St Thomas

Community Newsletter Winter 2026



Hello from Amy!



Hi I'm Amy, the Community Builder for St Thomas. Winter is here and that means residents in St Thomas is busy planning lots of fantastic festive community events, showcasing local makers, businesses and setting the bar high for what the community can do when we come together and help support each others ideas.

I've packed in lots of updates about new projects and what's on over the Winter period.

I'll be at the St Thomas Winter Festival on Saturday 21st November on the Wellbeing Exeter stand inside the church hall. Come and say Hi and if you've got a great idea for your street or neighbourhood, be it a mural, festival or new group, but don't know how to start, I can support you to turn it into a reality.

If you've got a free/non profit 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 last page!

Best wishes

Amy

Amy Jones

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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 to find out about local volunteer opportunities

There is a real issue with the lack of accessible toilets in the area and it's impacting older and disabled people

I'd like to join a litterpicking group in the area or organise a litterpick

Community Builder Pop Events

In the past month I've been to the Alibi play cafe with the Community Builder for Exwick and to the Exeter Library with Silvia one of our Community Connectors for the Exeter Job Centre Moving Forward Event. Wellbeing Exeter can support you to take the first steps to attend a new group, meet new people, find other services to support you and link you to volunteer opportunities and resources in your community. We have a fantastic online directory called Your Local Exeter packed with groups and services based in Exeter https://www.yourlocalexeter.org.uk/

I'll be at St Thomas Winter Festival at St Thomas the Apostle Church on Cowick Street with other Wellbeing Exeter colleagues on Saturday 21st November 12pm-4pm if you would like to come and find out what's happening locally.



Community Litter picking Kit

This summer I joined a number of residents and the St Thomas Air Cadets for litter picks in the St Thomas area. More people are keen to join litter picking events or go out in their own time, so I've put together a small community kit containing 3 x litter pickers, gloves and bags for people to use.

Thank you to the Bird House Cafe for storing it. Ask a member of staff for the kit. It can be found under the seats in the indoor seating area. It's a great way to do something positive in the community, get your steps up for the day or entertain the kids whilst grabbing a coffee.

GLOW-VEMBER



Keep an eye out on the Wellbeing Exeter website and social media for opportunities to get active, stay safe and meet others on dark evenings in November as part of the GLOW-VEMBER campaign.



News from Felix - CPAO



Hi, my name is Felix and I am the Community Physical Activity Organiser (CPAO) for West Exeter.

Free Football Coming Back to Merrivale park! Following the success of weekly football sessions at Merrivale Park a few years ago, Live & Move and the Exeter City Community Trust are planning to bring back free football for primary and secondary aged young people.

The Sovereign Network Housing Group is kindly providing a grant through their Thriving Communities fund to offer free weekly sessions at the park's MUGA. Details are currently being discussed, and plans are being made to try and launch sessions this winter to offer the area's young people an opportunity to access regular free and friendly football sessions right on their doorstep. Once plans have been finalised, we will be promoting sessions online as well as distribute flyers locally.

We are keen to hear from you about other ideas for activities you'd like to see happening in and around Merrivale, both for young people and adults. For suggestions, please get in touch with either me (Community Physical Activity Organiser) or Amy (St.Thomas Community Builder) to discuss ideas and options.

We are particularly interested to hear from Merrivale residents directly.
felix.elsen@ecct.co.uk FB: CPAOExeterWest
IG: cpao_exeterwest

Love Your Lane Mural Update

Have you seen the bright new mural by Love Your Lane under the railway arches behind Exe Bridges M&S? There's also a little free library in a red cabinet so you can take and share books with the Community. Issi and team have done a fantastic job and there are plans to paint the rest of the archway in the spring once the dry weather returns.

If you'd like to get involved give Love Your Lane Exeter follow on Instagram or email loveyourlaneexeter@gmail.com.

If there's a wall or alleyway in St Thomas where you'd like do something similar but you don't know where to start, please get in touch. I can help with locating funding and materials, providing advice, contact details for council permissions and local artists, finding a local organisation to host grant funds and sharing the project with the community.



Winter Markets & Festivals

Support local makers, businesses and your local community this winter. As always St Thomas has lots of fantastic events. Check out the Winter Festival on 21st November with craft activities and stalls, food, music, kids entertainment and more. Brillsville market will be on in November and December. Head to the events section towards the back of this newsletter for more markets and Christmas festivities.





