



Newtown and St Leonards, Community Builder Newsletter August 2019

Welcome to the August edition of the Newtown and St Leonards Community Builder newsletter. I have included a new section this month, 'spotlight on...' sharing residents' stories of being involved in the community. Please get in touch if you're inspired by anything in this newsletter or if you have an idea for your street/community that you'd like to discuss.

Jayne

Jayne Leaver, Community Builder in Newtown and St Leonards

Tel: 07933 776 210

Email: newtownstleonardscb@gmail.com

Facebook: www.facebook.com/CBNewtownStLeonards

Twitter: @jayneleaverCB

To find out more about community builders visit <https://www.wellbeingexeter.co.uk/community-building/>

Keep up with local community news: St Leonards Neighbourhood Association: www.slna.org.uk

Newtown Community Association: www.newtowncommunity.org.uk

Community News

St Leonards Wellfest and Community Fun Day

What a lovely day we had at the St Leonards Wellfest, and the weather was on our side too! My colleagues and I enjoyed many interesting conversations with residents including a lady interested in setting up a gardening club in St Leonards. We asked "What makes a good community?" Replies included: Looking out for neighbours; The people; Noticing what is needed; Green spaces; Having a gathering space and Facilities. There were lots of other organisations taking part and it was great to see these organisations and traders talking about the event on social media. We were treated to some fab entertainment and there were opportunities to join in with parkour, Tai Chi, Zumba and Scottish Country Dancing. I almost forgot to mention the health talks too from using health apps to food and mood. The evening's street party was well attended and it was such a lovely atmosphere. We were also treated to some live music. Again the rain held off and everyone appeared to be having a wonderful time. Assuming this is repeated next year, is this something you may be interested in helping with in some way? Perhaps you would like to share your experience of the event? Please get in touch with Niall: barnfieldhillppg@gmail.com





Games Evening Faraday House

At a 'Meet the Community Builder Social Café' held at Faraday House, a resident suggested having a games' evening. Board games were kindly donated by local residents to start a games' library. A games evening was held in June and we enjoyed the Logo Game and Scrabble. One of the residents was particularly good at the Logo Game so if we play it again, I will make sure I'm on his team (lol)!

Connecting with the Job Centre

I popped into the Job Centre recently to drop off some community builder leaflets and the manager invited us to meet with him to explain the project and how we may be able to work together. My colleague and I met with him and learned that he had been working with a community builder at another job centre in Devon so he already had an understanding of our role. He invited us to present to the work coaches and offered us some table and wall space to promote local groups, events and of course Wellbeing Exeter.

Alleyway Project

Residents of Clifton Cottages and nearby streets have met to enjoy a barbecue, discuss plans to improve their alleyway and build community. They have met with Devon Wildlife Trust to discuss planting and with Codrington St residents to share experiences. A Facebook page has been developed to share ideas.

Football Coaching idea

A Newtown resident inspired by an initiative in the Midlands offering football coaching to disadvantaged youngsters, would like to see something similar in Belmont Park. Doug says he would like to see something for boys and girls of all abilities. He is keen to see different cultures being brought together through sport. At the weekend, I accompanied Doug for a walk around the park stopping to chat with park users. Whilst we were there, a football team arrived and Doug had a chat with them discovering that they shared his vision of bringing people together from different cultures. If this interests you please contact me. I can pass on your details to Doug if you would like me to.

Freemoovement Circuit Sessions in St Leonards?

A resident has suggested that he would like to see a Freemoovement session perhaps in Wellingtonia Park or County Hall. Any thoughts on this? Freemoovement is a free, community-led, mixed ability activity group running in parks across the city. Please take a look at its website: <https://freemoovement.com/>

Anyone interested in a Clothes Swap?

A resident would like to do a clothes swap. You could revive your wardrobe whilst being kind to the environment! Would anyone be interested in helping to organise?

Newtown Community Association - Job Opportunity

The NCA is looking for a part-time building manager to start in the autumn. This is a paid role and likely to be in the region of 15 hours a week. Responsibilities will include taking bookings, caretaking, security and getting the building up and running. To register your interest please get in touch with the secretary, Steve Palmer:

secretary@newtowncommunity.org.uk.

