

## Hello from Natalie!



Hello St James!

Phew! This summer was a busy one with lots of community engagement. Lots of listening when outdoor knocking with colleagues and attending community groups. It's been lovely seeing the formed connections between those that attend community groups.

We made the most of the glorious weather with community walk & talks, active pop ups, weeding parties and our well attended community litter picks. Thank you to everyone who has made me feel a part of the St James Community. I wonder if any of you have any ideas on how to make where you live more brighter and connected? If you have an idea, I could support, please get in touch.

Best wishes,

*Natalie*

Natalie

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# Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have been saying:

"I'd like to see a small, outdoor libraries or a book sale in someone's front garden"

"It would be a good idea to hire a mini van to get those of us without transport to bowling"

"It's great to understand what Wellbeing Exeter offers"

"It's amazing how many free activities and groups there are across the city. Exeter Community Initiatives and Urban Learning, especially"

# Listen & Support



Whether it's via Whatsapp, email or meeting residents in person, a vital part of my role is to support you to turn your ideas into action. It's great to hear that Prospect Park Resident's Association has been successful in securing a ward grant for a Little Free Library and Devonshire Place Resident's Association are in the early stages of planning for a community noticeboard.

# Prospect Park Makeover

It's been great to support the excellent work by Prospect Park neighbours. We can now see the beautiful brickwork. Let's be inspired by these wonderful residents. Have you got a space near you that needs brightening up? Would like plant some bulbs in a green space? Do some community weeding? Have an idea to brighten and care up your neighbourhood? If you need some equipment ~ don't fret, we can borrow from [Devon Wildlife Trust](#). Get in touch to have a chat!





# Age UK Exeter Craft Group

The lovely ladies at Age UK Craft Group have been busy all year round, creating beautiful Christmas decorations to sell at the upcoming Christmas markets.

Please support them at the following Christmas Fayres to raise vital funds for AgeUK:

- The Beacon Centre on Saturday 22<sup>nd</sup> November between 11.00 - 2.00pm
- Broadclyst Victory Hall on Sunday 29<sup>th</sup> November between 10.00 - 1.00pm
- Westpoint Exeter - Christmas Shopping Fayre from Friday 5<sup>th</sup> to Sunday 7<sup>th</sup> December between 9.00-4.00pm



## News from CPAO Georgie

"With winter coming in and the year coming to an end have you thought about any New Year's resolutions. Possibly joining a fitness group or class? Starting a sports team? Or even just giving a different way of moving ago?"



In the next coming months we have a few plans for you to try these things out. Keep an eye out for our posters and social media to see what events we have on in the new year and what group you can join as well. If you would like to show your interest in any of these ideas. Please feel free to get in contact with me or Natalie."

You can contact me at  
Email- [georgie.barbour-gresham@ecct.co.uk](mailto:georgie.barbour-gresham@ecct.co.uk)  
Phone- 07926127824

**WELLBEING  
EXETER**

### Women's 5 Aside Football

Every Monday 8-9pm, Streatham Sports Park, 5 aside pitch

Ready to own the pitch? Join us for 18+ Women's 5-A-Side Football - whether you're a seasoned striker or just fancy a fun kickabout, this is your time to shine!  
Grab your mates or come solo - we'll match you up.  
Football. Friendship. Fierce fun.

**Contact:** 📞 07926127824 ✉ [georgie.barbour-gresham@ecct.co.uk](mailto:georgie.barbour-gresham@ecct.co.uk) 📱 @Wellbeing Exeter - Be active = Exeter Central North  
[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)



### Pop Up Play at Queen's Crescent Gardens

**Tuesday 18th November from 3.30-4.30pm**

Join your Community Builder - Natalie and CPAO - Georgie or an Active Pop Up Play with various games, for the whole family to enjoy. Share your ideas and connect with others.

# University of Exeter ~ Repair Cafe

Join us for the launch event of the University of Exeter Repair Café!

Date: Tuesday 25th November 2025

Time: 11.00 - 3.00pm

Location: Digital Maker Space (Forum Library)

Got a broken appliance, ripped clothing or glitchy tech? Our friendly volunteers will help you fix household items such as lamps, laptops, clothes or jewellery and teach you the skills to do it yourself.

But you don't need to bring something to take part - feel free to drop in, watch, learn and chat with others about repair and reuse. It's a great way to pick up new skills and connect with your community.

If you know what you'd like to get repaired, please let us know in advance via this form:

<https://forms.office.com/e/m68nAR0A8w>.



## Funding News

The University of Exeter's Community Fund helps local residents, community groups, and student societies start and grow fresh projects. We welcome ideas that build stronger links between the University and our city environmental schemes, community events, cultural activities and more.



