



Hello from Zoe!



Hi there, I'm Zoe, the Community Builder for Pinhoe.

After a soggy start to the year, it's been great to get out and about, chatting to people on their doorsteps and offering tea and conversation. I've particularly enjoyed seeing the blossoming trees and blooming daffodils planted by local residents.

I'd also love to hear about any ideas you have for making Pinhoe an even better place to live. If you want to do something on your street or neighbourhood, be it a winter trail or a community garden, 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!

All the best,

Zoe

Zoe Hughes

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Great British Spring Clean



A local resident, Denise, asked on facebook if anyone would be interested in a Pinhoe and Whipton litter pick group. Denise got lots of responses and suggestions for areas, but wasn't sure where to go from there. Using the Great British Spring Clean as inspiration, Denise designed a poster and put the word out, and we borrowed kit from the Exeter City Council Green Spaces Team.

Twelve enthusiastic volunteers cleared several bags of litter and an old tyre from Station road playing fields. We also separated cans to donate to the Exeter City Football Club 'cans 4 city' fundraising programme.

The group are keen to keep going and help tidy up different neighbourhoods, and have re-ignited the [Exeter Litterpicking facebook group](#).

Are you interested in joining future litter picks? Get in touch!

Share Your Thoughts



Wild Exeter

Everyone who lives, works in or visits Exeter is being asked to give their views on nature in the city, how we can best protect and support it and how it can thrive in the future. Together with Devon Wildlife Trust, University of Exeter, Met Office and other partners, Exeter City Council would like your views on nature in Exeter.

Survey closes on 28 April. [More details here.](#)

Together for Tomorrow

What would you like to see happening in your local community?

From repair cafes and clothes swaps to nature activities and community fridges.

Libraries Unlimited and Community Action Groups Devon are asking people to share their ideas in a short survey as part of the 'Together for Tomorrow' project.

[Respond to the survey here.](#)

Listening Post

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

"It would be nice to get to know my neighbours on the estate."

"I didn't know there was a lego club."

"it's easier to join new groups as everyone is new to each other and on the same page"

"I hadn't really thought about how important community was until I became a parent."

Spring At The Station



The sun was shining for us as Friends of Pinhoe Station planted up some daffodils and primroses and tidied up the flower bed recently. We were joined by a few new faces, so the bed was spruced in no time. Passers-by have said how great the planter looks and the bees are loving it!



Friends of Pinhoe Station are a group of volunteers who support the local railway to improve Pinhoe station itself and rail and bus links to the station. If you'd like to help out on occasion, get in touch!

Learn Italian!



At the local Clyst Caring coffee morning, I met someone who has recently moved in with her family in Pinhoe, after living in Italy for 65 years!

She is experienced in teaching English and Italian languages and is keen to share her skill. After a big life change, she said "it would be nice to do something worthwhile!".

A few residents who are keen to practice Italian have already been connected.

Would you be interested in learning or practicing Italian?

Get in touch!

Farewell And New Beginnings



Georgie, the Community Physical Activity Organiser (CPAO) for North Exeter, has left Wellbeing Exeter to explore a new role. She left this message for Pinhoe residents:

"For those who know me and have met me while I have been North Exeter's CPAO, I am now moving on from my role as CPAO onto another role elsewhere. I just want to say a massive thank you to all the residents and groups I have worked with over the past 2 years. I've met some amazing people with equally amazing stories. From health walks around station road playing fields, to starting up a Women's 5 aside group at St Luke. Lots of brilliant memories I'll cherish for the rest of my career."

We welcome Charlotte, the new CPAO for North Exeter.

"Hello Pinhoe! I'm Charlotte, the Community Physical Activity Organiser for North Exeter. I am excited to be a closer part of the Exeter Community and hearing directly from its residents in support of promoting physical activity locally. Already there are some fantastic groups available, and I have been inspired by the locals that make these opportunities happen. My role is to connect people to activity in their area, along with helping new ideas for more movement within the community to grow. Activity and exercise should not be something that is exclusive, but something that is shared and unifying amongst us. If you have any ideas around what physical activity you would like to access or not sure where to start, you are welcome to contact through Wellbeing Exeter."