Friends of Belmont Park

Plans to update the play equipment, including new swings (hurrah), are progressing. Follow the Friends of Belmont Park Facebook Page for the latest updates: <https://www.facebook.com/BelmontFriends/>

St Matthews Church

Welcome to Ed and Jess Hodges. Rev Ed Hodges is the new Rector of St Matthew with St Sidwell.

Newtown Pubs

The Clifton Inn's bakery is now up and running selling artisan bread and delicious cakes. The Globe Inn on Clifton Road has closed.

Clifton Hill Green Space

In July, the leader of Exeter City Council, Phil Bialyk, announced that the Council's earlier decision to sell off the whole of the Clifton Hill site (including the green space, the golf driving range, and the ski slope) is now being reviewed.

Newtown Community Choir

The Newtown Community Choir is delighted to have appointed a new musical director, Kathy Rufalo. Kathy takes over from Emma when the choir resumes after the summer.

Children's Halloween Party

Last year my colleague Ebbie and I held a joint Halloween party in Belmont Park, for the purpose of community engagement, for residents of Newtown and St Leonards and Mount Pleasant and Polsloe. We were grateful for the help we received from residents but if last year's attendance is anything to go by we will need extra helpers please. Whatever you can offer would be appreciated whether it be helping to organise the party, publicity, running a craft or activity, washing up or baking a cake. More information to follow in the autumn, we're looking at a provisional date of 18 October so it will be an early Halloween party.

Spotlight on....



This section shines the spotlight on some community minded residents.

Nigel Fitzhugh



Nigel Fitzhugh, the Chair of St Leonards Neighbourhood Association (SLNA), has lived in St Leonards for 35 years. When he moved here he was told that the previous occupant delivered the neighbourhood newsletter and that he would have to do the same! Nigel joined the SLNA becoming Treasurer and then Chairperson. He is still involved with the bi-monthly newsletter counting out 3,200 newsletters into bundles for 65 deliverers. The popular Christmas market on Magdalen Road is organised by Nigel. Nigel tells me that he is community minded and likes helping people which he says is probably inherited from his mother. He loves the village atmosphere of St Leonards and the 'greenness' and convenience of living so close to a wide range of amenities. Popping to Magdalen Road is always a pleasure but allowing extra time is wise as picking up one or two items often takes 30 minutes due to stopping to chat to people,

evoking a sense of belonging. He would love a community space and would rather not have to constantly contest potential loss of green space. The recent decision to not sell the strip of land in Bull Meadow Park has pleased him. Whilst recognising the need to provide more homes, he feels that living space should be balanced with green

space. If you would like to volunteer your time and skills with the SLNA, please contact Nigel:
stleonardsnassoc@gmail.com

Rory McNeile



Having retired from the Royal Navy, Rory wanted to engage in the local community. He spotted a poster advertising an open meeting for the Newtown Community Association and went along. He became a Trustee and later Chairperson. Rory continued with the vision of the previous committee and he has been busy project managing the new building. Rory feels he has a strong connection to the area having lived in Newtown for 18 years and enjoyed the park with his children. Rory would like to see a regular café in the park and for the building to be a continuation and expansion of the previous one providing a hub focusing on health and wellbeing, connecting people and keeping people active, it's the future of healthcare he

believes. In terms of what could be better in the area, Rory feels that there are issues with antisocial behaviour and drug use within the park. He also feels that student housing within residential streets takes away opportunities for young families to connect. However, he acknowledges that the university also provides business and commercial vibrancy within the city centre. Rory sees the new building as a blank canvas, he says that the NCA is here to provide an environment for people to come up with good ideas.

Peter Montgomery



Peter, the new Chairperson of the NCA, has lived in Newtown for 13 years. Peter loves living in a city centre community, the park and the fact that he can walk anywhere. He says a lot of people talk about the lack of balance within communities due to student rentals. He would like to see public toilets in the park and better lighting. He moved to Newtown from another part of the country and wanted to connect with his new community. He was interested to know what the building in the park (NCA hut) was used for and made enquiries. He later became Treasurer for the NCA. He has sustained connections with the NCA through the choir and Newtown Roots Band. Peter's wife Jacky has also had involvement with NCA community activities notably the

bunting and rhino projects. Peter's vision for the new building is to retain affordability and availability for local residents and he would like to see more regular community oriented activities. He would like more Newtown residents to get involved and also to see the building's users take more of an active part in the life of the NCA. The NCA should be a catalyst for community activity, he says.

