



Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for St David's.

It's been a year since I started as a Community Builder - and what a year it has been! I've joined craft groups, supported grant applications for community cafes, made bird feeders in St Barts cemetery and had too many cups of tea to count! Thank you to everyone for making me feel so welcome.

You may see me in Exeter Library, or cycling around with a white helmet, talking to people and finding out what they would like to do in the community. So, if you see me, stop me for a chat!

I'd also love to hear about any ideas you have for making St David's an even better place to live.

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!

All the best,

Zoe

Zoe Hughes

This issue

Page 1

- Introduction

Page 2

- Listening Post
- Queens Terrace Improvements
- Student-Community Collaboration

Page 3

- Walking Basketball
- Waterside Wander

Page 4

- Exeter wins Gold!
- Stitch and Save
- Shilhay Activity Group

Page 5

- Useful Information
- Update from Devon & Cornwall Police

Pages 6-12

- What's On and Contact Details

Listening Post

Listening is an important part of a Community Builder's work. Here's what residents said at recent events.

"It would be great to have activities which nurture children."

"A few people can make a big difference."

"It's nice to do stuff with your hands."

"Talking is always good."

Queens Terrace Improvements



"I just want to make this space look loved!"

Residents along Queen's Terrace have come together to see how they can improve the space at the end of their street - a busy thoroughfare between Exeter College and the city centre.



Ideas included creating wildlife friendly features and repurposing an old telephone box. They've already started making improvements by clearing the side of the pavements. After a successful tea & cake pop up, one resident said she was "itching to get going".

Student-Community Collaboration



This autumn, I joined my fellow Community Builder Natalie at Hooper Valley for the University of Exeter 'Community Sustainability Challenge'.

The event brought together new and returning students with residents, to capture ideas about ways students and the community could work together to enhance sustainability.

We spoke about ways to introduce students to the local community, reducing isolation and improving wellbeing in our communities. Ideas included litter picks, noticeboards and welcome letters, bee-friendly alleyways, murals and student societies connecting to local groups and initiatives.

If you would like to chat about how students and residents can work together, get in touch.

Walking Basketball is for Everyone!



We are excited to announce that Exeter's first ever Walking Basketball group has launched this November. 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 starting to run 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.

We will start on a pay and play basis with £3 per session, but the first time is free! If this has sparked your interest, join our [Walking Basketball \(Exeter\) Facebook group for more information](#).

or contact Felix Elsen (details on last page).

Waterside Wander



In collaboration with Wellbeing Exeter, the Friends of Exeter Ship Canal (FESC) have organised another free guided walk along the Quayside on **Thursday 27th November**, exploring some of its history and curious stories.

It will be a leisurely, circular walk, with facts and stories about the area's history, its buildings and boats.

Based on our previous walks, we anticipate a high level of interest and places are limited, so please [register your free ticket through Eventbrite here](#).

Meet: 10.30am at the Canal Basin on the Piazza Terracina.

Under 18s to be accompanied by an adult.

Please do not bring dogs, except assistance dogs.

Exeter wins Gold!



Exeter has scooped a Gold Award at the South West in Bloom Awards. This prestigious recognition follows months of dedicated preparation and showcases the planting and greening delivered across the city by residents, InExeter BID, Exeter City Council, and the University of Exeter.

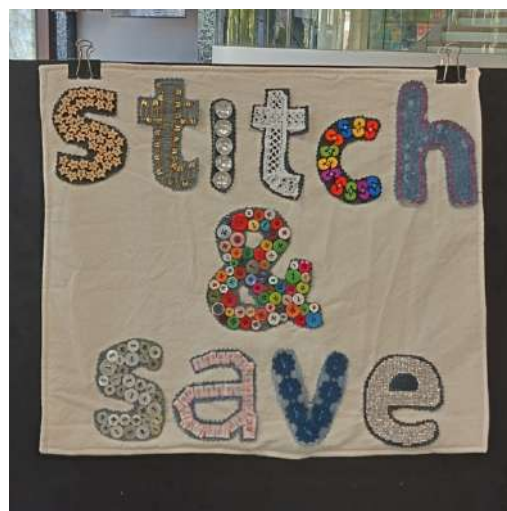
Residents and businesses joined together for four successful Neighbourhood Action Days, to improve key areas of the city centre. Look out for the new colourful planters in St David's, including South Street and Queen Street.