Charlotte, Community Physical Activity Organiser (Exeter North)

Email: charlotte.flavell@ecct.co.uk

Facebook: [CPAOExeterNorth](https://www.facebook.com/CPAOExeterNorth)

Pinhoe Press - Super Spring edition is coming



Pinhoe Press is a community magazine, a not-for-profit volunteer-run initiative created to support community groups in and around Pinhoe.

Thanks to the support of local businesses, the Super Spring edition will shortly be landing on doorsteps across Pinhoe. I will also be putting copies in the Little Free Libraries so check these if you haven't got a copy.

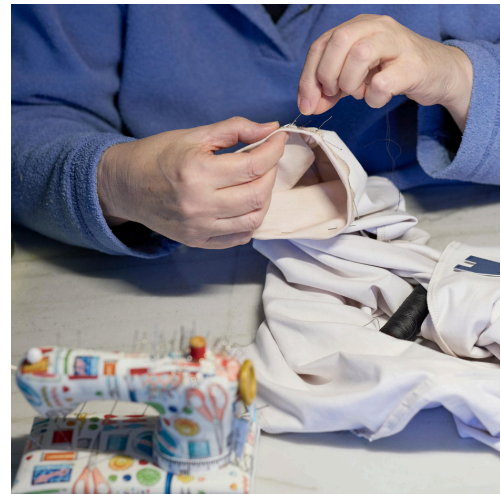
The editor of Pinhoe Press will aim to get the magazines out to as many areas in Pinhoe as possible, with the help of volunteers. If you would like to help distribute the magazine to your neighbours, please email Pinhoepress@gmail.com.

Pinhoe Repair Cafe

Lizzie from The Robin's Nest cafe has been organising 'Bring and Share' events, where people swap books, toys and craft items.

She's interested in starting a 'repair cafe', an initiative which is already a hit in Broadclyst, the University and St Thomas.

Would you be interested in helping a repair cafe? Are you able to repair electrical items, clothes or bikes? Get in touch!



Fancy trying some Tai Chi?



I recently got chatting to someone about the importance of movement for people's health, only to discover they are a Tai Chi instructor!

They asked if there would be interest in starting regular, low-cost sessions in Pinhoe.

We are currently looking at Wednesdays, possibly in late morning or early afternoon.

Would you be interested?

Spring Craft - Easter Holidays

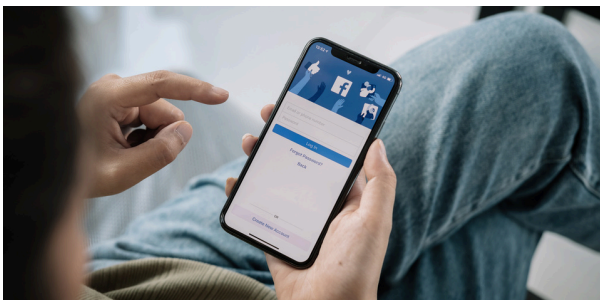


Get creative with spring crafts at Pinhoe Library (we'll be outdoors if the weather is good).

Chat to your local Community Builder Zoe, find out about what's on locally and share ideas for your neighbourhood.

Thursday 16th April
10.30am-12.30pm
Pinhoe Library

Get Social



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

Pinhoe Press
 The Harringtons, Exeter
 Pinhoe Community Hub
 Harts Meadow Community
 Pinhoe Library
 Love Pinhoe
 Pinhoe Parents
 Hill Barton Vale Resident
 Pinhoe Memories
 Minerva Residents
 Pinhoe and Poltimore with HOPE (Pinhope)
 Saxon Brook Community
 Pinhoe Pantomime
 Pinhoe Social
 TW Mayfield Gardens
 Pinhoe Toddler and Baby Group
 Pinhoe Community Information

Useful Information

- Parental Minds gives support to families who are struggling with their mental health parentalminds.org.uk/ Tel: 07907 614 516
- Talkworks Tel: 0300 555 3344
www.talkworks.dpt.nhs.uk
- Mental Health Mind Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+. Tel: 07990 790 920
www.mhm.org.uk/the-moorings-devon
- 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/>
- Devon Domestic Abuse Alliance: www.ddaa.org.uk Tel: 08082 816161
- Family hubs in Devon - Devon County Council which is the first port of call for any parents who need support.





Pinhoe Health Walk

Walking is great for your health and puts a spring in your step. Westbank's programme of Health Walks offers the opportunity to get active, explore the outdoors and meet new friends.