Pride in Exeter Community Funding Available

A new community fund has being launched to help residents smarten their neighbourhoods and keep Exeter looking its best! There's £10,000 available for projects across each ward. Funds could be used for murals, planters, alleyway clear ups and more. I'd love to hear your ideas for St Thomas.

You can share your ideas for your neighbourhood and connect with your local St Thomas City Councillors to talk through ideas. Find out who your Coucillors are using the website link below. https://exeter.gov.uk/council-and-democracy/councillors-and-meetings/find-your-councillor/search-for-your-councillor/

All Souls Festival 2026



Congratulations to Aga, Chloe and the All Souls team for another beautiful Festival. I was kept very busy this year in the cafe serving hearty soup, bread and sweet treats!

A celebration of life and death. Inspired by traditions such as the Polish Zaduszki and the Mexican Día de los Muertos, the festival invites people from across Exeter to gather through creative workshops, performance, food, and shared ritual.

If you'd like to find out more or get involved with next years festival please get in touch.





St Thomas Food Fight Looking for Volunteers

"We are a small volunteer-run community initiative that provides a free food table every Sunday from 11:30am–12:30pm in St Thomas. We have been running for 10 years and rely entirely on donations and volunteers. With the cost of living continuing to put pressure on households, our food table is needed now more than ever. We would love to offer any willing volunteers the opportunity to volunteer with us regularly, whether that is once a month or more frequently. We have flexible volunteering roles including serving teas, coffees and food. Preparing food for us at home and arranging to drop off to distribute. We are keen to offer young people the opportunity to take part. If you think this might be suitable for you, or if you know of someone looking to develop their skills, or Duke of Edinburgh students, please get in touch at stthomasfoodfight@gmail.com.

Flow Orchard Wassail 23rd January



Save the Date! Flow Orchard Wassail, Saturday 23rd January at Trews Weir, from 4pm. Flow is a river orchard for fruit, nuts and berries for insects, animals AND humans running from Exwick to Double Locks planted by the community in 2018. 'Wassail' is Anglo Saxon, meaning 'good health'. Every January young and old and in between gather together at dusk to Wassail the trees and each other.

There will be procession, fire, song, dance, noise, storytelling and of course cider and apple juice to drink. Come and represent an orchard creature (mask, hat, brooch, costume) or come as you are. If you'd like to get involved (eg learn the song beforehand, help on the day, join the band) or be added to the mailing list please email floworchardexe@gmail.com. Meeting location and times will be posted on the Flow website, @floworchardexe on Facebook and Instagram.

Urban Exe Resilliance Group Update

Following a successful first meeting on 16 October 2026, we are taking the next steps towards establishing a Resilience Network. The meeting brought together local residents and organisations to explore how our communities could be better prepared for emergencies, and how we could support one another when things go wrong. We are now looking for volunteers to help develop the Network and turn these ideas into practical arrangements.

Would you like to get involved?
Whether you have particular skills to offer, represent a local organisation, or simply want to help your neighbourhood, we'd love to hear from you. You don't need any previous emergency-response experience, and you don't need to have attended the first meeting. Please contact Love St Thomas CIC at hello@love-st-thomas.org. Or complete the Complete our online form to get involved on the website at https://www.love-st-thomas.org/resilience

Events


Back by popular demand
St Thomas Methodist Church
Christmas Tree Festival
Trees throughout the church
decorated by local groups
5th - 12th December
Saturdays: 9.30am – 1.00pm
Monday, Wednesday and Friday: 10.30am – 3.00pm
Tuesday and Thursday: 2.00pm – 8.00pm
(Sat 5 – Coffee morning in aid of Hospiscare)
Admission free; charity donations welcomed
110-111 Cowick Street. EX4 1JE


ST THOMAS
CHRISTMAS DISCO
SATURDAY 5TH DECEMBER
7 – 10.30PM
RAFFLE
DJ DAVE
LICENSED BAR
ALTERNATIVE 80S MUSIC AND MORE
FUNDRAISER FOR LOVE ST THOMAS SUMMER FESTIVAL
TICKET PRICE £4 (SOLIDARITY), £6 (MIDDLE INCOME) OR £10 (SUPER SUPPORTER)
ST THOMAS PARISH CHURCH HALL


THE BIRDHOUSE, PINCES GARDENS, EXETER
Christmas Market
SUNDAY 13TH DECEMBER
11AM - 3PM
MARKET STALLS - ELVES TOY SHOP -
MEET MRS CLAUS - CAROL SINGERS


MEN'S
COFFEE MORNING
2nd Wednesday of the month
10.30-11.30am
Coffee-Companionship-Chat
Love Food
-CIC-
95 Cowick St, St Thomas, Exeter, EX4 1JF

Events Continued

CHRISTMAS AT ALIBI

CHILDREN'S SCRATCH MORNING
SAT 28 NOV, 11AM, £5 + BOOKING FEE
AGES 5+JOIN US FOR OUR FIRST CHILDREN'S SCRATCH EVENT – A BRAND NEW WAY FOR YOUNG AUDIENCES TO HELP SHAPE THE SHOWS, MUSIC AND ADVENTURES DREAMT UP JUST FOR THEM.

