



## Newtown and St Leonards, Community Builder Newsletter January 2020

Welcome to the first Newtown and St Leonards Community Builder Newsletter of the year.

My name is Jayne and I am one of twelve Community Builders working across Exeter, connecting people; raising awareness of what's happening locally and supporting residents if they have an idea for their street or community.

Please get in touch if you're inspired by anything in this newsletter or if you have an idea for your street or community that you'd like to discuss. Please share events and news with your friends and neighbours. I have endeavoured to ensure that the details within this newsletter are as accurate as possible: However, to avoid disappointment, always check with the organiser before heading out.

Please do come along to our **Community Conversations Café**: On Saturday 1 February from 2.00pm to 4.00pm, my colleagues and I will be hosting a Community Conversations Café at Newtown Community Centre in Belmont Park. Enjoy a piece of cake and a cuppa and share ideas for your community. All ages welcome.

I refer in this newsletter to the Nextdoor Social Network. If you have never heard of this before, it provides a means of connecting with other local residents, for example, by sharing news; asking for recommendations and selling items. If you are interested, type 'Nextdoor' into your browser and you'll find instructions on how to join.

Jayne

Jayne Leaver, Community Builder in Newtown and St Leonards

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

Twitter: @jayneleaverCB

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

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

Newtown Community Association: <https://newtowncommunity.org.uk/>

## Community News

### Newtown Community Association Winter Warmer at Newtown Community Centre

The large room was filled to capacity and we were treated to a fantastic evening of entertainment including the Newtown Roots Band and the Newtown Community Choir. Everyone brought along food to share and we enjoyed some delicious mulled wine. Thanks go to the Newtown Community Association for organising this festive event.

### St Leonards Neighbourhood Association Christmas Fair

If you went along to the fair, I am sure you will join me in thanking Nigel Fitzhugh, SLNA Chair, and the St Leonards Neighbourhood Association in organising another enjoyable and successful Christmas Fair. My colleagues and I enjoyed chatting with residents and raising awareness of Wellbeing Exeter.

### NCA Vegan Café

January's café, organised and promoted by café volunteer Bekki, was Vegan themed. The Lin Den coffee shop donated a delicious carrot cake. A presentation from Exeter Friends for Animals prompted many interesting questions from café goers.

### **Exe Coffee Roasters**

On Christmas morning, Exe Coffee Roasters opened to neighbours for a couple of hours. We were treated to coffee and mince pies. It was a lovely opportunity for people to get together.

### **Additional Lighting in Belmont Park – an appeal for support from Peter Montgomery - NCA Chair**

"In December, Councillor Richard Branson approached me [Peter Montgomery] asking if the Newtown Community Association could help in a bid to install additional lighting in Belmont Park, from where it ends currently and up to the Blackboy Road entrance, so that a path would be lit all the way across the park. Various councillors and officers are working towards this and plans have been drawn up and costed. As ever, though, it is a struggle for the council to allocate the limited financial resources it has at its disposal sensibly and fairly. This is where the NCA – or rather the community itself – comes in. If we can demonstrate the importance to us of the additional lighting, it will make it more likely that the necessary funding can be allocated. Do you have something to say about the installation of additional lighting in the park and what it would mean to you? If so, please take a few moments to jot your thoughts down in an email to me at [http://NCACHair@newtowncommunity.org.uk](mailto:NCACHair@newtowncommunity.org.uk) and I will make sure they get to Richard and the other councillors involved by including them in a package of comments from the people of Newtown. (If it's easier, you can text Peter on 07946 637 782)."

Thanks to Peter for the above information.

### **Mount Radford Lawn - News from the St Leonards Neighbourhood Assoc. Website**

The Councillors on the Planning Committee have rejected the application for development on this piece of land unanimously. The SLNA has opened talks with the Trustees of the Deaf Academy to acquire the land to be able to achieve the vision of keeping the playing field for the Community of St Leonards and the wider community of Exeter. To find out more visit: <http://www.slna.org.uk/>

### **Clifton Hill Green Space Update (see poster) - Resident views needed**

There are proposals for a mixed development of 44 houses and apartments on this site. Visit the website to find out more. The [www.cliftonhilldevelopment.co.uk](http://www.cliftonhilldevelopment.co.uk) website states: "The site is bounded by residential properties along Clifton Hill, and a golf range sits in the land behind the site. Any development on the site will maintain access to the golf range and ski slope behind, plus access to the rear of properties on Clifton Hill where arrangements currently exist in the location of the rifle range."