Come and take a leisurely volunteer-led walk with like-minded people in and around the Pinhoe area.
Everyone is welcome

When: Every Monday starting 29th September
Time: 9:30am (Grade 1) and 10:30am (Grade 2/3)
Length: 30-45 mins (Grade 1), 60-90 mins (Grade 2/3)
Starting point: Pinhoe Surgery
What 3 Words: ///amuse.amber.cattle

For more info, please contact the Westbank Health Walks team on 01392 824752 or healthwalks@westbank.org.uk

Please note, these walks can be subject to change.

www.westbank.org.uk
 @westbankdevon @westbankdevonuk
Westbank, The Healthy Living Centre, Farm House Rise, Exminster, EX6 8AT | 01392 824752
 Reg Charity: 1119541 | Company No: 06243811




3rd Thursday of the Month
IL GRANO
 1 Station Road, Pinhoe
Coffeetime
 11.00 - 12.00

Il Grano kindly open their doors early to provide a wonderful opportunity for us to come together, to share stories, laughter, and a sense of community. Enjoy freshly brewed coffee as you mingle with friends and neighbours old and new.



Good Morning

Everyone Welcome!

2026

- 15th January
- 19th February
- 19th March
- 16th April
- 21st May
- 18th June
- 16th July
- 20th August
- 17th September
- 15th October
- 19th November
- 17th December

Various coffees (cash preferred if possible)

THE ROBIN'S NEST

EAT • DRINK • REST

UPCOMING EVENTS

SUMMER OPENING HOURS

SPRING CRAFT FAIR

BUBBLES & BAKES

SUMMER CRAFT FAIR

BUNS & BEERS

FOLLOW
 @THEROBINSNEST_PINHOE 

FREEMOOVEMENT

MAKE HEALTHY HABITS TOGETHER



FREE COMMUNITY FITNESS PROGRAMME
everybody welcome : no equipment needed

GATEWAY TO GETTING ACTIVE



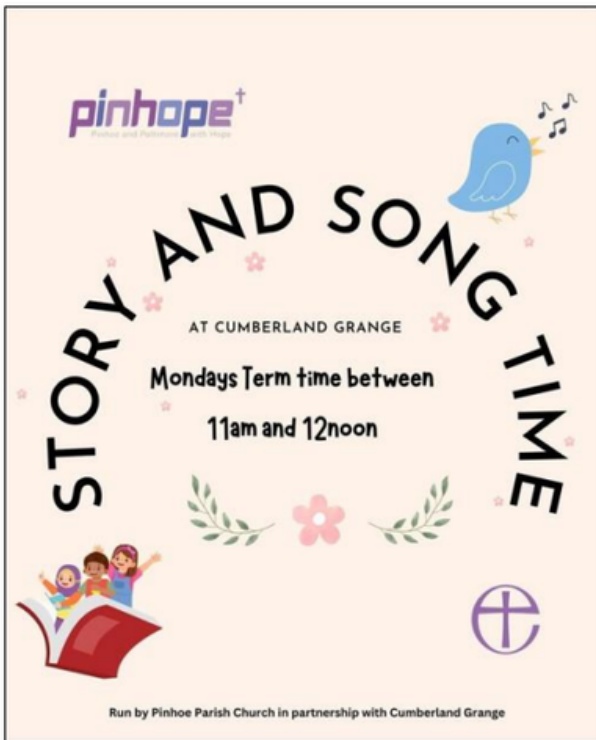
Find us online @freemoovement : www.freemoovement.com

FREE FITNESS GROUP

EVERYBODY WELCOME

STATION ROAD PARK

WEDNESDAY 18.30



pinhope+
Pinhoe and Poltimore Church

STORY AND SONG TIME

AT CUMBERLAND GRANGE

**Mondays Term time between
11am and 12noon**

Run by Pinhoe Parish Church in partnership with Cumberland Grange



EVENT BEING RUN BY
PINHOE AND POLTIMORE CHURCH

pinhope+
Pinhoe and Poltimore Church

SHIPWRECKED

a holiday club in Jonah

Join Joe and Flo as they find themselves shipwrecked and discover God's rescue plan for everyone

FUN. ADVENTURE. GAMES. CRAFTS. STORY AND MORE!

FOR AGES 5-11YRS

FREE HOLIDAY CLUB. REGISTER BY SCANNING THE QR CODE.