Nicki Carolyn



Newtown resident Nicki manages the 'Exeter Friendship and Community Group' on Facebook. She has lived in the area for 2.5 years and likes that it is close to the city centre and amenities but still feels quiet. As a wheelchair user this makes it much easier than having to get on and off the buses. She feels that Newtown is a nice place to live. She has concerns about antisocial behaviour in the park and feels it is a shame that the Globe has closed. Nicki says that it is a friendly area: One of her neighbours introduced her to other residents. She set up the Facebook group to reduce loneliness in the community, particularly amongst younger people. Nicki shares posts about what's going on across the city and anyone can join the group. She tells me that sometimes people use it just to check in and say hello and others join

the supportive environment of the chat hub. There are different reasons why people have joined the group, such as recently moving to the area, wanting to make new friends, having limited leisure time and being unwell and finding it difficult to get out. Nicki has organised a meet up for Sunday lunch and one for coffee at the library café. Group members will be able to see details of any future meet ups: <https://www.facebook.com/groups/412669522480320/> Positivity is key, Nicki explains, there is always something to be grateful for. Her future goals are to organise an afternoon tea meet up, get involved with community gardening and relearn knitting and crochet. I told her we would be pleased to see her at the crochet group when she is able to come along.

Alice Staniford



Alice manages the 'Newtown and St Leonard's Group' on Facebook. She has lived in St Leonards for five years and wondered why there wasn't already a Facebook group for residents. In previous places she has lived there has always been a local residents' group where people shared news, gossip, complaints, lost pets and put up posts about unwanted furniture or other things that neighbours might be able to make use of. When there were issues with the parks she thought that if there was an active group it would be a good way to involve local residents - many of whom, she says, were likely unaware of the proposed changes - and help get everyone involved in the future the area. Alice says that it has taken the group a while to grow but hopes that people will continue to use it to find out about and share news and events and anything else that will be interesting to the people living in our area. To join the group click on this link: <https://www.facebook.com/groups/NewtownStLeonards/>

What's on? Events, activities and workshops

To avoid disappointment, always check with the organiser, if applicable, before heading out.

JULY

All Age Rounders at Belmont Park

Come and relive your youth and enjoy a game of rounders at **Belmont Park, 6.30pm on Wednesday 31 July**. Wear comfy clothes and bring a drink. All ages and abilities welcome. A lady I met in the park commented to me that she hadn't played since middle school, me neither! This event is weather dependent, for updates see www.facebook.com/CBNewtownStLeonards

Free Yoga in the park

Free Yoga on 31 July and 7 August in Belmont Park, contact Jola to register (see appendices).

AUGUST

Newtown Roots Band at Sidmouth Folk Festival, 2 August

The Newtown Roots Band is performing its biggest gig to date, at the Sidmouth Folk Festival on Sunday 2nd August. The band is playing at the Anchor at 3pm and is really excited about it! If you are planning to be at the festival on Sunday, don't miss them.

Wellingtonia Park - Noticeboard Fundraiser, 4 August

Residents have almost reached the target for purchasing a noticeboard and are holding a fundraising tea party on 4 August from 2pm to 4pm at the Fleming Way play area. Everyone welcome. There may even be a violin performance from a talented resident.

Cookery Lessons - August to September

Westbank is running fortnightly 'healthy cooking on a budget' lessons on a Friday in the hut in Belmont Park. See appendices for further details.

Community Social Lunch at the Buckerell Lodge – next lunch Tuesday 20 August, 12.30pm

Organised by St Leonards resident Sue, this social lunch will be held at the Buckerell Lodge (Topsham Rd). A main course costs £6. Please call the hotel to confirm attendance: 0330 390 0490. There will be someone to greet you so don't worry if you are coming along on your own, you will be made to feel welcome.