Stitch and save

Have you got worn or damaged clothes? Don't throw them out, give them a new life!

Join the monthly Stitch and Save mending sessions at Exeter Library, run by local residents. Get advice on mending your clothes, share your skills with others. No experience needed, just bring your items and your enthusiasm!

Dates vary, check the library community noticeboard for the next session. Or contact stitchandsaveexeter@gmail.com for details.



Shilhay activity group



Are you interested in creative activities?

Shilhay's 'Thursday Activity Group' is a social group which meets on Thursdays in the local community room (Weavers Court, off Commercial road).

Activities are organised by the group based on suggestions and range from bingo to printing to making aprons! Anyone who lives in St David's or St Thomas is invited. £2 contribution for materials.

Location: [What3Words///dairy.slower.monkey](https://www.what3words.com/dairy.slower.monkey), [Google maps](#)

Next activity group will be making Christmas tree decorations, including for a special community tree at Killerton House.

Update from Devon & Cornwall Police



Zero tolerance to Hate crime

If you've been targeted because of your race or ethnicity, we are here for you.
Show that hate doesn't belong here and report it.

Don't suffer in silence Report it

Go online:
www.devon-cornwall.police.uk/reportthc

Call Devon & Cornwall Police: 101
Non-Emergency:
Sign Live (video relay via BSL interpreter)
SMS/text 67101
Minicom/textphone 18001101

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."

Get Social



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

What to do in Exeter UK and surrounding area.

Exeter Notice Board

What's on Exeter

Fun & Free (or cheap) Events Activities

Families Exeter

Exeter Girl

Exeter Community, UK

Friends of Exeter Ship Canal

Exeter - Past and Present

What's Happening Exeter

Exeter Wild City

Exeter Community Group Uk

Exeter Family Hub

Useful Information

- Parental Minds gives support to families who are struggling with their mental health
<https://parentalminds.org.uk/>
Tel: 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+. www.mhm.org.uk/the-moorings-devon
Tel: 07990 790 920
- 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/>
- Exeter Community Energy - Tel: 0800 772 3617

Young women 18+ are welcome to:



Every 1st Saturday of the Month
10:30am - 12:30pm at the Salvation Army, Friars Walk, Exeter, EX24AZ

Email: exeter.temple@salvationarmy.org.uk, www.salvationarmy.org.uk/Exeter-Temple, Phone: 01392 216553
Charity no 218576 & 250779 (England and Wales), SC009359 & SC037061 (Scotland) and CI 015390 (Republic of Ireland)



Stitch and Save

Have you got worn or damaged clothes? Don't throw them out, give them a new life!

Join our mending sessions to:

- get advice on mending your clothes
- share your skills with others
- and breathe new life into your clothes.

No experience needed - just bring your items and your enthusiasm to stitch and save!

Location: Exeter Library

Next event: Wednesday 12 November. Drop in between 11:30pm and 2:30pm.



ramm

EXPAND YOUR WORLD

FREE

Museum Meet-Up

A monthly Friday dose of relaxed culture and company

Pick what interests you or come to them all:
Explore on a gentle tour, do some arts & crafts or handle museum objects behind the scenes

Venue: Royal Albert Memorial Museum & Art Gallery (RAMM), Queen Street, Exeter EX4 3RX (in city centre)

Get in touch to find out more
Call 01392 265960, email susy.dunne@exeter.gov.uk or visit ramm.uk/meetup

The venue is fully accessible. Activities are low pressure to include visitors experiencing anxiety, loneliness or low mood, or caring for someone. Visitors with mild dementia are welcome with a companion.

Funded by National Lottery Community Fund for Devon residents.