What's available:

- Grants of 300 are offered, with up to 500 for larger projects
- Funding can part-support wider projects
- Two application rounds each year, reviewed by a panel of staff and community reps
- Deadlines are posted on our website
- You can re-apply each round, but not for the same project
- Each application must clearly explain the need
- Organisations working with Exeter students and residents can apply, where real collaboration is shown

Got an idea? Please email: [r.j.cunningham@exeter.ac.uk](mailto:r.j.cunningham@exeter.ac.uk)



# Mental Health Matters

## REKINDLE RECOVERY

We are a grassroots, volunteer-led, peer support group for people with lived and living experience of mental health and other life interrupting challenges

We run informal weekly drop-ins for peer support, friendly connection, and quiet conversation with games, puzzles, and a wide range of creative materials to meet the needs of almost everyone!

**EXETER:** Every Wednesday from 1-4  
St Sidwell's Community Centre, Sidwell Street, EX4 6NN

**TIVERTON:** Every Monday from 10-1  
The Britton Centre (building next to the Old Heathcoat School Community Centre)  
81 King Street, Tiverton EX16 5JJ.

## MEN'S HEALTH & WELLBEING EVENT

WEDNESDAY  
19TH NOVEMBER  
5-7PM

THE TRUST SUITE  
ST JAMES PARK  
STADIUM WAY, EX4 6PX



Join us for an evening dedicated to raising awareness about men's physical and mental health. Meet the organisations working with men across Devon. The event encourages open conversations, connection, and support for the men in our community.

### EVERYONE IS WELCOME

While the focus is on men's health, women are warmly invited to attend and take part.

### BOOK YOUR FREE PLACE

For more info, email [mark.duckworth@colab-exeter.org.uk](mailto:mark.duckworth@colab-exeter.org.uk)



[bit.ly/3Ln6B7T](https://bit.ly/3Ln6B7T)

## Support services

- Exeter Community Mental Health Team 01392 208900  
Click [here](#) for more information
- Talk Works - Exeter 0300 5553 344  
Click [here](#) for more information
- Devon Partnership NHS Trust 01392 208866  
Click [here](#) for more information
- Step One Charity 01392 255428  
Click [here](#) for more information
- The Moorings @Exeter 07990 790920  
Click [here](#) for more information
- Mind 0300 123 3393  
Click [here](#) for more information

## Children's Service

- YMCA Exeter Children's Wellbeing Service (5-18 Years)  
Click [here](#) for more information

**GOING THROUGH A STORM OR JUST BEEN THROUGH ONE?**

ANDYSMANCLUB are talking groups for men to **HELP YOU** through those storms.

**FIND OUT MORE** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk) #ITSOKAYTALK

**ANDYSMANCLUB EXETER**

**EXETER CITY**  
Exeter City FC, St James's Park, Stadium Way, Exeter EX4 6PX

**EXETER WOLFORD**  
Wolford Community Hall/Wolford District Centre/Barnhouse LA, Exeter EX2 0W

ANDYSMANCLUB is a registered charity in England and Wales (1179427) and a company limited by guarantee, registered in England and Wales (1179427)

# Community Christmas



Christmas Gathering at Creating Connections Social Cafe on Tuesday 23<sup>rd</sup> December between 10.30am - 12.00pm.

Held at Grecian Room at Exeter City Football Club, Stadium Way, EX4 6PX

Georgie - 07926127824

Crave Restaurant are offering a free light lunch

Christmas Day 25<sup>th</sup> December between 10.00 - 2.00pm

Held at 38 Commercial Road, Exeter, EX2 4AE  
01392 343940

## Friends Of Mount Pleasant

Diary Dates at Mount Pleasant Surgery:

Cake Sale

- Thursday 27<sup>th</sup> November -9.30am-1.00pm

Art Exhibition & Sale

- Tuesday 2<sup>nd</sup> December from 10.00am

If you have any questions, please contact:  
01392 499291

**CALLING FOR VOLUNTEER DRIVERS**

The Friends of Mount Pleasant Health Centre are seeking volunteer drivers to transport patients to their medical appointments.

**REQUIREMENTS**  
To become a volunteer driver, you will need:

- A valid UK driving license
- To own or have access to a car
- Fully comprehensive insurance
- To undertake a DBS check
- To complete our volunteer training induction

**HOW TO APPLY:**  
To apply please call Bev or Sherry on 01392 499291  
Alternatively, you can email: [beverley.todd@nhs.net](mailto:beverley.todd@nhs.net) or [yingqin.hughes@nhs.net](mailto:yingqin.hughes@nhs.net)

For further details, please scan the QR code.