SEPTEMBER

Newtown Community Centre Grand Opening - Saturday 21st September

On Saturday 21st September, the Newtown Community Association will host the opening event for our fabulous new community centre in Belmont Park. The event, which runs from 11am – 3pm, will showcase various activities that regularly take place in the centre. There will be taster sessions for many of these; performances from the Newtown Roots Band and Newtown Choir (you can participate in sessions for these too: bring an acoustic instrument if you fancy joining the Band or just your voice to join the choir); a craft session for all ages making things for a procession

in the park; and, of course, the famous NCA café. As well as showing people what goes on in the centre there will be information about how you can book a room in the centre for your own events and activities, plus people on hand to answer your questions and listen to your ideas.

Merry Go Round Toy Library 20th Birthday Celebrations - Saturday 14 September

Saturday 14 September, 12noon to 4pm, Newtown Community Centre, Belmont Park. A prize for the best dressed teddy!

Pop-up Games at Bull Meadow Park, Thursday 12 September (weather permitting)

My colleague Ebbie and I will be running a children's pop-up games session after school on Thursday 12 September in Bull Meadow Park. Come along, have fun and tell us what you love about living in St Leonards and what could be better.

WEEKLY OR REGULAR ACTIVITIES

Jumpers for Goalposts - Middle Aged Man FC, starting 17 August

How come you can go from being a kid kicking a ball around every day to waking up twenty years later without having a kick-about with mates? That's the question one Exeter born and bred middle Aged Man asked himself last year. Waking up in a cold sweat realising middle age had pounced like an old fashioned fox in the box, Nathan Hind felt life had got a bit 'eat, sleep, work, repeat' without spending time with friends. He'd missed having a laugh kicking about with a few mates. Itching to recreate the jumpers for goalposts era where young lads got the same mullet hairdos as their footballing heroes. He's created a free Sunday morning park footy / social meet up at Belmont Park called Jumpers For Goalposts. This is the first step into creating a group of men that gets involved in the community and becomes a place for lads in their 40's & 50's to come together, switch off and enjoy time with pals they haven't met yet and loads more besides. If you'd like to join us or chat to find out more, we're looking for more lads from **Sunday 17th August, 9.30am**. Doesn't matter if you're footy skills have gone AWOL or you're not the lean machine of years gone by I'd like to say it's all about football but it's more about people like you and me forgetting about life stuff for an hour a week. We are Middle-Aged Man FC, oh the FC stands for fella's club. **You can chat to Nathan on 07486 557303 or via twitter @middleagedmanFC**

Newtown Community Choir (from Tuesday 3 September)

The choir resumes on Tuesday 3 September at 7:30pm. It meets every Tuesday, during term time, at 7:30pm in the hut (and is moving to the new centre as soon as it is ready for public use). There is a charge of £5 per session (with concessions available to those that need them) and your first session is free! September, with the start of the lovely enthusiastic new director, would be a great time to come along and give the choir a go. Singing is good for you!

NCA Social Café - 2nd Wed of the month, 10.30am to 12 noon (no café in August)

The café will be back in September with a different theme each month leading up to Christmas including talks, crafts and a vegan cakes special is planned for the new year. The café volunteers will be producing a poster so more details to follow. Follow the NCA FB page and check the website to keep up-to-date with local news.

<http://newtowncommunity.org.uk/>

Crochet and Knitting Group

A small friendly group meeting on Tuesdays, 2-3pm at the Clifton Inn, beginners welcome. Beginners should bring a ball of DK wool and size 4 crochet hook or 4mm knitting needles. Alternatively, bring a current project. There is no charge but we all purchase a cuppa/cold drink from the bar.

Ebdons Refreshments, Sidwell Street

Fortnightly quiz sessions and monthly craft sessions. See: <https://www.ebdonsrefreshments.com/>

St Sidwell's Community Centre, Sidwell Street

The centre has started to offer a range of cookery classes including Turkish Cookery and Spanish Tapas. Stop by and find out what is going on when you're next passing or see the centre's website for details:

www.stsidwells.org.uk/whats-on

Local Activities' List on the St Leonards Neighbourhood Asc Website

There is so much going on locally. Please visit the SLNA website www.slna.org.uk for details of local activities, groups and clubs (just click on the link at the very bottom of the home page 'you're not allowed to be bored, lonely or inactive in St Leonards'). This will provide you with a list, with links to websites, of some of the activities in the area.