CRAFTY PLAY CAFE & TREE DECORATING
SAT 5 DEC, 10AM - 1PM, FREE, ALL AGES
JOIN ALIBI FOR A MORNING OF WINTERY CRAFT ACTIVITIES FOR THE WHOLE FAMILY. MAKE YOUR OWN FESTIVE DECORATION AND ADD IT TO THE ALIBI TREE, GET STUCK INTO TOYS, GAMES AND COLOURING OR JUST HAVE A HOT CHOCOLATE AND RELAX.

NADELIK
SATURDAY 12 DECEMBER
ENCHANTING ENTERTAINMENT AND STORYTELLING THAT WILL CAPTIVATE CHILDREN AND ADULTS ALIKE. AGES 4+BOOKING ESSENTIAL

FESTIVE JAZZ CLUB
SATURDAY 19TH DECEMBER
BY ALIBI & ST THOMAS JAZZ COLLECTIVE
ST THOMAS JAZZ CLUB ARE BACK WITH A TOE-TAPPING FESTIVE MUSIC EVENT FOR THE WHOLE FAMILY! ALL AGES BOOKING ESSENTIAL

Community Food

Local resources for free & affordable meals in Exeter

WELLBEING EXETER

Love Food - Lunch Club - Thursdays 12.30pm-1.30pm
A community food hub in St Thomas based at 95 Cowick St, Exeter, EX4 1JF
Open hours of Monday - Thursday 10.00am-3.00pm.
The food hub is home to all regular activities including pay-what-you-can lunch club, which will be on most Thursdays 12.30pm-1.30pm
Community Fridge is also on site, which has free surplus food for all.

Food Cycle - Tuesdays at the Mint Methodist Church - 6.30pm
FoodCycle Exeter - The Mint, Fore Street, Exeter. Every Tuesday 6.30pm
The Mint Methodist Church, Fore Street, Exeter, EX4 3AT
Contact: exeter@foodcycle.org.uk
FoodCycle Exeter welcomes anyone to attend as a guest and enjoy a FREE hot meal. No need to book. Just turn up on the day!

Exeter Community Fridge - St Sidwell's Centre & University of Exeter
Free & accessible during opening hours. The Exeter Community Fridge makes surplus food available to all within the community for free. The aim is to reduce food waste, save households and businesses money and to build community. Exeter University fridge is based in the library at the forum.

Wonford Community Larder, Wonford Community Centre
Food Surplus Donations: Generally available on Saturday mornings, often starting around 11.00am, though times/days can vary. For the most up-to-date information on opening hours and availability, it is recommended to check their Facebook page or contact them at 01392 217868.

Exwick Community Larder, Exwick Community Hall
Open Monday-Friday, 8.30am-3.30pm. Weekends and Bank Holidays opening hours are 9.00am-11.00am.



Exeter

Keep Warm this Winter

ecoe advice

Worried about energy price cap increases? Or struggling in a cold and hard to heat home?
Get free energy advice and support from ECOE Advice, an award winning Devon charity helping residents save money and stay warm in their homes.

Set your heating controls
Set it to come on just before you get up and switch off just before you go to bed.

Hot water bottles!
Stay warm with a hot water bottle or electric blanket, but don't use both at the same time.

Close the curtains
Tuck them behind the radiator and shut the doors to rooms you use most to keep the heat in after it gets dark.

Warm food & drinks
Have regular hot drinks & eat at least one hot meal a day if possible. Eating regularly helps keep your energy levels up.

Prioritise one room
Which room do you spend most of your time in? Prioritising this room will keep your overall heating costs down, as you won't be trying to heat your whole home.

Layer clothes to keep warm
Layer clothes, and keep your feet warm with rugs, thermal socks & slippers.

Draught-proof your home
Use draught-proofing strips, which you can find online or in DIY stores, to improve the seal of your window frames, and cover wooden floors with rugs & carpets.

