



Hello from Sam and Maisaa!



Hello, I hope you are all managing to keep cool and enjoy the summer. This is my last Community Builder newsletter as I will be moving on.

I've really enjoyed talking and walking with you all, and learning about the brilliant local activities. It's been a pleasure to discover Countess Wear and all it has to offer, thank you.

I pass on the baton to the very experienced Maisaa Sweid, who has been working as a Community Builder with Wellbeing Exeter for 5+ years.

Please note, my phone number and email will longer be used, so please contact Maisaa:

Phone: 07746472581

Email: maisaa.sweid@eci.org.uk

Best wishes,

Sam

Hello, my name is Maisaa Sweid, and from September I'll be your new Community Builder for Countess Wear. I've been a Community Builder for more than five years, most recently supporting the Newtown community.

One of the things I enjoy most about my role is getting to know local people, listening to their ideas, and helping bring residents, groups, schools and local organisations together to make their neighbourhood an even better place to live.

I'm really looking forward to getting to know Countess Wear, discovering what matters most to the people who live here, and supporting local ideas, activities and connections. If you have an idea for your community, would like to get involved, or simply want to say hello, I'd love to hear from you.

I can't wait to meet you all and start this new chapter together,

Maisaa

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Listening Post

Listening is an important part of a Community Builder's work. Here's what residents have shared with me at recent events:

I'd like a seated class in Countess Wear

I feel so lucky to have such a strong community here

I'd like some activities like making bird boxes with my kids, and crocheting for my daughter

I'm looking to join a community choir, can you help?

Countess Wear Pop-up

2



You might have seen Sam and Ed at Lakeside Avenue Green Space in the May half-term, on the first hottest day of the year. We managed to stay cool under the gazebo and the trees, enjoying some squash and having a chat with a few families who joined us for games and a treasure hunt. It was wonderful to meet new people and to see some familiar faces - thanks for joining us!

New Ideas



Seated Exercise Class

Are you interested in joining a weekly Seated Exercise Class in Countess Wear? And/or is this something you'd be interested in leading? Get in touch!



Bird & Bat Boxes

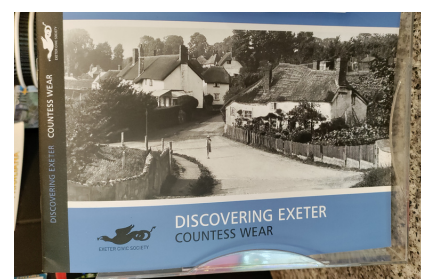
Are you interested in making your very own Bird Box or Bat Box for your garden? Let us know if you'd like to join a workshop to make the boxes in Countess Wear, and we can send you more information.

Email: edward.shaw@ecct.co.uk

Email: maisaa.sweird@eci.org.uk

Discovering Countess Wear

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



News from Ed - CPAO

Hello! I'm Ed, the Community Physical Activity Organiser for Exeter South, including Countess Wear and Newcourt. My role is to connect people with activities already happening in their local area and to support residents and groups who have ideas for helping their communities become more active.

Recently, I enjoyed visiting the Countess Wear Primary School Summer Fair, where we joined the Countess Wear Community Group to chat with local families attending the event. It was a great opportunity to meet people from the community, hear about local interests and talk about ways we can help support activities that bring people together.

As part of our ongoing conversations with residents, Sam has also been hearing some great ideas. One suggestion that has sparked interest is a local **seated exercise class**. We are now exploring whether this could be hosted at Café 24 and are looking for someone who may be interested in delivering the session.