Baby and toddler groups and activities

For a comprehensive list of groups in the city visit the following websites: <http://www.littledevon.co.uk/classes/> and <http://www.exeterbabies.co.uk/playgroups/>

Volunteer opportunities

There are lots of opportunities to get involved locally both formally and informally.

Exeter Scrapstore (next to Belmont Park)

Seeks shop volunteer to greet, use the till, process memberships and sort materials. See the website or pop in for details: <http://www.exeterscrapstore.co.uk/>

Quiz Master

Do you love quizzes? Would you like to run a quiz session? My husband enjoys hosting a (fairly) regular monthly quiz at local sheltered accommodation. It is great fun and always well attended. It would be wonderful to have some new faces to take turns hosting the quiz. If you would like to get involved, please get in touch.

ECI Jelly Charity Shop

The Jelly Charity shop on Fore Street, selling children's clothes, toys and equipment, is a project of Exeter Community Initiatives. Do you have a few spare hours to help in the shop? You could meet new people and be part of the team and it would look great on a CV if you are looking to gain some work experience. Please ask in the shop for details.

St Leonards Neighbourhood Association

If you would like to volunteer your time and skills with the SLNA please contact Nigel: stleonardsnassoc@gmail.com

Newtown Community Association

The NCA is looking for a new editor for its digital newsletter. The NCA will need volunteers to help with elements of the work to the new community building in Belmont Park over the summer. It is keen to hear from any gardeners who would be willing to organise the planting of flowerbeds at the front of the building too. The NCA is also looking for someone to help keep its website up-to-date. Please contact the secretary, Steve Palmer, if you are able to help: secretary@newtowncommunity.org.uk

Appendices

**COME AND PLAY ALL AGE
ROUNDERS**

Bring the kids or come along on your own

**Wednesday 31 July
6.30pm, Belmont Park**

Made with PosterMyWall.com

**Merry Go Round
20th Birthday Celebration!**
12noon-4pm Saturday Sep 14th
The New Hut in Belmont Park

**Best Dressed Teddy Competition!
Birthday Cake with the Mayor**

**Craft Workshop
Baby Area**

**Hook a Duck
Stalls and Raffle**

**Nature Trail
Parachute Games
Circus Skills
Target Challenge
Beat the Goalie
and more!**

**Café
Hot Dogs (Veggie
and Meat)
Pizza
Yummy Cakes
Hot Drinks
Juice**

Let's Cook

Join our friendly community cooking sessions



You will learn how to cook healthy meals on a budget and cook for one or a family. These welcoming and fun sessions end by sharing the delicious food for lunch.

When: Friday 19th July
Friday 2nd August
Friday 16th August
Friday 30th August
Friday 13th September

Time: 11am to 1.30pm

Where: Newtown Community Hut, Belmont
Park, Gordon Road, Exeter EX1 2DH

Cost: £1 per session (to include ingredients)



Please book a place in advance by contacting Katheryn Hope, Westbank Activity Co-ordinator on t: 01395 446896 or e: katheryn.hope@westbank.org.uk

www.westbank.org.uk

Farm House Rise, Exminster, EX6 8AT
Reg Charity:1119541 | Company No:6243811
@westbankdevonuk @westbankdevon



YOGA IN NATURE

WEDNESDAY 31 JULY (2.15-4PM)

WEDNESDAY 7 AUG (2.15-4PM)

(MEET AT COLAB AT 2PM OR AT BELMONT PARK AT 2.15PM)

FREE SESSIONS IN BELMONT PARK



Ripple Effect in collaboration with Cornwall College & COLAB Exeter present 2 sessions of unique and connected YOGA IN NATURE. Join Caroline Burgess & Jola Pawlikowska in these gentle Yoga sessions in Exeter's beautiful Belmont Park. The sessions will run for up to 2 hours and will combine Hatha Yoga and a walking meditation around the park. These distinctive sessions are designed to help us connect with our bodies, nature and new people within our community.

Please contact Jola (jola.ripple@eci.org.uk or 01392 284280) for more details and to register you place. Or follow this link: www.colabexeter.org.uk/courses

