



Hello from Natalie!



Hello St James!

At the heart of every thriving neighbourhood is one simple truth: people need people.

This newsletter is for those who believe that small actions like checking in on a neighbour, organising a local event, sharing skills, or simply showing up can create meaningful change.

Community building isn't about grand gestures, it's about consistent, collective effort that improves wellbeing and transforms the places we call home.

We explore how ordinary people come together to create safer streets, healthier lives, and stronger connections. When communities come together, wellbeing grows and so does the future of the place we live.

Best wishes,

Natalie
Natalie

This issue

Page 1

- Introduction

Page 2

- St Sidwell's Community Centre

Page 3

- Nature in Exeter

Page 4

- Ecoe Advice & Friday Club

Page 5

- Local Events

Page 6

- The Bill Douglas Cinema Museum

Page 7

- Age UK Exeter

Page 8

- Exeter Northcott Theatre

Page 9

- Exeter Community Initiatives

Page 10 & 11

- Whats On St James

Pages 12 -13

- Opportunities & Events

Page 14

- Useful Information

Pages 15

- Your Local Exeter

Listening Post

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

" I'm going to sign up for the Ecoe Advice Home Visit, you should book one as well "

" I went to the writing group with the connector a few times, now I got to go on my own. I think I can do it, I'm going to try "

" I would like to get some support from somewhere that's not connected to my organisation "

" it's nice to have a Wellbeing Service that has Builders, Connectors & people to support fitness (CPAOs) "

St Sidwell's Community Centre



St Sidwell's Community Centre hosts not only my Community Builder Pop Ups, but a whole host of community groups:

- ESOL English Classes help people build language skills and confidence
- Rekindle Recovery is a Peer Support Group for people working through challenges
- A Peer Support Group for creative people creates a safe space to share and connect
- Sidwell Street Scribblers is perfect for anyone interested in writing and self-expression

It really feels like the kind of place that meets people where they are in life, whether they need practical support, some social connection, or a creative outlet.

I support St Sids Work & Wellbeing Drop-ins as and when I can. Could you volunteer on Tuesdays 2-4pm? Offering support for people who are looking for volunteering opportunities, as well as guidance around wellbeing. Visitors can get advice, signposting to other services, and help taking positive next steps. Please contact volunteer@stsidwells.org.uk if you can help.



Nature in Exeter

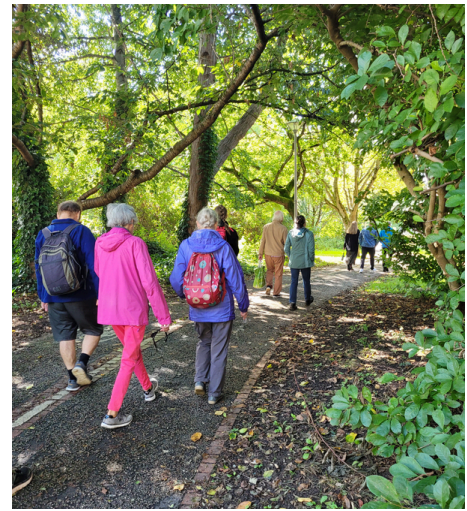
The Exeter Green Circle is a twelve-mile walk around the outskirts of Exeter – from green countryside valley parks to the pavements of quiet leafy suburbs.

Find out more about the Green Circle [here](#)

Exeter is joining the global City Nature Challenge for the first time! From 24th–27th April, help us record local wildlife using the free iNaturalist app and put our city on the nature map.

The University of Exeter is hosting free events across campus, Lower Hooper Valley and the city, including bat walks, moth trapping, reptile recording, nature walks and pond dipping. I'll be there, will you?

Nature in Exeter is a simple, easy to use directory of the city's parks, waterways and green spaces. Whether you're looking for somewhere to walk, relax or explore, you'll find all of Exeter's natural spots in one space. Check out the website is [here](#)



City Nature Challenge

Cities around the world collaborate to share observations of nature in the 2026 City Nature Challenge.

24-27 April 2026



Ecoe Advice Pop Up at Creating Connections



ecoe advice

Struggling to heat your home?
Energy bills too high?
Trying to tackle damp and mold?