10am-12noon on 9th & 10th April at Monkerton Primary School

11am-12noon Sunday 12th April at Pinhoe Primary School for the whole family



Spring Craft - Easter Holidays

**10.30am-12.30pm, Thursday 16th April,
Pinhoe Library**

Get creative with spring crafts at Pinhoe Library (we'll be outdoors if the weather is good). Chat to your local Community Builder Zoe, find out about what's on locally and share ideas for your neighbourhood.

📞 07719239551

✉ Zoe.hughes@eci.org.uk

📍 Zoe Hughes (Community Builder Pinhoe) 📷

www.wellbeingexeter.org.uk



**BROADCLYST
EASTER EGG HUNT**

Friday 27th March - Saturday 18th April

Collect your trail sheets from Broadclyst Charity Shop - Trail sheets are £2 *£1 for additional sheets purchased

All entries will win a small prize for completing the trail and will gain automatic entry into winning our Star Prize!!!

CLYST CARING FRIENDS

A DATE FOR THE CALENDAR!

HOPE AT HOME QUIZ – FRIDAY 8 MAY

Details to follow - check facebook

HOLD THESE DATES!

CHURCH SKITTLES EVENING – SATURDAY 9 MAY

BRASS MONKEYS CONCERT – SATURDAY 16 MAY





Volunteer Fair

Thursday, 23rd April, 11am - 2pm, Exeter Cathedral

Want to volunteer but not sure where?
Over 65 local organisations are looking for you!

Contact:  01392 205800  info@eci.org.uk  Eventbrite

 148 -149 Fore Street, Exeter, EX4 3AN

 01392 205800

 info@eci.org.uk

 www.eci.org.uk



Scan to Book!



Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)



What's on: Pinhoe

Monday

- 9.15am-2.00pm Machine Embroidery (1st Monday) - America Hall (£8, £10 membership)
- 9.30 & 10.30am Health Walk (9.30am Grade 1, 10.30am Grade 2/3) - Pinhoe Surgery (Free)
- 9.45-11.15am Clyst Caring Coffee Morning - United Reform Church Hall (£2.50)
- 11am-12pm Story and song time - Cumberland Grange (Free)
- 12-12.45pm Community Yoga Classes with Rosie - Exeter Science Park (£5 per session)
- 1.30-3.30pm Whist (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 7.30pm Angels (4th Monday) - URC Church Hall (£3 per session, £10 membership)

Tuesday

- 9-11.30am Baby & Toddler Group - America Hall (£1 per adult and child 6+ months)
- 10.30am Knit and Natter Tuesday - Alexander House Care Home (Free)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park (£2)
- 6.30pm Isca Indoor Bowling Club (Taster Nights) - Isca Centre (Free)
- 7-8pm Women on the Run - Exeter Arena (Free)
- 7-9pm Amateur Radio Society (1st and 3rd Thursday) - America Hall
- 7.15-9.30pm Pinhoe Friends - America Hall (2nd Tuesday) (£3, £15 membership)

Wednesday

- 9.30-11.30am Pinn Lane Toddlers - URC Church Hall, Old Pinn Lane (£1 pp +6 months)
- 9.45-12.30pm Creative Crafts - America Hall (Sunnylands) (£5 per session)
- 9.45-10.45am Bounce & Rhyme - Pinhoe Library (Free)
- 10.30am-12pm Knit and Natter - Pinhoe Library (Free)
- 11am-12.30pm Dementia Support Group (Last Wednesday) - Cumberland Grange (Free)
- 6.20pm Freemoovement (circuit training) - Station Road Park (Free)
- 6.30pm South West Road Runners (Road & Track) - Exeter Arena (Try for Free)
- 7-9pm Isca Model Club (alternate weeks) - America Hall (£3/meeting, £30 year)
- 7.30pm Quiz Night - The Pinhoe Hoard (Free)

Other activities

- Exeter Arena - Daily range of activities 01392 265840
- Jubilee Club - Range of sports fixtures, snooker & skittles 01392 467148



What's on: Pinhoe

Thursday

- 10.30am-12pm Tea & Memories (1st Thursday) - Cumberland Grange (Free)
- 11am-12pm Neighbours Coffee Meetup- Il Grano (3rd Thursday) (Pay for drinks)
- 1-2pm Bookchat - Pinhoe Library (3rd Thursday of month) (Free)
- 6.15-7pm Pinhoe Plodders Ladies' Only Running Group - Pinhoe Spar Car Park (Free)
- 6.30-7.30pm Tithe Barn Runners (Facebook page) (Free)
- 6.30-9pm Bingo (part of ISCA Bowls Club, call for membership details) - Isca Centre
- 8pm Pub Quiz (Book ahead) - Heart of Oak (Free)