### **Newtown Choir - update from choir member Wendy**

"At the end of December our leader Kathy left. We are currently working with guest leaders each week until we can find a new permanent leader but don't let this put you off coming along. We are a small friendly community choir, you are welcome to come along on a Tuesday evening at the Newtown Community Centre. We meet from 7.15pm until 9.15pm with a social break in the middle to have tea and a chat. We don't hold auditions and all skill levels are welcome. We are still looking for a new permanent leader, this is not necessarily someone that has led before but has the skills and interest to lead a local group, if you would like further information please contact [Newtowncommunitychoirexeter@gmail.com](mailto:Newtowncommunitychoirexeter@gmail.com) We now have our own Facebook page, to stay up-to-date why not take a look <https://www.facebook.com/Newtowncommunitychoir/> "

Thanks to Wendy for the update.

### **Women's International Café at Belmont Chapel**

My colleague Maisaa and I were invited by Belmont Chapel to give a presentation on Wellbeing Exeter and Community Builders. We asked, "What is the smallest action you could take to make a difference to your community?" There were many suggestions including simply starting by smiling and saying hello to neighbours. My colleague Maisaa gave an example from her road where she shared food with neighbours and a neighbour read to Maisaa's children. A number of the ladies were keen to connect with activities in their neighbourhood and some were keen to gain more opportunities to practise English.

### **JobCentre**

Wellbeing Exeter now has a noticeboard and information table at the JobCentre.

### **Civic Centre**

I will continue to visit the Civic Centre over the next few months to raise awareness of Wellbeing Exeter.

### **Friends of Belmont Park - update from Jo Evans**

"The £50,000 council funded play area development is now almost complete with all new equipment in place. The final touches will be made soon: This will include some new benches for the play area." Thanks Jo!

### **Newtown Community Association - Removal of Old Hut**

Now that the new community centre is open in Belmont park, the old community hut will be removed during January and February. The old building frame will be rebuilt at an outdoor education centre near Kingsbridge. Work is well underway and should be finished by 7 February. The NCA apologises for any inconvenience whilst the works are taking place. Thanks to Rory for the update.

### **Clifton Inn**

The Clifton Inn is now serving fish and chips to take away, just telephone to place your order. Darts players are needed, if you are interested please leave your details with a member of staff.

### **Better Health Survey - closing date 7 February 2020**

If you're a patient in Exeter please fill in this short survey about how residents can be helped to better manage and improve their health <https://surveyhero.com/c/6014bc62>. You'll also be entered into a prize draw to win a veg box from Shillingford Organics or a free session at Good Vibes Studio & Gym at ESA.

### **Who is your community hero?**

I have a number of community heroes, one of which is my neighbour Beryl who kindly checks this newsletter before I send it out. I think we should celebrate all the wonderful community minded people in Newtown and St Leonards who make this area a better place to live. Please share your stories with me and I will, providing people send me information, share this with you all via FB and my newsletter. This could be someone who works in the area, for example a shop owner and if you work in the area, please feel free to nominate a resident. For example, *Aarav from St Leonards who puts my bins out every week* or *Molly from Newtown who took my dog out for walks when I was poorly*. Please also share what you are doing in the community. Please email: [newtownstleonardscb@gmail.com](mailto:newtownstleonardscb@gmail.com)

## **Residents' ideas and initiatives**

### **Carol Singing with Fleming Way residents**

Just before Christmas I joined a small group of St Leonards residents carol singing. Despite the weather (and soggy song sheets) it was a lovely event to take part in and we were invited into a neighbour's home to enjoy mulled wine and mince pies. One of the group, who is a talented musician, suggested that instruments are brought along next time.

### **Bull Meadow Park**

A resident is interested in joining with others to improve/maintain the plants and flowerbeds in the park for the benefit of both wildlife and park users. To find out more, keep an eye on social media / local noticeboards. Alternatively, please let me know if you are interested in getting involved and, should this idea progress, I can get in touch. Please email: [newtownstleonardscb@gmail.com](mailto:newtownstleonardscb@gmail.com)

### **List of Local Trades and People? An idea put forward by Douglas Hellier Laing, Newtown Resident**

"I wonder if it would be worth collating a list of local (could be Newtown or even Exeter) trades people and businesses that are recommended, so that we can share good/best? There have been many requests by Newtown Nextdoor contributors asking for tradesman for all sorts of jobs from painting, tiling and roofing recently. Helps with local employment, also helps people feel confident if they are local and recommended. Thoughts, suggestions and comments gratefully received."

Thanks Doug! You can contact Doug through Nextdoor

[https://nextdoor.co.uk/news\\_feed/?post=17592193087952](https://nextdoor.co.uk/news_feed/?post=17592193087952) or email me with your thoughts [newtownstleonardscb@gmail.com](mailto:newtownstleonardscb@gmail.com)

### **Exeter Library of Things**

A colleague and I, along with a few local residents, went along to an initial meeting for the Exeter Library of Things. The meeting was well attended and attendees had a variety of skills between them. There was lots of discussion on how to move this idea on. It was considered that market research needs to be carried out to establish what people would like to borrow and what they would be willing to donate. Other topics discussed included finding a suitable venue; funding; membership and staffing etc. Interesting stuff. To find out more visit the Library of Things FB page: <https://www.facebook.com/LOTExeter/>

### **A Notice Board for Clifton Road? Ella Westland, Newtown Resident**

“Do you think that a notice board somewhere along Clifton Road would be useful? And if so, where should it go? This photo shows one possible site, opposite the shop at the bottom of Clifton Street. And here's a picture of the notice board recently put up on the far side of Belmont Park. We'd need a grant, and the Council's permission to use the site, which means demonstrating the support of local residents for the idea. So if you live nearby, what are your views?”