Contact our award winning energy advice team to see how we can help you.

0800 772 3617 www.ecoeadvice.org.uk healthyhomes@ecoeadvice.org.uk

EXWICK CHRISTMAS FETE

Saturday 28th November 2026
12pm-4pm
Exwick Parish Hall, Station Road

★ Craft Stalls ★ Cake Stall
★ Tombola ★ Refreshments

For more info or to book a table
email: eca@exwick.org

Charity No: 1043677

What's on: St Thomas

Monday

- 09.00-11.00 Baby & Toddler Group -St Thomas Methodist Church (STMC) (Term time only)
- 10:00-10:30 Story Time - St Thomas Library (STL) 10:00-13:00
- Play space - The Family Garden (FG) (term time only)
- 10:30-15:00 Community Fridge & warm hub - Love Food CIC (LF) (term time only)
- 10:30-12:00 Knit & Natter - (STL)
- 11.30-16:00 Exeter Food Bank (EFB) (referral service only)
- 13:00-14:00 Fish & Chip Lunch Club-Friends of St Thomas Medical Centre Trefoil Lodge
- 13:30-17:30 Tech Cafe-IT Support- (STL) (3rd Monday of the month only)
- 15:30-17:00 Exeter City Community Trust Youth Club Years 7 & 8 - West Exe School (WES)
- 17:00-18:00 Premier League Kicks Football Sessions 4-11 Years (WES)
- 17.45-18:45 50th Exeter Brownies - St Thomas Methodist Church (STMC)
- 18:00-19:30 Brownies 7-10 years - Trefoil Lodge (TL)
- 18:30-19:30 Freemovement Circuits in the Park - Cowick Barton Fields (CBF)
- 18:45-21:30 2469 Sqn St Thomas RAF Air Cadets email 2469@rafac.mod.gov.uk
- 19:00-20:30 Guides 10-14 years - (TL)
- 19:15-20:45 Exeter 45th Guides (STMC)
- 19:30-21:00 Rangers 14-18 years (2nd and 4th Monday) (TL)

Tuesday

- 10:00-15:00 Community Fridge & warm space - (LF) (term time only)
- 10:00-10:30 Bounce & Rhyme - (STL)
- 10:00-12:00 Community cafe (Donation only) (RC)
- 10:00-13:00 Play space - (FG) (term time only)
- 11:00-13:00 Breastfeeding support drop in- Birdhouse Cafe (BC)
- 11:30-12:00 Bounce & Rhyme - (STL)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 St Thomas Library Book Chat- Luccombe Oak Pub (LO)
- 16:45-17:45 Rainbows - (STMC)
- 16:45-17:45 Rainbows 4-7 years - (TL)
- 18:00-19:00 Rainbows 4-7 years - (TL)
- 18:00-19:00 45th Exeter Brownies - (STMC)

Wednesday

- 09.30 -11.15 Baby & Toddler Group - St Thomas Baptist Church (STBC) (Term time only)
- 10:00-15:00 Community Fridge & warm space- (LF) (term time only)
- 10:00-13:00 Play space (FG) (term time only)
- 10:00-12:00 Friendship hub, knit & natter & community cafe (donation only) (RC)
- 10.00-13.00 Step One Wellbeing Craft Group-The X Centre (XC)
- 10:30-11:30 Westbank Health Walk (every 2nd & 4th Wed) St Thomas Health Centre (STHC)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 13:00-16:00 Mental Health Hub Drop in - The Club Exeter, behind 1 Locarno rd (£3)
- 13:15-14:45 Songbirds Choir St Thomas the Apostle Church Hall (STACH)
- 13:30-15:00 Mums Choir - (STL)
- 17:00-18:00 Squirrels 4-6 years - 6th Exeter St Thomas Scout Hut (STSH)
- 17:00-18:00 Beavers 6-8 years - (STSH)
- 18:30-20:00 Cubs 8-10 1/2 years (STSH)
- 18:30-19:00 Freemovement Circuits in the Park - (CBF)