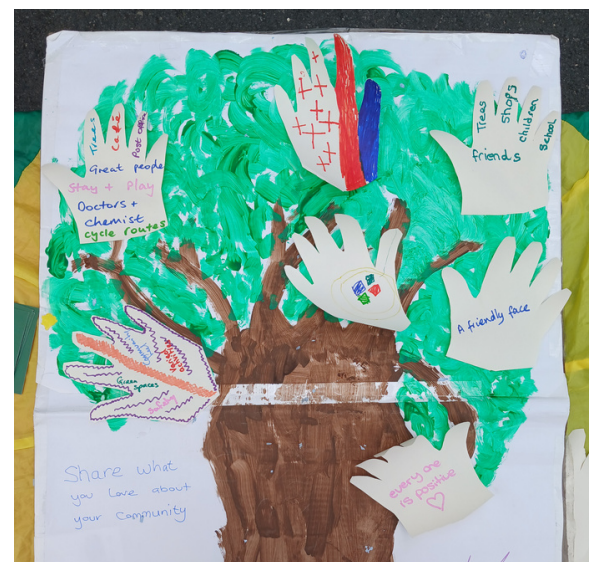
The popular **Westbank Health Walks** from Newcourt Community Centre Mondays 9.30am, and from King George V Playing Fields car park Fridays 10.45am, continue to attract local residents of all ages each week, and we're pleased to see another Westbank walk taking place every Friday 10:30am: the Topsham walkers meet outside the Lord Nelson Pub and head out for an hour stroll around the town, providing another opportunity to enjoy some fresh air, gentle activity and good company.

And in the next few months with Maisaa in post, we want to know: **what activities would you like to do?** From walks and community litter picks, butterfly, bird and plant identifying walks, jumble sale, a community larder, and other ideas, we'd love to hear what would help you get involved and connect with your community.

You can often find us joining local residents for a short Countess Wear walk on Thursdays at 10am, meeting outside Café 24. So if you see us please do stop and say hello, or get in touch through any of the channels below:

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

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



New Grow Box

I am delighted to announce the imminent arrival of a new Community Grow Box outside Cafe 24. This exciting new addition will provide a variety of seasonal herbs for everyone to enjoy throughout the year. From fragrant basil and mint to rosemary, thyme, and parsley, residents are welcome to pick what they need and add a touch of freshness to their home cooking. We hope the Grow Box will become a well-loved feature that everyone feels encouraged to use and care for.

The Community Grow Box is about much more than growing herbs - it's about growing community. By sharing fresh produce, we're promoting healthier lifestyles, reducing food waste and packaging, and creating opportunities for neighbours to connect. Whether you're trying a new recipe, introducing children to gardening, or simply enjoying the benefits of fresh, homegrown herbs, we hope this shared space brings people together and inspires pride in this local community. Happy picking!

A big thank you to the 100 Club Community Group, Stay & Play parents and carers, Countess Wear Primary School parents, and the staff and customers of Café 24 for supporting this idea. Thanks to Clive from You Grow CIC, who will kindly be sourcing the soil, herbs and recycled scaffolding wood to construct the 2.4m square unit, one day in September - watch this space! And thank you to Exeter City Council for awarding the Ward Grant to make this happen.

If you're interested in volunteering to help maintain the herb and vegetable Grow Box when it's in place, please let us know by emailing: maisaa.sweid@eci.org.uk



Newcourt Community Association

I recently attended the Newcourt Community Association's Annual General Meeting. The core team and trustees are really proud and excited about the activities taking place in the building, the garden and in the allotment!

And what they still want to know is: Do you have any ideas? For any ideas or interest you have in attending a club, please contact Angel below.

