session in January to provide guidance on employment opportunities.



Exeter Food Bank Christmas in a Bag Appeal

This Christmas, Exeter Foodbank is inviting you to fill a festive bag with treats and small gifts for someone who might otherwise go without. It's a simple way to spread joy, and it really matters.

Drop-off location: Exeter Foodbank, 174/175 Cowick Street, St. Thomas, EX4 1AA

Drop-off dates: Monday 1st December – Friday 5th December
Time: 9am – 11am

For more details, please contact Sophie.
Email: admin@exeterfoodbank.org.uk

(If you are going to donate, please let Exeter Foodbank know! It is so very helpful for us to have a rough idea of numbers)



Donations Needed at Turn Table

URGENT APPEAL – WE NEED YOUR HELP! Turntable Furniture is desperately short of essential bedroom furniture for local families in need. We urgently need wardrobes, chests of drawers, bed bases and mattresses. These items help people who are rebuilding their lives after homelessness, domestic violence, or financial hardship. Every donation helps someone start again with dignity and comfort. We can collect from your home (subject to availability). All items must be in good, usable condition. Upholstered items need a fire safety label sewn in. Phone: 01392 202032

Email: office@turntable.org.uk Address: Swan Yard, Okehampton Street, Exeter EX4 1DS

The Much-Loved Exwick News Returns This Spring!

The much-loved community magazine Exwick News is returning and will once again be delivered FREE to homes across Exwick. The magazine will continue to bring a warm mix of local stories sharing community spirit. It will also include details of regular groups as well as upcoming events, fascinating insights into Exwick's history, the latest news and views, and the popular Exwick sports report. Readers can also enjoy features about local people.

If you'd like to support the magazine and advertise your business to more than 3,000 local residents, then please get in touch with Linda on 07765 043044 or email exwicknews@gmail.com. She would also love to hear from you if you have a local event or story you'd like her to include.

Offers of any help with deliveries are always welcome; anyone interested in this can contact Rob on 07707 985379 or email rob.masding@gmail.com.

Issue 15 of Exwick News is scheduled for publication at the end of March 2026, with a final copy deadline of February 2nd, 2026.

SPRING 2026 – Exwick News returns!



Exwick Wassail - Save The Date!

The annual Wassail will be taking place on Sunday 18th January 2026 in the Exwick part of the orchard.

Preparations are well underway and the organisers would love to hear from you if you'd like to play a part in making the event happen. There are various key characters and volunteer roles available and please do contact them if you'd like to sing and/or play in the band to learn the Exeter Wassail Song 🎵

Last year's Wassail was hugely popular and this family-friendly event is not to be missed. There'll be plenty of community spirit, song, music, and dance!



Update from Felix - CPAO

Walking Basketball is for Everyone!

We are excited to have launched the city's first ever Walking Basketball group this month. Based on the initial idea, which came from two St Thomas residents, we started to look for suitable venues and found that there are limited indoor basketball facilities available, but that there seems to be a lot of interest from local people. After further research and planning, we managed to run a trial session in October and started a conversation with the Exeter Spartans Basketball Club to join forces. Under the banner of the Spartans, we are now running weekly Sunday sessions from 7-8pm at the Exeter College Sports Hall at Victoria Yard, just off Queen Street. This central location will hopefully make the sessions suitable for lots of people from across Exeter.

Walking Basketball is very similar to regular basketball but involves no physical contact and no running. The group is all about inclusivity and we invite people of all ages (18+) and abilities to come and join us for non-competitive, friendly games. It's all about having fun. One of the people who took part in our recent trial shared that he wanted "to be involved in some casual/inclusive basketball" and that he'd "mostly stopped playing competitively", feeling frustrated as his "body won't do the things it used to do". Having taken part in the trial, he said that it was "nice to come away from a session feeling positive."

We will start on a pay and play basis with £3 per session, but the first session is free! If this has sparked your interest, join our Walking Basketball Facebook group for more information.
<https://www.facebook.com/groups/802827645439644/>

facebook.com/CPAOExeterWest
felix.elsen@ecct.co.uk

Walking Tennis is coming to Exwick!

Following a brilliant Walking Tennis taster session as part of the recent Exwick Walking Sports Festival, plans are underway to start regular Walking Tennis at the Exwick tennis courts. More than 10 players joined the recent taster, which has sparked an appetite for something more regular to get started. With the support of Open Court (LTA), the emerging group is about to receive a kit bag to get things going.