**EXETER
FREE ADVICE
DROP-IN**

**10AM - 3PM
EVERY THURSDAY**

ECOE Advice,
1st Floor, Longbrook House,
New North Road, Exeter, EX4 4GL

Scan here

GET IN TOUCH

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

We can help with:

- tariff checks
- supplier switching
- applying for discounts
- energy & water saving tips
- grants for insulation & heating
- heating control advice
- help with benefits & debts
- free energy-saving measures

We are a registered charity. ECOE Advice is registered as Sustainable Community Solutions Ltd in England and Wales, charity number 1214109.

Creating Connections Social Cafe, recently welcomed Ecoe Advice, following conversations with attendees about the impact of rising energy costs. The session provided a timely opportunity for the community to come together, share concerns, and learn about practical support available.

Nikki from Ecoe Advice delivered an engaging presentation, including an interactive quiz that helped break down key topics in an accessible way. Discussions covered a range of helpful services, including free home visits, energy saving tips and simple adaptations designed to improve energy efficiency and reduce household bills.



Creating Connections Social Cafe
Exeter City Football Club
Tuesdays, 10.30am -12 noon

Friday Club

Is there an organisation you'd like to know more about?

Friday Club invites local organisations to come in and talk to local community members about their charity or role.

You can come to listen, ask questions. It's a fantastic opportunity to connect with others. Friday Club attendees go on trips out using local transport. Our club provides a safe environment in a location close to local amenities, buses and parking.

Friday Club Meets at St Sidwell's Community Centre, every Friday from 1.30-3.00pm. £2.00 admission, includes refreshments.



Great British Spring Clean



The sun was out in full force this Sunday as locals came together for the Great British Spring Clean~ Click [here](#) to pledge to Keep Britain Tidy

Held monthly, these sessions offer a great opportunity to get active, give back, and connect with others in the community. This time, nine volunteers worked together to collect an impressive 10 bags of litter, along with an additional bag of cans for the Cans 4 City initiative.

A big thank you goes to Exeter City Council and resident Alec for kindly providing equipment to support these efforts.

Click [here](#) to find out how to borrow a kit.

Also to Resident Charlie, Chair of Devonshire Place Resident's Association, who initiated these monthly get togethers, a year ago this month! We are growing in numbers! It's lovely to see friendships forming from meeting in the Orchard, 12 months ago.

It was also a pleasure to welcome new faces, including Liz, who discovered the group through [Devon Connect](#), as well as University of Exeter students, Zoe and Avery, who joined after hearing about the initiative via university comms & Instagram. A big shout out to our Sylvie who also joins the Exmouth Beach Clean, making a difference not only in St James but in Devon.



Monthly Community Litter Pick

Sundays, 11.00am - 12.00pm

22nd March, 26th April, 24th May, 21st June, 26th July, August, 23rd September, 25th October, 22nd November,

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

Contact: ☎ 07856917894 📧 natalie.smith@eci.org.uk 📍 Natalie Smith - St James

www.wellbeingexeter.org.uk

Open Gardens for Hospicare



Exeter Community Garden, Off Higher Hoopern Lane, Exeter (Streatham Campus, University of Exeter)
Saturday 30th May 12.00pm until 4.00pm.

A small community garden managed by local residents, students and staff. Comprising an area of raised beds, a small fruit orchard and some conservation areas.

Admission Entry by donation.

Refreshments - tea and cake

Wheelchair Access Limited with assistance

There will be a raffle and plant sale.

The Bill Douglas Cinema Museum



Recently, I had the pleasure of joining Exeter University's Community Panel for a guided tour of a truly special local gem. Open seven days a week and completely free to visit, this space welcomes everyone to explore one of Britain's leading collections dedicated to cinema and moving image history.

It's not just a museum. It's both an accredited public museum and a working academic research facility, home to an incredible archive of over 93,000 items. Even more exciting, more than 1,000 of these fascinating pieces are on display in the galleries, offering a rich and immersive glimpse into the evolution of film and media.

If you're looking for something inspiring to do, this is well worth a visit.

Click [here](#) to find out more.