What's on: St Thomas

Thursday

- 09:00-11:00 Community Gardening Session Zero Mile Gardens - Emmanual Hall (EH)
- 09:15-10:30 Stay & Play Baby & Toddler group - Montgomery School (MS) (term time)
- 09.30-11:00 St Thomas Tots - (STAPH) (term time)
- 10:30-15:00 Community Fridge - Love Food CIC (LFC) (term time only)
- 10:00-12:00 Community Drop-in - (STBC)
- 11:30-14:00 Exeter Food Bank- (EFB) (referral service)
- 12:00-14:30 Craft Group - Shilhay Community Centre (SCC)
- 12:30-13:30 Community Lunch Club, 1st & 3rd Thursday Love Food CIC (term time)
- 16:30-17:30 Wicketz Kids Cricket Sessions 8-16 Years - Riverside Leisure Centre (RLC)
- 18:45-21:30 2469 Sqn St Thomas RAF Air Cadets email 2469@rafac.mod.gov.uk
- 17:45-18:45 Super 1's Disabilities Cricket Sessions 12-25 Years - (RLC)
- 18:00-20:30 5th Boys Brigade 5-18 Years - (STMC)
- 19:00-20:30 St Thomas the Apostle Church Bell Ringers - (STACH)

  19:30-21:00 Craft 4 Others - St Thomas Methodist Church (every other Thursday) (STMC)

Friday

- 09:00-11:00 Stay & Play - West Exe Nursery Cowick Street (WEN) (term time)
- 09:30-11:00 Community Breakfast Club all welcome - (STL)
- 10:00-12:00 Stay & Play Toddler Group - Riverside Church (RC)
- 10:00-10:30 Story Time - (STL)
- 10:00-12:00 Knit & Natter- Trefoil Lodge (TL)
- 10:15-11:00 Chair Based Exercises - (TL)
- 11:30-12:30 Table Tennis, Badminton & Pickle Ball - Sport in Mind - Sport for improving mental health - (RLC)
- 11.30-14:00 Exeter Food Bank - (EFB) (referral service only)
- 14:00-16:00 Tea, Craft & Chat - (TL)
- 14:15-16:15 Carers Group - (TL) (Every second Friday of the month only)
- 19:00-20:00 St Thomas Local History Group (monthly - 1st Friday of the month) (STACH)
- 19:00-21:00 Scouts 10 1/2-14 years (STSH)
- 19:30-21:00 Youth Club (RC)
-

Saturday

- 09:00-10:00 Freemovement Circuits in the Park - St Thomas Pleasure Grounds (STP)
- 10:00-12:00 Lego Club - (STL)
- 09:00-13:00 Brillsville Market (Second Saturday of the month only) - Kings Carpark, Cowick Street (KC)
- St Thomas Repair Cafe (Every third Saturday of the month) - (STACH)

Sunday

- 08:50- 09:30 Junior Park Run 4-14 Years - (CBF)
- 10.15-12.15 Natter Club - (TL)
- 11:00-12:00 Community Gardening Session - St Thomas Community Garden (STPG)
- 11:30-12:30 St Thomas Food Fight (free hot food and drinks) - St Thomas Precinct, Cowick Street.

Abbreviations in brackets ( ) relate to the location. See back page for contact details

What's on: St Thomas

Contact Details for Venues and Classes:

- **(STMC)** St Thomas Methodist Church - https://www.stthomasmethodist.co.uk/
- **(STBC)** St Thomas Baptist Church - 01392 421707 - https://www.stbc.org.uk/
- **(STL)** St Thomas Library - 01392 407061- stthomas.library@librariesunlimited.org.uk
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- **(LF)** Love Food CIC - info@lovefoodcic.co.uk - https://lovefoodcic.co.uk/
- **(EFB)** Exeter Food Bank St Thomas Hub - 07818 226 524 - info@exeterfoodbank.org.uk
- **Friends of St Thomas Medical Centre** - Contact Denise 01392 676676
- **(WES)** West Exe School Premier Kicks & Youth Club - 01392 255611- inclusion@ecct.co.uk
- **(RL)** Womens Walking Football - https://www.eventbrite.com/.../stthomas-womens-walking...
- **(LO)** Luccombe Oak Pub - 01392 966695
- **(STMC)** Crafting for others email: mrsmaccookie@sky.com
- 50th Exeter Brownies - 50thexeterbrownies@gmail.com
- 45th Exeter Brownies - exeterbrownies45@gmail.com
- Exeter 45th Guides - exetergg45th@aol.co.uk
- **(STSH)** 6th Exeter St Thomas Scout Hut - https://6thexeterscouts.org.uk/contact-us/
- Freemoovement - 07709 300765 - freemoovement@hotmail.com
- **(CBF)** Cowick Barton Playing Fields - 01392 262630 - https://exeter.gov.uk/leisure-and-culture/
- Rainbows - westexerainbows2nd@outlook.com
- **(BC)** Birdhouse Cafe breasting feeding support - Text 07484747923
- **(STACH)** St Thomas the Apostle Church Hall-01392 437486http://www.stthomaschurchexeter.co.uk/
- (**STHC) Westbank walks contact**- 01392 824752 healthwalks@westbank.org.uk
- Mums Choir - mums.choir.exeter@gmail.com
- **(XC)** The X Centre, Commercial Rd, Exeter, EX2 4AD - https://steponecharity.co.uk
- **(EH)** Zero Miles Gardens Community Gardening - zeromilegardens@gmail.com
- **(MPS)** Montgomery Primary School - 01392 285240 https://www.facebook.com/MontyToddlerGroup
- **(SCC)** Shilhay Community Centre, Thursday Activity Group (Shilhay Community Centre) - See Facebook group
- Super 1's Disabilities Cricket & Wickets Kids Cricket - damian.price@devoncricket.co.uk
  Sport in Mind Table Tennis, Badminton, Pickle Ball - info@sportinmind.org
- 5th Boys Brigade - boysbrigade5thexeter@hotmail.com
- **(WEN)** West Exe Nursery Stay and Play - 01392 279361
- **(RC)** Riverside Church - 01392 210146 - info@loveexeter.com
- **(TL)** Trefoil Lodge- 01392 210232 - Trefoillodgebookings@outlook.com
- Friends of St Thomas Health Centre - Knit & Knatter, Chair Exercise, Carers Group - 01392 676676-
- denise.knowles@nhs.net held at Trefoil Lodge
- **(STCG)** St Thomas Community Garden - https://www.facebook.com/groups/2504356273192890