Exeter City Council

Arts Council ENGLAND

COMMUNITY FUND



Organised with

FRIENDS OF EXETER SHIP CANAL

EXETER HERITAGE HARBOUR

WELLBEING EXETER

CITY COMMUNITY TRUST

WINTER WATERSIDE WANDER

Thursday 27th November

A gentle stroll along the Exeter Ship Canal with some fun history as we go, including:

- Sir Alec Rose's 'royal' arrival
- The Big Freeze of 1917
- The Canal's Torrey Canyon connection

Meet: 10.30am at the Canal Basin on the Piazza Terracina

Return: approx. 11.30am - followed by a coffee and a chat

Limited spaces, please register for FREE on Eventbrite: <https://tinyurl.com/mtdkhf3u>




Further information: felix.elsen@ecct.co.uk

Exeter Ship Canal and the Canal Basin are part of Exeter Heritage Harbour
www.friendsofexetershipcanal.co.uk

Exeter City of Literature

Silent Book Club

2025



Upcoming sessions

TOPSHAM BREWERY - EX2 8GR | 6pm - 8pm

- Wednesday 1st October
- Monday 20th October
- Wednesday 5th November
- Monday 17th November
- Wednesday 3rd December
- Monday 15th December

TOPSHAM BREWERY

Carers Rights Day

carers RIGHTS DAY

Come and **have a chat** with **Devon Carers, Devon Young Carers, Citizens Advice, Stop for Life** and **Talkworks** to find out how we can help support you

Exeter Library

Thursday 20th November

10am - 3.30pm

DEVON CARERS **DEVON YOUNG CARERS** **citizens advice** **StopForLife Devon** **TALKWORKS**
DEVON'S MIND TRAINING THERAPIES SERVICE



CHRISTMAS ON THE QUAY

SUNDAY 21ST DECEMBER

FROM 2PM

.....

Join us for Christmas shopping,
food, drink and festive fun
all day long!

Community assemblies:

Why have them?

Exeter Community Centre
17 St David's Hill,
EX4 3RG

2nd Sunday of month
2pm - 4pm

Come Together

YOU'RE MY NEIGHBOUR, NOT MY ENEMY!




Exhibition – Waterscapes and Floodscapes: Past, present,...

Free Event

Arts

Sat 8th Nov – Sun 7th Dec 2025 11:00 am – 4:00 pm

Saturday 8th November – Sunday 7
December Thursday – Sunday (11am –
4pm) An exhibition of historical...

[Learn More](#)

Exeter Custom House

INCLUSIVE **WALKING BASKETBALL**

FIRST SESSION FREE!

SUNDAY EVENINGS 7-8PM

EXETER SPARTANS

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

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

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

£3/session
(Card payment onsite)

Supported by
WELLBEING EXETER




Exeter Quayside FARMERS' MARKET

SAVE THE DATE
Saturday 15th November

PIAZZA TERRACINA, EXETER QUAYSIDE, 9AM-1PM
EVERY THIRD SATURDAY OF THE MONTH



Libraries Unlimited

the Joy of improv!

A fun & informal creative session with games and exercises, perfect for anybody aged 16+

the 3rd Sunday of each month

13.45 - 15.45

Entry by donation
(cash donations preferable on the day)




Libraries Unlimited

LIBRARY LATES
crafts, music & more

Join us for a fun and festive Library Lates to warm your winter blues. Featuring a Silent Disco, live music from Saff Juno, quirky Christmas decorations to craft, demos from the FabLab, drinks from Bar Nova, and more!

FRI 05 DEC

Tickets from £6, plus booking fee
18+ only







What's on: St David's

Monday

- 9.45-11.45am Yoga Wellbeing Group (Starts 29th Sept, 10 week course) - X Centre, Exeter Quay
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army, Community Hall, Lucky Lane
- 10am-12pm Tech Buddy (book ahead) - Exeter Library
- 10am-12.30pm Find your words (creative writing) - St Stephen's Church (with Co Create)
- 10.30am-12pm Exeter Bereavement Friendship Group - The Palace Gate Centre
- 1-4pm Adult Mental Health Drop-in - Exeter Library
- 1.30-3.30pm Linking Voices, Community Choir - The Mint Methodist Church
- 2-4pm Open Studios, A Creative and Social Workshop (Magic Carpet) - Exeter Phoenix
- 6-8pm Silent Book Club (Third Monday of month) - Topsham Brewery