Egyptomania
Egyptian-Style Cinemas in Britain, the USA and France
FREE Public Lecture by Richard Gray

The Bill Douglas
CINEMA MUSEUM
bdcmuseum.org.uk

Thursday 9th April, 6.30pm
Seminar Room A/B

Old Library
University of Exeter
Prince of Wales Road
Exeter EX4 4SB
Tel: 01392 724321

Scan here to book

New Community Groups

Have you got a free Monday and looking to make a real difference?

Age UK Exeter has a new Community Cafe that welcomes everyone to join for a cuppa and connect on a Monday.

The Between Us Cafe is on the lookout for friendly volunteers to support the Age UK Exeter Community Café. Join us each Monday and help create a warm, welcoming space where everyone feels at home. Whether you enjoy a good chat, serving tea, or simply lending a helping hand, your time can have a huge impact on someone's day.

Interested? They would love to hear from you:

🌐 Find out more: [here](#)

☎ Call us: 01392 202092

✉ Email: [here](#)



Exeter
ageUK
Let's change how we age

Between Us Café

Every Monday
10:30am – 1:30pm
(Last food orders at 1pm)

Join us for:
Tea & Coffee
Homemade Cakes and Hot Food

Come along, relax, chat, and enjoy some delicious treats with the community!

Age UK Exeter, The Sycamores, Mount Pleasant Road, Exeter, EX4 7AE

For more information call -01392 202092

Age UK Exeter is a registered charity (1010973) and company by guarantee. Registered in England and Wales number 02703646.
Registered office: The Sycamores, Mount Pleasant Road, Exeter, Devon, EX4 7AE



Exeter
ageUK
Let's change how we age

Café Volunteers Needed

Death Cafe



Exeter
ageUK
Let's change how we age

Could you Volunteer for us?

volunteering@ageukexeter.org.uk

Talking about death isn't always easy, but it can be incredibly important.

Age UK Exeter is creating a safe, welcoming space for these conversations through its new Death Café. Open to local residents and the wider community, the café invites people to come together to chat, share, or simply listen as others explore thoughts and experiences around death and dying. There's no agenda, no pressure, just open, honest conversation in a supportive environment.

This important new initiative is already gaining attention, with ITV News set to visit on the 8th May to help raise awareness and share the story with a wider audience. Death Cafe is at The Sycamores, Mount Pleasant Road, EX4 dates - 8th May, 12th June, 14th August, 16th October & 11th December.

Whether you're curious, reflective, or just want to listen, you'll be warmly welcomed.

Exeter Northcott Theatre

U26 Membership is for anyone aged 14 – 25 who is interested in great theatre, great entertainment and, of course, great discounts. The U26 scheme is designed to encourage people age 14 – 25 to come to the theatre independently. This means the young person needs to create an account and book themselves. Tickets cannot be purchased by someone who is not a member.

Exeter Northcott Theatre has an exciting, jam-packed programme. From classic theatre to cabarets, big name comedy stars to contemporary dance, nationally touring operas to live music gigs. We host all types of entertainment, including emerging artists, student productions and nationally touring shows. So, no matter what sort of entertainment you're into, we've got something for you.

Join U26 Membership for FREE and get:

- Access to £5 or £10 for selected shows
- Up to two discounted tickets per show
- A monthly newsletter with exclusive discounts

Click [here](#) to sign up



Local performers needed for Little Shop of Horrors

Be part of a major Northcott production – join the Community Ensemble for Little Shop of Horrors

“We’re thrilled to announce auditions for the Community Ensemble in Exeter Northcott Theatre’s upcoming professional production of Little Shop of Horrors – one of the most iconic, joyful and outrageous musicals ever written.

This is a rare and exciting opportunity for local performers take part in a fully produced, main stage musical, working alongside a professional cast and creative team. “

Click [here](#) to find out more



Exeter Community Initiatives

This April **Magic Carpet** will be popping up across venues and businesses across the city centre with exhibitions and artwork from our members who attend our mental health and disability art groups. From 3rd April across Exeter City Centre – This April, Magic Carpet is popping up across venues and businesses throughout Exeter with exhibitions and artwork created by members of our mental health and disability art groups. The trail celebrates and shines a light on the exceptional creative talent within our Magic Carpet community.