The new sessions will be the first time Walking Tennis will be played on a regular basis in Exeter. The sport is currently gaining a lot of attention as it's all about inclusivity, with rules adapted to suit all abilities and ages. Rules include no running and jumping, balls being allowed to bounce twice, playing on smaller courts as well as using lighter balls. The sessions will focus on being fun and friendly, and we encourage anyone (18+) interested to come along and give it a go!

We are currently working out the details and are looking to start free sessions in November. If you are interested in finding out more, join our new Facebook group to stay up to date.
<https://www.facebook.com/groups/1761463477829777/>



STARTING SUN 2nd NOVEMBER

INCLUSIVE WALKING BASKETBALL

SUNDAY EVENINGS 7-8PM

Exeter College Sports Hall
Victoria Yard (off Queen St)
Exeter, EX4 3SR

£3/session
(Card payment onsite)

Inclusive sessions for all ages (18+) and abilities, focusing on fun and friendly games. No running, no physical contact and no experience required.

Join the Facebook group or contact info@exeterspartans.co.uk for more info!





Supported by



WALKING TENNIS

Sundays 12:30-1:30

FREE!

Exwick Tennis Courts

Starting soon!

WHAT?
Free Walking Tennis sessions, open to all ages (18+) and abilities. Just turn up.

WHERE?
The Pavilion, Ennerdale Way, Exwick, Exeter, Devon EX4 2BQ
(Parking available)

Join the Facebook group to stay up to date.




Funded by



Supported by



Questions? felix.elsen@ecct.co.uk



A brighter path to wellbeing



With the option to become a Breath Ambassador!

Improve your health & wellbeing

Yoga4MentalHealth (10-Week Course)

Who is it for:

- Anyone experiencing stress, anxiety or mild to moderate depression
- At risk of Type 2 diabetes or cardiovascular disease
- Suffering from social isolation

Dates:

- January: 19th & 26th
- February: 2nd, 9th, 16th & 23rd
- March: 2nd, 9th, 16th & 23rd

Time: 9.45 am - 11.45 am

Location: The X Centre, Commercial Rd, Exeter EX2 4AD



Sign up here

In collaboration with



For further information:
01392 255 428
training@steponecharity.co.uk

www.steponecharity.co.uk/exeter-yoga-wellbeing-group

LIGHTBEAR LANE

ROOTS & ROUTES: READING PLACE

CREATIVE WORKSHOP

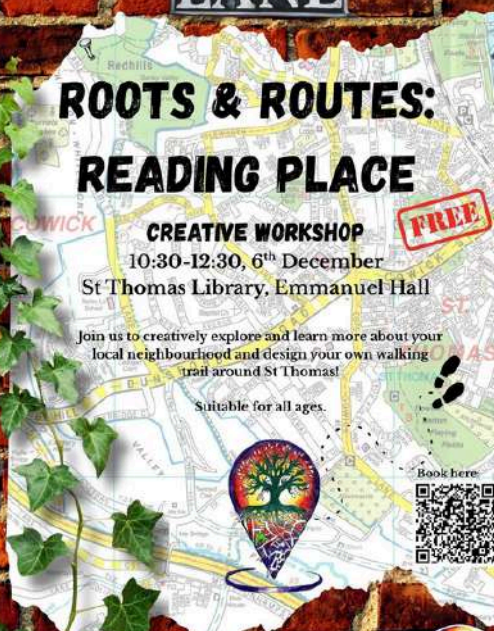
10:30-12:30, 6th December

St Thomas Library, Emmanuel Hall

FREE

Join us to creatively explore and learn more about your local neighbourhood and design your own walking trail around St Thomas!

Suitable for all ages.



Book here



www.lightbearlane.org



What's on: Winter - 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** - ECC
- **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 (1st & 3rd Friday of the month - email to confirm it's on - exwicklocalhistory@gmail.com)

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)

Update from Devon & Cornwall Police



Don't suffer in silence
Report it

Go online:
www.devon-cornwall.police.uk/report-hate

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

"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."

Useful Information

- Parental Minds gives support to families who are struggling 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 PCSO 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 - Local Facebook pages/groups:

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

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

Rachel Gillmore

Tel: 07542 041 672

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Facebook: Rachel Gillmore
(Community Builder Exwick)

CPAO West

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