Tuesday

- 9.30-11.30am Family Cafe & Church Mice (school holidays) - The Mint Methodist Church
- 10-11.30am Bounce and Rhyme - Exeter Library
- 10am-12pm Parent Support Hub (2nd and 4th Tuesdays of month) - Exeter Library (Room 4)
- 10.30am Health Walk (30-90 mins) - Led by Westbank - Meet at Debenhams EX1 1GG
- 10.30am-2pm Dove Cafe - The Palace Gate Centre
- 10.30am-12pm Friendship Cafe - St David's Church (Try it out Tuesdays activity - 1st Tues of month)
- 1.30-3pm Visual Arts Group (adults with learning disabilities) - Exeter Phoenix
- 2.30-3.15pm Tai Chi (17+ experiencing mental health problems) - The Mint Methodist Church
- 2.30-4.30pm Employment + Local (employment support) - Salvation Army, Main Hall, Friars Walk
- 5.30-6.30pm The NOT Dead Poets Society (Last Tuesday of month) - Exeter Library
- 6.30-7.30pm Food Cycle Free Meals - The Mint Methodist Church
- 7pm Man Down (men's mental health group) - Exeter Community Centre

Wednesday

- 8.45-9.45am Weekly Walks - St David's Church
- 10am-12pm Parent and Toddler Group (term time) - Salvation Army, Lucky Lane
- 10am-12pm Stay and Play (toddler group, term time) - Exeter Library
- 10am-12pm Tech buddy (book ahead) - Exeter Library
- 10am-12pm Coffee Morning - The Mint Methodist Church
- 10am-12pm Exeter Forum (social group, including talks) - The Mint Methodist Church
- 10am-12.30pm Women in the Workshop - Exeter Quayside (Co Create)
- 10am-1pm Exeter Wellbeing Craft Group - Step One Charity, X Centre, Exeter Quay
- 10am-12pm Cafe EX4 (Community cafe) - St David's Church
- 10.30am Health Walk (60-90 mins) - Led by Westbank - Meet at Boots High Street EX4 3QD
- 10.30am-12pm Exeter Climate Cafe - Exeter Phoenix (1st Wednesday of month)
- 10.45am-12.30pm Exeter Wellbeing Walk (fortnightly, starting 25th June) - X Centre, Exeter Quay
- 1-3pm Chop & Chat (men's group) - Exeter Quayside (Co Create)
- 1.30-3.30pm Wellbeing Gardening Group - Step One Charity, X Centre, Exeter Quay
- 2-3pm IT Drop-in (1st Wednesday of month) - The Mint Methodist Church
- 5.30-7.30pm Little Scratch Night (Creative session, last Wednesday of month) - Exeter Phoenix



What's on: St David's

Wednesday (continued)

- 6-8pm Silent Book Club (First Wednesday of month) - Topsham Brewery
- 6.30pm Philosophy Playground (fortnightly, next on 8th October) - Topsham Brewery
- 7-9pm Exeter Folk Choir (membership based, try for free) - Exeter Community Centre
- 8pm Taking the mic (Spoken word, third Wednesday of month) - Exeter Phoenix

Thursday

- 10-11.30am Bounce and Rhyme - Exeter Library
- 10am-12pm U3A Learn, Laugh, Love group (4th Thursday of month) - The Mint Methodist Church
- 10am-12pm Knitting, Crochet and Hand-Crafts - The Mint Methodist Church
- 10am-12.30pm Boatyard Bikes (motorbikes) - Exeter Quayside (Co Create)
- 10.30am-12.30pm Exeter Energy Advice Clinics (2nd Thursday of month) - Exeter Library
- 11am-12pm Words & Music - Exeter Library
- 12.30-2.30pm Thursday Activity Group (Shilhay Community Centre) - See Facebook group
- 1-4pm Boatyard Bikes (motorbikes) - Exeter Quayside (Co Create)
- 1.30-4pm Renew, Refresh - The Palace Gate Centre
- 2-3pm Chair Yoga (17+ experiencing mental health problems) - The Mint Methodist Church
- 2-4pm Open Studios – A Creative and Social Workshop - Exeter Phoenix
- 5.15-6.45pm Creative Writing Hub (Alternate Thursdays) - Exeter Library
- 6-8pm Freefall Youth Arts Group (13-16 years, pay what you can, term time) - Exeter Phoenix
- 7-9.15pm Exeter Bach Choir (membership based, try for free) - Salvation Army, Friars Walk