📍 Where to find the art:

'For the Love of Colour' – Walkway Gallery at Exeter Phoenix

Creative Space exhibition – Atrium, Exeter Central Library

Local businesses including Helen of Troy, Bookbag, Pixies & Jelly

Look out for our interactive map on our socials to track the artworks and tick off what you've discovered!



Exeter's biggest volunteer fair returns for its 6th year!

The Exeter Volunteer Fair brings together 70+ local charities and community organisations in one welcoming space, making it easy to explore volunteering opportunities across Exeter and the surrounding areas. Whether you're looking to give something back, learn new skills, meet new people, or simply get involved in your community, this is the perfect place to start.

📅 Thursday 23 April 2026

🕒 11am–2pm

📍 Exeter Cathedra

If you are an organisation that would like to book a stall please get in contact. The event is free for members of the public to attend, open to everyone. If you want to be kept up to date with what's happening on the day, please book a ticket here or drop in between 11am – 2pm to meet organisations and discover the volunteering role that's right for you. Any questions about this event please email us: info@eci.org.uk



What's on: St James: Spring 2026

Monday

- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10am-12pm ESOL (English for Speakers of Other Languages) classes at St Sidwell's Community Centre - Free
- 10.30 -1.30pm - Between Us Cafe at Age UK Exeter, The Sycamores, Mount Pleasant Road, EX4 7AE - Free to attend, refreshments can be purchased.
- 3pm-5pm - Community Rainbow Garden at Sidwell Street Methodist Church (Feb-Oct) - Free
- 6pm-7pm - Andy's Man Club - Exeter City Football Club - Free
- 8pm-9pm - Women's 5-a-side Football - Streatham Sports Park, Muga Pitch.
Contact: charlotte.flavell@ecct.co.uk - £3.00

Tuesday

- 10am-12pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B).
Email: exetercommunitygarden1@gmail.com - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre.
Email: maria@stsidwells.org.uk for more information - Free
- 10am-12pm - The Sidwell Street Gardeners - St Sidwell's Community Centre - Free
- 10am-4.30pm - Merry Go Round Toy Library - Positive Lights Projects.
Browse and book at my.mgrtoylibrary.org - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am-12pm - Creating Connections Social Cafe - Grecian Centre at St James Park - Free
- 1pm-4pm - Board Games & Books - St Sidwell's Community Centre - Free
- 2pm-4pm - CoLab Men's Group - CoLab, King William Street - Free
- 2pm-4pm - Work & Wellbeing Drop In at St Sidwell's Community Centre.
Email: dropin@stsidwells.org.uk - Free
- 8pm - Community Quiz Night at St Anne's Well, 31 Well Street - £2.00 per person. Tel: 01392 305411

Wednesday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre . Email: maria@stsidwells.org.uk for more information - Free
- 10am-1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1pm-4pm - Rekindle Arts & Crafts Recovery Drop In - St Sidwell's Community Centre - £2.00
- 2pm-4pm - St Sidwell's Community Knitting/Craft Group - St Sidwell's Community Centre - Free
- 3pm-5pm - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ.
Email: exetercommunitygarden1@gmail.com - Free
- 6.30pm - Freemoovement Exercise Class at West Garth Park.
Email: freemoovement@hotmail.com - Free
- 7.30pm - Fellowship with Speakers (1st Wed of month)
Sidwell Methodist Church - www.sidwellstreetmethodist.org.uk - Free



What's on: St James: Spring 2026

Thursday

- 10am - Sporting Memories for over 50s - Grecian Centre at St James' Park - Free
- 10am - 1pm - Exeter City Football Club Museum - St James' Park - Free
- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre - Free. Email: maria@stsidwells.org.uk for more information
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1pm-3pm - Sidwell Street Gardeners - Sidwell Street Community Centre - Free
- 7.30pm (Term Time) - Badminton - Sidwell Street Methodist Church - £3.00 play/refreshments
- 7pm-9pm - Open Mic Night - The Sunset Society, 5 Old Tiverton Road - Free to take part