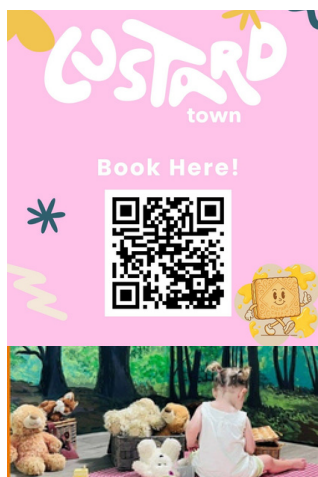
Allotments

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

Email Angel: angelmv@newcourtca.org.uk



Custard Town

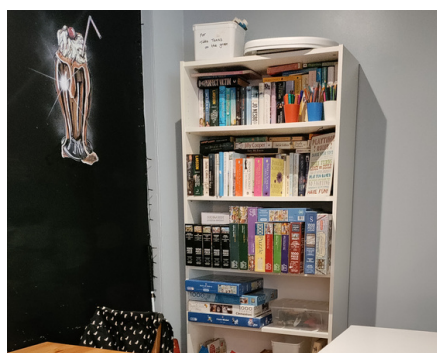


Custard Town is officially open! A brand new inclusive play space for children aged 0–6, Custard Town is a safe, welcoming and imaginative space where little ones can play, explore and connect. From sensory play and creative spaces to teddy bears picnics, discos and family-friendly café vibes, Custard Town has been designed to support children’s development while creating community for families across Exeter. Join us for: inclusive play, sensory experiences, SEN sessions, affordable family fun, and a welcoming space for everyone.

Follow us on social media @custardtowntexeter for more updates.
Email: custard@eci.org.uk Phone: 07856925638

Community Table Tennis

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



Little Library in Café 24

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

Topsham Pool

Looking for ways to stay cool this summer? You can head over to Topsham Outdoor Pool for regular swimming sessions and family fun inflatable sessions. For more information, please visit: www.topshampool.co.uk/times-prices/





Kids Soft Play

PLEASE PURCHASE YOUR SPACE
AT THE HUB RECEPTION
SUITABLE FOR 6MONTHS- 6YRS
EACH 1 HOUR SESSION

TUESDAY 12TH AUGUST 11.30-4PM
WEDNESDAY 13TH AUGUST 9AM-4PM
THURSDAY 14TH AUGUST 9AM-4PM
TUESDAY 19TH AUGUST 11.30-4PM
WEDNESDAY 20TH AUGUST 9AM-4PM
TUESDAY 26TH AUGUST 11.30-4PM
WEDNESDAY 27TH AUGUST 9AM-4PM

£2 PER CHILD

PLEASE NOTE THAT DUE TO HEALTH AND SAFETY ALL CHILDREN NEED TO BE SUPERVISED BY AN ADULT AT ALL TIMES AS THERE WILL BE CHILDREN BE ACROSS ALL AGES GROUP (6MONTH-6YEARS) IN EACH SESSION



NANCY POTTER HOUSE
PRESENTS
FUN SCIENCE THEMED
WORKSHOP

Wednesday 19th August
11am to 12pm

£4 PER CHILD

SUITABLE FOR 5-11 YRS

To book in please scan QR code



Art & Photography Competition

Newcourt through your eyes

Prize categories for:

- under 12's
- 12 to 17y
- 18 and over

Running between between
June 1st - September 30th

Open to all ages and abilities
- get creative and enter!

However you create, we invite you to enter.

Whether you paint, photograph, use multi media or graphic design. We would love to see your artwork up in our centre. Top 3 entries in each Prize category will receive a prize.

Theme categories

Red Blue Purple
Orange Green

Please choose only 1 colour per entry
You can submit one entry per Theme category

More information on our website
www.newcourtcommunitycentre.com



Trinity Baby and Toddlers in the park

This summer come and join us in the park for a relaxed session.

Tuesdays at Clyst Heath Park (next to the School) and Wednesdays at Newcourt Station park.

Tuesdays - 4th, 11th, 18th August
Wednesdays- 5th, 12th, 19th August

10-11:15am

Older children welcome
FREE!