## Bury Meadow Community Garden



Community gardening is for residents and students living locally to Bury Meadow Park. Saturdays 3pm Sundays 10am

Diary dates

- December - 13th/14h
- January -10th/11th
- February 7th/8th
- March 7th/8th
- April 11th/12th
- May 9th/10th
- June 13th/14th
- July 11th/12th

For more details please contact: [info@burymeadow.co.uk](mailto:info@burymeadow.co.uk)



## Resilient Roots



"A brave, gentle, and as-safe-as-possible space for people of colour and those of mixed heritage to come together and tend to the impact of current far-right activity on our bodies, hearts, and minds.

We'll share mindfulness practices, connect in circle and pairs, and simply be together - grounding in community and connected safety.

Sunday 7th December from 2-5pm  
at St Sidwell's Community Centre, EX4 6NN  
This space has been lovingly running since 2022, and all are welcome who feel called to join."

Please contact Sandhya for more information  
-sandhyadde@gmail.com

## Devon & Cornwall Police - Update



"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."

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

Go online:

[www.devon-cornwall.police.uk/reporthe](http://www.devon-cornwall.police.uk/reporthe)

**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

# Diary Dates

There's some fantastic opportunities for you to join in with coming up so have a a good read and save those dates. Come and find out what's going on locally and share your ideas for your community.



## Meet your Community Connector/Builder at St Sidwell's Community Centre Cafe

**Thursday 27th November from 1.30 - 2.30pm**

Meet Connector - Sarah & Builder - Natalie to find out about our roles, what's on locally, local volunteering opportunities and share your ideas.



## Community Litter Pick

**Sunday 23<sup>rd</sup> November & 25th January at 11am -12.00pm**

Meet at Devonshire Place Orchard with local neighbours to keep St James tidy. All litter pickers, gloves and bag are provided. Everyone is welcome - bring family and friends.





**MEET THE PLAYERS  
FESTIVE SIGNING EVENT**  
WEDNESDAY, DECEMBER 3 | 5-6:30PM | ST JAMES PARK

DELICIOUS DONUTS AVAILABLE!  
MULLED CIDER ON SALE!  
KIDS CAN MEET SANTA!  
HOT PIGS IN BLANKETS AVAILABLE!  
AUGUST NEW CALENDAR ON SALE!  
STICK AROUND FOR THE LIVE FOOTBALL!