Friday

- 10am-12pm - ESOL English Classes - St Sidwell's Community Centre. Email: maria@stsidwells.org.uk for more information - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 1.30pm-3pm - Friday Club - St Sidwell's Community Centre - £2.00 with refreshments
- 1pm-3pm - Exeter Multicultural Choir - The Upper Chapel, St Sidwell's Community Centre - email: ESOL@devon.gov.uk - Free
- 1pm-4pm - Board Games Afternoon - St Sidwell's Community Centre Cafe - Free
- 2pm - El Conversatorio Spanish Conversation Cafe - St Sidwell's Community Centre - Free
- 2pm-3.30pm - Sidwell Scribblers - St Sidwell's Community Centre - Free

Saturday

- 9.30am-10.45am - ESOL Conversation Class - Sidwell Street Bakehouse - Free
- 10am - Exeter Community Garden - Higher Hoopern Lane EX4 4SQ (close to car parks A&B) Email: exetercommunitygarden1@gmail.com - Free
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free
- 10.30am - Exeter University Health Walk with Westbank, 1st & 3rd Saturday of the month. 30-60 Min Walk- starting point: Outside The Forum - Donations are welcome. Email: healthwalks@westbank.org.uk

Sunday

- 9am - Freemovement Exercise Class at West Garth Park - Free. Email: freemoovement@hotmail.com
- 10am-5pm - Bill Douglas Cinema Museum - The Old Library, Exeter University - Free

Digital Skills, Work & Wellbeing

Every Tuesday 2-4pm

A weekly free and friendly drop-in at St Sidwell's Community Centre

All things work related; CVs, interviews and access

Get connected with other organisations

Learn new free digital & IT skills with Learn My Way

Digital and IT Support

Wellbeing support and a listening ear

Access to laptops, the internet and help filling in forms

dropin@stsidwells.org.uk

01392 666 222

www.stsidwells.org.uk

St Sidwell's Community Centre,
Sidwell St, Exeter, EX4 6NN

St. Sidwell's
Community
Centre

CUSTOMER SERVICE VOLUNTEER



Bakery Customer Service Volunteer Join our friendly team in a busy, fast-paced bakery environment. You will learn about our products, serve customers, handle cash, and card payments, and be the welcoming face that greets everyone who walks through the door. This role is perfect for someone who enjoys a busy and vibrant environment, is adaptable and flexible, and enjoys working as part of a team to create a positive customer experience.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:

Phone: 01392 666222
Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre

Exeter Foodbank
Together with Trussell

Priority Items - April '26

- Tinned meat
- Tinned vegetables
- Tinned potatoes
- Tinned fruit
- Noodle snacks
- Pasta sauce
- Toothpaste & brushes
- Tinned rice pudding

WELCOME DESK VOLUNTEER



Welcome Desk Volunteer Greet visitors, answer enquiries, and help create a warm, inclusive atmosphere at St Sidwell Community Centre. Be the friendly face that makes everyone feel at home.

Please get in touch to learn more about this volunteer role and see if it is suitable for you.

CONTACT US:

Phone: 01392 666222
Email: volunteer@stsidwells.org.uk

St. Sidwell's Community Centre



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.

English (ESOL) Classes, Summer Term 2026 (20th April - 17th July)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10am - 12pm Intermediate ESOL (at the Sidwell Street Bakehouse)	10am - 12pm Beginner ESOL	10am - 12pm ESOL Foundations	10am - 12pm ESOL Foundations	10am - 12pm ESOL Foundations	9.30am - 11am Conversation Class (at the Sidwell Street Bakehouse)
Address: St. Sidwell's Community Centre, Exeter, EX4 6NN Questions/registration?: 01392 666 222 maria@stsidwells.org.uk christine@stsidwells.org.uk	10am - 12pm Elementary ESOL	10am - 12pm Beginner ESOL	10am - 12pm Beginner ESOL	10am - 12pm Beginner ESOL	(at the Sidwell Street Bakehouse) Friday 3rd - 17th April Find all the easter egg film characters hiding around our galleries, name the characters and unscramble the letters to collect your chocolatey prize! Bill Douglas Cinema Museum, University of Exeter, EX4 4SB bdcmmuseum.org
	10am - 12pm Intermediate ESOL	10am - 12pm Elementary ESOL	10am - 12pm Elementary ESOL	10am - 12pm Elementary ESOL	
Work and Wellbeing Drop-In, Tuesdays, 2pm-4pm 	10am - 12pm Intermediate ESOL	10am - 12pm IELTS (starts 30 th April: registration required)	10am - 12pm Intermediate ESOL	10am - 12pm Advanced ESOL	Classes are free, and everybody is welcome (refugees, asylum seekers, migrants etc.)