Friday

- 9.30-11.30am Toddler Group (Mini Mints, term time) - The Mint Methodist Church
- 10am-12pm IT Drop-in - Exeter Library
- 10am-12pm Connect (activity group for adults) - Salvation Army, Main Hall, Friars Walk
- 10-11.15am Sing Out (fortnightly, from 18th October) - Exeter Library
- 10.30am-12.30pm Story into Art (mild learning disabilities/neurodivergence) - Exeter Phoenix
- 11am-12.30pm Museum Meet-up (over 50s, last Friday of month, book ahead) - RAMM
- 11.30am-12.30pm Sport in Mind (17+ mental health problems) - Riverside Leisure Centre
- 1-2pm Singing by Heart (1st Friday of month), Salvation Army, Main Hall, Friars Walk
- 1.30-3.30pm Snapdragon – A visual arts group (check website) - Exeter Phoenix
- 4-5.30pm The Bookery (13-16 year olds, once a month, check website) - Exeter Library

Saturday

- 9am Exeter Park Run - Start by the Red & White Buoy at South end of Exeter Quay
- 10.30am-12.30pm Women's Group Chat (1st Saturday of month) - Salvation Army, Friars Walk

Sunday

- 10am-1pm Local Nature Volunteer Day (Most Sundays, check page 3) - Friends of Belle Isle Park
- 12-4pm Role Up! Role playing games (alternate Sundays, next 4th May) - Exeter Library
- 12.30-2pm Lego Drop-in (alternate Sundays, next 27th April) - Exeter Library
- 2-3.30pm French Cafe (2nd Sunday of month) - Exeter Library
- 7-8pm Walking Basketball - Exeter College Sports Hall (Victoria Yard, off Queen street)

Mondays-Fridays 10am-12pm - Jigsaw Puzzle Library (free puzzles to borrow) - The Palace Gate Centre



What's on: St David's

Contact Details for venues

- Co Create - 07817928845, steph@cocreateexeter.co.uk
- Step One, X Centre - 01392 255 428, info@steponecharity.co.uk
- The Palace Gate Centre (South Street Baptist Church) - 01392 279485
- The Mint Methodist Church - 01392 279786, admin@themint.org.uk
- Exeter Community Centre - 01392 420549, admin@eccentre.org
- Exeter Phoenix - 01392667080, marketing@exeterphoenix.org.uk
- Riverside Leisure Centre - riverside@exeter.gov.uk, 01392 265898
- Salvation Army - 01392 216 553, exeter.temple@salvationarmy.org.uk
- Exeter Library - 01392 407027, exeter.library@librariesunlimited.org.uk
- Royal Albert Memorial Museum (RAMM) - 01392 265858, susy.dunne@exeter.gov.uk
- Friends of Belle Isle Park - WildBelleIsle@gmail.com, Meetup app (Changemakers group), or contact Zoe Hughes for more details (see below)
- Silent Book Club - Exeter City of Literature - hello@exetercityofliterature.com
- Front Foot Running Club - Joe Edmonds Personal trainer at Quay Fitness Gym - 07903682932, joe@joeedmonds.co.uk

About Wellbeing Exeter & Cranbrook



Wellbeing Exeter & Cranbrook 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.

St David's Community Builder

Name: Zoe Hughes

Phone: 07719239551

Email: zoe.hughes@eci.org.uk

Facebook: [Zoe Hughes \(Community Builder St David's\)](#)



Community Physical Activity Organiser - West Exeter

Name: Felix Elsen

Phone: 07736 918280.

Email: felix.elsen@ecct.co.uk

Facebook: [Felix - Community Physical Activity Organiser Exeter West](#)



PROUDLY DELIVERED BY



FUNDED BY



Exeter
City Council



SPORT
ENGLAND