Friday

- 8.45-11am Horsebox Cafe - Church Hill (Weather dependant) (Donation for drinks)
- 9-11am Parent & Child Morning (Alternate Fridays) - Robin's Nest (Pay for drinks)
- 9-11am Westclyst Toddler & Parents - Alexander House, Westclyst (Free)
- 12.30-2.30pm Lunch Club (part of ISCA Bowls Club, see page 3 for details) - Isca Centre
- 1.30-4pm Women's Institute - America Hall (1st Friday of month) (£4 visitors, £54/year)
- 6.45-9pm Exeter TAG rugby (16+) - Exeter Arena (£5 per session)
- 7-9pm Pinhoe Community Singers - America Hall (Free, donations welcome)

Saturday

- 9.30am-4pm Guild of Weavers (2nd Saturday) - America Hall (£4, £30 year membership)
- 10-11am Coffee Morning - URC Church Hall, Old Pinn Lane (Donation)
- 10am-12.30pm Lego Club - Pinhoe Library (Free)

Sunday

- 9-10am Coffee & Chat - The Robin's Nest (Cafe, Main road) (Pay for drinks)
- 10.30-12.30pm Pinhoe Albion F.C. (ages 8-15) - St Lukes School Astro (£25 per month)

Other groups

- **Friends of Pinhoe Station** - A group of volunteers who support the local railway. If you'd like to get involved, for example helping with gardening, contact Zoe (details on page 3).
- **Girl Guiding** - Pinhoe Guides is one of the oldest active units in Exeter (over 100 years old!). The units are run by volunteers with a passion to work in youth services. If you are interested in registering your child (aged 4-18) or volunteering, visit girlguiding.org.uk
- **Scouts** - The 1st Pinhoe Scout Group provides activities for children and young people in the Pinhoe area, aged 4-15. We are always looking for helpers and supporters, especially anyone interested in becoming a uniformed volunteer. Visit scouts.org.uk/volunteer.



What's on: Pinhoe

Contact details for venues

- America Hall, Del la Rue Way. Angela Roberts 01392 469179
- Alexander House Care Home 01392579777
- Cumberland Grange, 01392 339728
-
- Horsebox Cafe, 07596 224094
- Isca Indoor Bowls Club, £6 per year membership, 01392 265930
- Isca Centre, 01392 265840
- URC Church, Old Pinn Lane 01392274345
- Pinhove Albion phafc.communitygroup@gmail.com 07526 772419
- Pinhoe Church, 07596 224094
- Pinhoe Library, Main Road 01392 466 007
- Pinhoe Surgery, 01392 469666
- Community Yoga Classes with Rosie, 07999558015
- Local Facebook pages - Pinhoe Community, Pinhoe Social, Love Pinhoe, Pinhoe Community Hub, Pinhoe Village & Forum, Pinhoe Library, Pinhoe Parents, The Harringtons, Harringtons Park, TW Mayfield, Hill Barton Vale, Minerva, Pinhove Church, Sandrock, Tithe Barn
- Women's Institute: 01392 255386, pinhoe@devonwi.org.uk
- Monday Health Walks - led by Westbank, 01392 824752, healthwalks@westbank.org.uk



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

**YOUR LOCAL
EXETER**



www.wellbeingexeter.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.

Pinhoe Community Builder

Name: Zoe Hughes

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Facebook: [Zoe Hughes \(Community Builder Pinhoe\)](#)

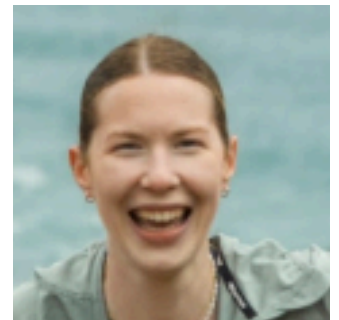


Community Physical Activity Organiser (North Exeter)

Name: Charlotte Flavell

Email: charlotte.flavell@ecct.co.uk

Facebook: [CPAOExeterNorth](#)



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