EXETER CITY FC



**SOCIAL CAFE  
CHRISTMAS DATES**  
TUESDAYS 10.30-12PM, GRECIAN CENTRE, ST JAMES PARK EX46PX

COME JOIN US FOR OUR FESTIVE SOCIAL MORNINGS. GREAT CHANCE TO MEET PEOPLE OVER A CUPPA

2ND - CHRISTMAS CRAFT  
9TH - CHRISTMAS PARTY  
16TH - CHRISTMAS CAROL  
23RD - CHRISTMAS GATHERING



**16 DAYS OF Action!**

**Reclaim the Night  
Exeter**

Thursday 27<sup>th</sup> November 4pm

Banner Making Workshop: St Sidwell's Community Centre, 4pm

March from St Sidwell's at 6pm

**All Welcome**

Intercom Trust will be hosting a safe and inclusive space throughout this event



**THE SIDWELL STREET  
English Classes**

**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

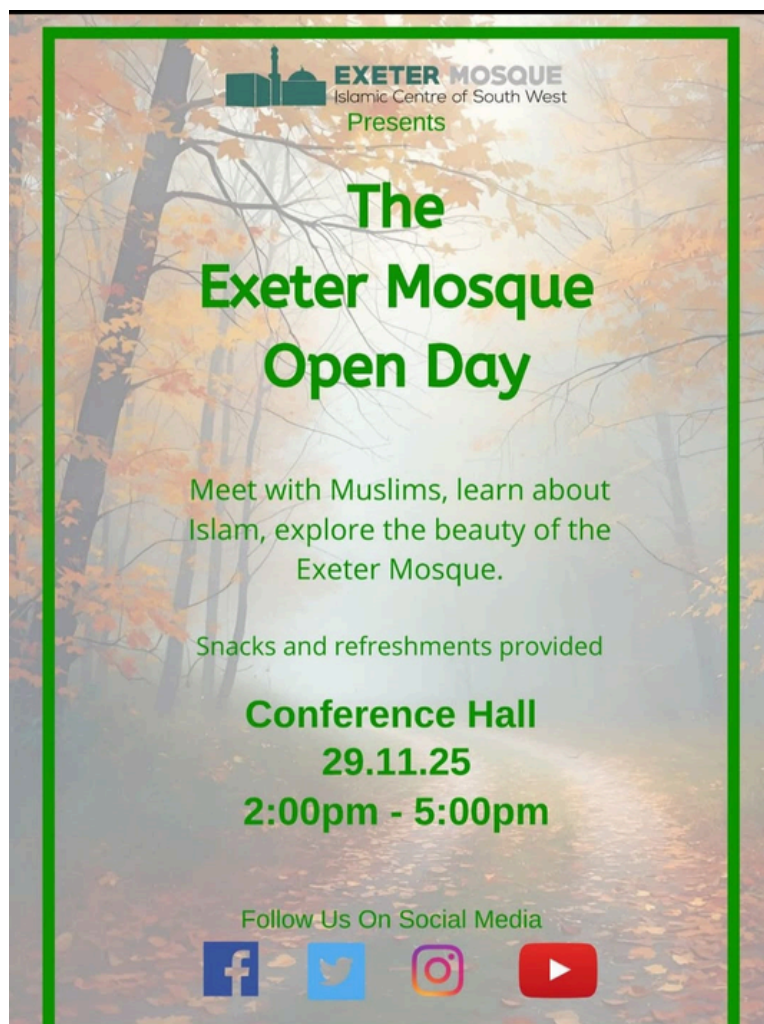


**Exeter Multicultural Choir  
is back after the summer!**

Starts: Friday 10th October, 1-3pm  
Then: Every Friday afterwards  
@St Sidwells Community Centre

Open to all speakers of other languages - whether you're a complete beginner or a seasoned singer.





**EXETER MOSQUE**  
Islamic Centre of South West  
Presents





## The Exeter Mosque Open Day

Meet with Muslims, learn about Islam, explore the beauty of the Exeter Mosque.

Snacks and refreshments provided

**Conference Hall**  
**29.11.25**  
**2:00pm - 5:00pm**

Follow Us On Social Media



**Sound Cloud Making Workshop**  
Help turn the volume down with wall and ceiling clouds

Do the sounds of Sid's get too much sometimes?

**YES!**  
Come & Join us making Sound Clouds with alpaca wool

Join this three week workshop to help make brightly coloured clouds. You can do it as a one-off or for all 3 weeks.

Using wool is a great material to absorb sound waves

27th November 2-4pm  
4th December 2-4pm  
11th December 2-4pm

Limited spaces available - sign up quick

**Rekindle Recovery**  
Lighting the way to mental health recovery, opportunities and resources for living well

St. Sidwell's Community Centre



# Facing Exeter

Join artists from the Inky Fingers Workshop team for **FREE** creative art workshops in the city centre!  
We are asking you to think about the future of the city:  
- what could happen here? - what might it look like?  
- what could Exeter become famous for? - who might live here?

Workshops are open to all ages, no experience needed - we want to welcome you and hear your ideas!

Held at **Positive Light Projects, Sidwell Street.**

Saturdays 10am-12noon:  
- 15th November  
- 13th December  
- 24th January  
- 14th February

More information and booking here>>>  
[@inkyfingersworkshop](https://www.inkyfingersworkshop.com)



Funded by    



Rekindle Recovery  
invites you to  
come and enjoy three weeks  
of easy, joyful, and fun  
**Christmas Karaoke**



Free drop-in to help lift your holiday spirits  
Wednesday December 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>  
2pm - 3:30  
Hems Room, St Sidwell's Community Centre  
Sidwell Street, Exeter EX4 6NN

Rekindle Recovery is voluntarily run, peer led community group of people with lived experience of life interrupting challenges wanting to help others live well.  
Find us on Facebook or visit our website at [www.rekindlerecovery.org.uk](http://www.rekindlerecovery.org.uk)





# What's on: St James: Winter 2025

## Monday

- 1pm-2.30pm - Theatre Workshop - Migrant Women - St Sidwell's Community Centre
- 3pm-5pm - Gardening Group - Rainbow Garden at Sidwell Street Methodist Church (3rd Feb-Oct)
- 6pm-7pm - Andy's Man Club - Exeter City Football Club