Amy Jones - St Thomas Community Builder

Phone: 07935 218747
Email: Amy.jones@eci.org.uk
Facebook: CB St Thomas (Amy Jones)

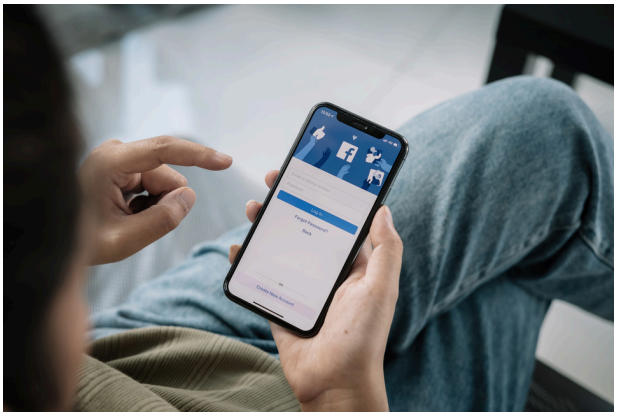
St Thomas Repair Cafe

St Thomas Repair Café Next Session 19th December
St Thomas Church Hall, EX2 9BQ Starts 10am, last repair accepted 1pm

Repairs on offer:
Clothes and accessories - Jewellery - Small electricals- Electronic devices
Ornaments and crockery- Toys and small items of furniture

Only 1 item per visit, please .You're also welcome to just pop along, see what it's all about and enjoy a cup of tea/coffee with home-made cake/biscuits. All repairs and refreshments are by donation. Parking reserved for volunteers with their tools and sewing machines.

Get Social



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

- St Thomas, Exeter
- Brillsville Market St Thomas
- West of the River Magazine
- Love Food CIC
- Cowick Roots and Recreation
- Mindfully Wild CIC
- Family Garden CIC
- St Thomas Winter Market (Winter Festival)
- The Birdhouse Cafe
- Zero Mile Gardens
- St Thomas Community Garden
- St Thomas Local History Group
- Love St Thomas Summer Festival.
- St Thomas Food Fight
- Friends of St Thomas Heath Centre
- St Thomas Repair Cafe
- Wellbeing Exeter
- Exeter Community Initiatives
- Love Your Lane Exeter

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
- 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/

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	Community Building	Community Physical Activity Organisers	Community Engagement
One to one support for adults in Exeter plus adults, families	Support people in their local neighbourhood to grow their ideas and try new things that bring people together	Connect people to become more active and support neighbourhoods to get physical activity ideas off the ground	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

www.wellbeingexeter.org.uk

St Thomas Community Builder

Name: Amy Jones
Phone: 07935 218747
Email: amy.jones@eci.org.uk
Facebook: Amy Jones Community Builder (St Thomas)

Community Physical Activity Organiser (CPAO)

Felix Elsen
Tel: 07736 918 280
Email: felix.elsen@ecct.co.uk
Facebook: CPAO Exeter West