Local Groups

PATRON: SIR CLIFF RICHARD
Registered Charity Number: 1121600

Goldies

Sing & Smile UK

A good old SINGALONG

YOUR LOCAL GOLDIES SESSION: *We're NOT a CHOIR!!*

NEWCOURT COMMUNITY HALL
Blakeslee Drive, Exeter, EX2 7FN
NEWCOURT

Join your next Goldies Session on
THIRD MONDAY of each month
From 2.00-3.00pm with Katie Jones
£3 donation to attend

The W.G. Edwards Charitable Foundation **FOUNDATIONS**

Everyone Welcome!

www.golden-oldies.org.uk
01761 470006



Mindful Cafe

SPACE TO CHILL AND CONNECT WITH CREATIVE ACTIVITIES

FREE TEA, COFFEE AND HOMEMADE CAKES. EVERYONE WARMLY WELCOME

EVERY MONDAY DURING SEPTEMBER & OCTOBER 10 - 12 AT THE NEWCOURT COMMUNITY CENTRE



100 CLUB COMMUNITY GROUP

Stay and Play

Drop-in sessions for children ages 0-5 and their parents/carers.

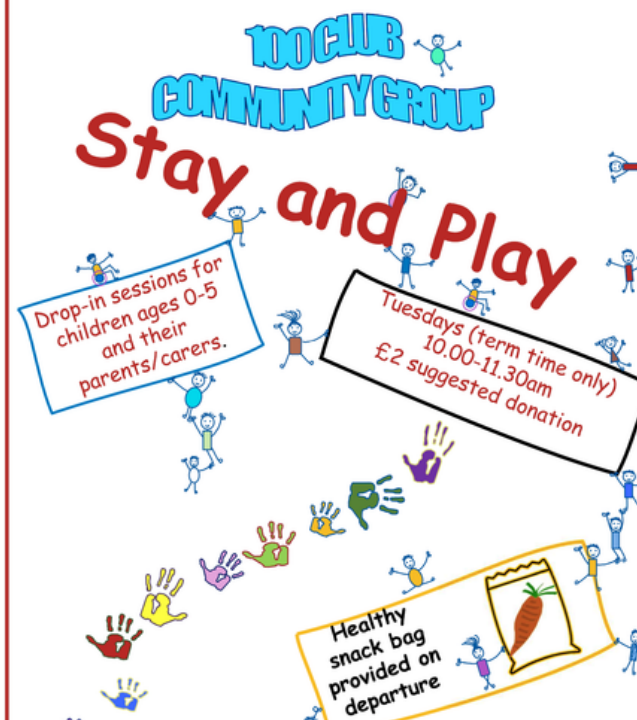
Tuesdays (term time only) 10.00-11.30am
£2 suggested donation

Healthy snack bag provided on departure

100 Club, Wear Barton Road, Countess Wear, EX2 7EH

Exeter City Council in partnership with Devon County Council

Action for Children



Trinity

Trinity Baby and Toddler Group

Run by Trinity Church
At The Newcourt Community Centre

Come and join our friendly group for a fun morning of toys, craft, story, singing and refreshments!

Every Tuesday and Wednesday Term time
10-11:20am
£2 a family

Now with Breast Feeding Peer support





What's on: Countess Wear & Newcourt

Mondays

- 10.30am - Westbank Health Walk Grade 1-3, meet at Newcourt Community Centre. 30-90mins. Free
- 2-3pm - Robot Reg Baby and Toddler Group - 3mths+ tickets from Reception at Nancy Potter House.

Tuesdays

- 10.30am-12pm - Countess Wear Village Hall Coffee morning.
- 2pm-4pm - Over 50's 'Youth' Group to keep the body active, at the Dorothy Holman Centre Topsham. Free to attend.
- 6.15-7.15pm - The Women's Institute, at Newcourt Community Centre - 3rd Tuesday of the month.
- 6.15pm - Topsham Bridge Club runs every Tuesday & Thursday, meeting at 6.15pm for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House £2.50 per table.