## Tuesday

- 10am-12pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B) - email: [exetercommunitygarden1@gmail.com](mailto:exetercommunitygarden1@gmail.com)
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - email: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) for more information
- 10.00-4.30pm - Merry Go Round Toy Library - Positive Lights Projects - Browse and book at [my.mgrtoylibrary.org](http://my.mgrtoylibrary.org)
- 10.30am-12pm - Creating Connections Social Cafe - Grecian Centre at St James Park
- 10.30am-12pm - Coffee Morning - St Sidwell Methodist Church (first & third Tuesday of each month)
- 11am-1pm - The Sidwell Street Gardeners - St Sidwell's Community Centre
- 1pm-4pm - Board Games & Books - St Sidwell's Community Centre
- 2pm-4pm - CoLab Men's Group - CoLab, King William Street
- 2pm-4pm - Work & Wellbeing Drop In at St Sidwell's Community Centre  
[dropin@stsidwells.org.uk](mailto:dropin@stsidwells.org.uk)
- 6pm-7.30pm - Boys Brigade (ages 5-11 years) - Sidwell Street Methodist Church
- 7.30pm-9pm - Boys Brigade (ages 12-18 years) - Sidwell Street Methodist Church

## Wednesday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - email: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) for more information
- 10.30am-12.30pm - CoLab Women's Group - Meeting House, CoLab, King William Street - email: [colabwomen@colabexeter.org.uk](mailto:colabwomen@colabexeter.org.uk)
- 1pm-4pm - Rekindle Arts & Crafts Recovery Drop In - St Sidwell's Community Centre
- 2pm-4pm - St Sidwell's Knitting/Craft Group - St Sidwell's Community Centre
- 2pm-4pm - ULA Choosing Creativity Workshop - Colab - email: [info@urbanlearnacademy.org.uk](mailto:info@urbanlearnacademy.org.uk)
- 3pm-5pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ
- 6.30pm - Freemovement Exercise Class at West Garth Park - email: [freemoovement@hotmail.com](mailto:freemoovement@hotmail.com)
- 7.30pm - Wednesday Evening Talks (monthly), Everyone Welcome - Sidwell Methodist Church - [www.sidwellstreetmethodist.org.uk](http://www.sidwellstreetmethodist.org.uk)

## Thursday

- 10am - Sporting Memories - St James Park
- 1pm-3pm - Sidwell Street Gardeners - Sidwell Street Community Centre
- 6pm-7pm - Lose to Win - St James' Park at the Grecian Centre
- 7.30pm - Badminton - Sidwell Street Methodist Church
- 7pm-9pm - Open Mic Night - The Sunset Society, 5 Old Tiverton Road



# What's on: St James: Winter 2025

## Friday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - email: [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk) for more information
- 1.30pm-3pm - Friday Club - St Sidwell's Community Centre (£2 - refreshments)
- 1pm-4pm - Board Games Afternoon - St Sidwell's Community Centre
- 2pm - El Conversatorio Spanish Conversation Cafe - St Sidwell's Community Centre
- 2pm-3.30pm - Sidwell Scribblers - St Sidwell's Community Centre
- 4pm-6pm - Exeter Choir - St Sidwell's Community Centre - email: [ESOL@devon.gov.uk](mailto:ESOL@devon.gov.uk)

## Saturday

- 9.30am-10.45am - ESOL English Classes - Sidwell Bakehouse - [maria@stsidwells.org.uk](mailto:maria@stsidwells.org.uk)
- 10am - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B)
- 10.30am-11.30am - Exeter University Health Walk - starting point: Visitor's car park, opposite Northcott Theatre

## Sunday

- 9am - Freemovement Exercise Class at West Garth Park - email: [freemoovement@hotmail.com](mailto:freemoovement@hotmail.com) for more information





## St James Community Champions

Share ideas ~ support ~ inspire others

Join your neighbours & community in St James to work together to maintain a tidy and blossoming neighbourhood. Share ideas and keep up to date with planned litter picks, planting sessions, etc via What's App. Scan the QR code to join.

## Get Social



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

- Age UK Exeter
- Devon Wildlife Trust
- Devon Connect
- Exeter City Council
- Exeter City Community Trust
- Exeter Community Builders
- Exeter Community Initiatives
- Exeter Community, UK
- Exeter Mosque & Cultural Centre
- Mums in Exeter
- St James and Duryard Community Support
- St Sidwell's Community Centre
- Wellbeing Exeter

## 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](https://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 [www.homestart.org.uk](http://www.homestart.org.uk)

# 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.

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## St James Community Builder

Name: Natalie Smith

Tel: 07856917894

Email: [Natalie.smith@eci.org.uk](mailto:Natalie.smith@eci.org.uk)

Facebook: Natalie Smith

(Community Builder St James)

[Click here](#)



## Community Physical Activity Organiser (CPAO)

Georgie Barbour-Gresham

Tel: 07926 127 824

Email: [georgie.barbour-gresham@ecct.co.uk](mailto:georgie.barbour-gresham@ecct.co.uk)

Facebook: CPAO Exeter North

[Click here](#)