The Bill Douglas **CINEMA MUSEUM**

Film Eggstras
EASTER TRAIL

Friday 3rd - 17th April

Find all the easter egg film characters hiding around our galleries, name the characters and unscramble the letters to collect your chocolatey prize!

Bill Douglas Cinema Museum, University of Exeter, EX4 4SB
bdcmmuseum.org

St Sid's Clothes & Plants Swap/Sale



Thursday 23rd April

12.00 - 3.00pm

Come along to swap and shop your pre-loved clean and good quality clothes for something new to you!

We will be outside, if raining, we will be in the Rougemont Room.

The cafe will be open, serving lunch and beverages.

Clothing/plant donations can be dropped off to the Rougemont Room

2 - 4pm on Wednesday 22nd

10 - 11.30pm on Thursday 23rd

St Sidwell's Community Centre

Sidwell Street

EX4 6NN



St. Sidwell's
Community
Centre

FREE ENTRY

Cancer Health & Wellbeing Fair

13th May 2026
10am - 2:30pm
Exeter City Football Club

Come and join us with over 30 stalls and information on...

- Financial advice
- Acupuncture
- Raffle tickets on sale for great prizes
- Community support groups
- Local charities
- National charities

Talks on...

- ★ Relaxation
- ★ Eat well
- ★ Move more

Free tea & coffee

The Royal Devon & Exeter Hospital are proud to be working in partnership for our cancer patients with the Exeter City PCN, Exeter City Football Club, Force centre, ELF charity to bring Health and Wellbeing information and services in your community to you.

Community Connect

Reasons to join St James Community Champions
What's App Group:

- Share ideas
- Work together to enrich our community
- Connect with neighbours
- Became more resilient
- improve your wellbeing
- Find out What's On locally
- Organise an event with support
- Give your time to a great cause
- Keep Active in body and mind



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 and Instagram pages and groups

- Wellbeing Exeter
- Exeter Community Initiatives
- St James with Duryard Community Support
- St Sidwell's Community Centre
- Exeter City Football Club
- Exeter City Community Trust
- Exeter Community, UK
- Mums in Exeter
- Age UK Exeter
- Mount Pleasant Health Centre
- Exeter Community Garden
- Refugee Support Devon
- St Anne's Well Exeter
- Bill Douglas Cinema Museum

Useful Information

- Andy's Man Club - Mondays 7pm
www.facebook.com/andyManClub
- TALKWORKS - 0300 555 3344
www.talkworks.dpt.nhs.uk
- Parental Minds gives support to families who are struggling with their mental health
www.parentalminds.org.uk/
Tel: 07907 614 516
- Domestic Violence Splitz Devon Helpdesk
Tel: 0345 1551074
- Exeter City Council Tel: 01392 277888
- Exeter University - general enquiries
Tel: 01392 727272
- Mental Health Mind charity
Tel: 0300 123 3393
- Devon MASH - Multi Agency Safeguarding Hub Tel: 0345 155 1071
- 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

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.

St James Community Builder

Name: Natalie Smith

Tel: 07856917894

Email: natalie.smith@eci.org.uk

Facebook: Natalie Smith (Community Builder - St James)

[Click here](#)

Instagram: Natalie Smith (Community Builder - St James)

[Click here](#)

Community Physical Activity Organiser (CPAO)

Name: Charlotte Flavell

Tel: 07926 127 824

Email: charlotte.flavell@ecct.co.uk

Facebook: CPAO Exeter North

[Click here](#)

Find out what's on locally at our new website

www.yourlocalexeter.org.uk



www.wellbeingexeter.org.uk