Wednesdays

- 10-11.30am - Coffee morning at Grandisson Court, Countess Wear, Exeter, Devon, EX2 6NJ. 50p
- 10-11.30am - Needlecraft at The Bradbury Café, Nancy Potter House Nelson Close. Free to attend.
- 2-3pm - Bingo at Nancy Potter House. First Weds of the month. Free to attend, £1 a game.
- 7-8.30pm Knitting Group: every 2nd & 4th Wednesday of the month at Heneaton Square Community Room EX2 7DE (Cornerstone Housing Association).

Thursdays

- 10am-11am - Countess Wear Walkers, Led by Ed our CPAO. Meet outside café 24. Free
- 1-4.30pm Soft Play at Nancy Potter House - tickets available from Reception Desk. £2.00 per child
- 6.15pm - Topsham Bridge Club suggested arrival time: 6.15pm, for a very prompt 6.30pm start at The Bradbury Café, Nancy Potter House. £2.50 per table

Fridays

- 9.30-11.30am - Regular Councillor Drop-ins. Second Friday of the month at Cafe 24. Pop along and chat with your local councillors about any issues, concerns, or projects that you may want some help or support with.
- 9.15-11.45am - Over 50's Coffee Club at Newcourt Community Centre (£1.50 donation suggested)
- 10.30am - Topsham Health Walks (Westbank), meet at The Lord Nelson Car Park, EX3 0DU.
- 10.45am - Countess Wear Health Walks (Westbank), meet at rear of King George V Playing Fields.
- 11.00am - Walking Group: Southbrook - Grandisson Court, Led by Ed our CPAO. Free
- 9.30am-12.00pm - Veterans Armed Forces Group meets in the Bradbury Café, Nancy Potter House, on the last Friday of the month for a social gathering. Free, or pay £8 for full English Breakfast.
- 11.15am-12.15pm - 'Goldies' singing group at Nancy Potter House. Every 3rd Friday of the month £4

Saturdays

- 10am-1.00pm - Topsham Repair Café in the Dorothy Holman Centre, Ferry Road (by the recreation ground). First Saturday of the month. Free to attend.
- 6.45pm - Bingo, at the 100 Club on 2nd Saturday of the month, Eyes down 7pm: 8th August.

LYN - Love Your Neighbour

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

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



Get Connected



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

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

Useful Information

- Parental Minds gives support to families who are struggling with their mental health
<https://parentalminds.org.uk/>
Tel: 07907 614 516
- Devon Domestic Abuse Alliance
<https://ddaa.org.uk/>
Tel: 08082 816161
- Talk works Tel: 0300 555 3344
www.talkworks.dpt.nhs.uk
- Mental Health Mind charity
Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+.
www.mhm.org.uk/the-moorings-devon
Tel: 07990 790 920
- Andy's Man Club - Talk through problems that men face. Monday evenings, 7pm.
www.facebook.com/AndysManClubExeter/
- [Age UK Exeter](#) Tel: 01392 202092
- Adult Social Care team Tel: 01710 424000
Out of hours Tel: 01720 422699
- Care Direct - 0345 1551 007
- NHS Chat Health - Health Visitor confidential text messaging service www.chatline.nhs.uk
- [NHS after care](#)
- Home-Start - Support for families with young children www.homestarteemd.org.uk/
- Exeter Food Bank exeterfoodbank.co.uk/
- Lightning Reach - financial support portal
<https://www.lightningreach.org/>
- Early help - child safeguarding
<https://www.devonscp.org.uk/early-help/>



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

www.wellbeingexeter.org.uk

**YOUR LOCAL
EXETER**



Countess Wear Community Builder

Name: Maisaa Sweid

Phone: 07746 472581

Email: maisaa.sweid@eci.org.uk

Facebook: facebook.com/countesswear.cb

Sign up to our new mailing list to keep up to date, here:

<https://tinyurl.com/ECI-Mailing-List-Sign-up-Form>

Community Physical Activities Organiser (CPAO)

Name: Ed Shaw

Phone: 07736 918281

Email: edward.shaw@ecct.co.uk

Facebook: CPAO Exeter South