Thanks Ella! If you are a Newtown resident and use the Nextdoor social network, you can reply to Ella direct. Alternatively, get in touch with me and I will pass on any messages.

[https://nextdoor.co.uk/news\\_feed/?post=17592193070556](https://nextdoor.co.uk/news_feed/?post=17592193070556)



### **Clifton Cottages Gardening**

Clifton Cottages / Albert Street residents recently met to prepare a bed for planting and plant up their homemade wooden planter and some pots in the alleyway. I am looking forward to discovering what they decide to plant in the large bed.



### **Codrington Street Planters**

With the help of a ward grant, residents got together last year to plant window boxes for their street. They carried this out in the Clifton Inn garden (making use of local assets) and have been adding to the boxes. Aren't they beautiful?



**Community Ward Grants:** If you have an idea for your street or community that requires some financial help, you can now apply for a ward grant of up to £500. Community groups and organisations across the city can access a wide range of grants through the programme, which has a fund of around £1m to support local communities in Exeter. Applications can be made via the website at <https://exeter.gov.uk/people-and-communities/grants/exeter-grants-programme/exeter-ward-grants/>

## **Activities and Events**

### **Art Club for Adults - coming soon**

Organisers of the Kids Art Club are also planning a weekly club for adults. It will most likely be held on a Wednesday afternoon in the Newtown Community Centre, led by local artist and designer Zoe Barlow. Participants will work on floral drawing and painting, but also patterns and collages. It will be ideal for complete beginners. To register your interest, please email: [artforkidsexeter@gmail.com](mailto:artforkidsexeter@gmail.com)

### **New - Women's Institute Meeting**

We enjoyed an interesting presentation from the WI at Belmont Chapel, learning about its history and hearing stories from members of established WIs. Examples of activities the WIs had engaged in included dancing; crafts; speakers: raising awareness of issues such as loneliness; plastic pollution and mental health and visits both local and further afield. We also learned about other opportunities outside of the monthly meetings. After hearing the presentation, those attending were keen to establish a meeting in the city centre. The next meeting will be held at Belmont Chapel on Thursday 30 January at 7.30pm when there will be an opportunity to join the WI (the cost is in the region of £43 for 11 monthly meetings) and a committee will be formed. Members will then need to decide on a name and a venue for future meetings.

### **NCA Social Café, Wednesday 19 February, 10.30am to 12noon, Newtown Community Centre, Belmont Park**

A reminder that the social café is now on the third Wednesday of the month. Come along, meet others in the community and enjoy delicious refreshments.

### **Patient Participation Group Meeting (see poster)**

If you are a patient at Barnfield Hill; St Leonards; Wonford Green; Whipton; Southernhay House or Clock Tower Surgeries your practice is now part of the Exeter City Primary Care Network. Patient and public representation and voice is needed to help develop the network. A meeting will be held at St Sidwell's Community Centre on Thursday 13 February from 11am to 1pm. If you are interested in attending, please get in touch with Niall - details in the poster section. You will need to book your place.

### New Capoeira Children's Class

Capoeira is a Brazilian martial art influenced by music and dance. There is a new children's class starting at Newtown Community Centre. See the poster section for more details.

### Chatty Bus

For the next few Tuesdays, the no. 57 bus, as part of a pilot scheme by Stagecoach and Westbank Community Health and Care, will have volunteers on board chatting with passengers. I will be joining the volunteers on the bus on 4 February. To find out more take a look at this article. <https://www.devonlive.com/news/somebody-could-chat-you-stagecoach-3761025>

### Wellbeing Café

I will be holding a Community Wellbeing Café on Wednesday 4 March from 10.00am to 11.30am in the small room at Newtown Community Centre. Drop in to discover, or share, what's happening locally and enjoy a cuppa and cake.

## What's on? Events, activities and workshops

There is so much going on both within the immediate and the wider Exeter area. To avoid disappointment, always check with the organiser, if applicable, before heading out. Posters, where indicated, can be found at the end of this newsletter.

Activity	Date/Time	Location
<b>January</b>		
Women's Institute Meeting	30 January, 7.30pm to 9pm See poster	Belmont Chapel
<b>February</b>		
Community Conversations	1 February, 2pm to 4pm See poster	Newtown Community Centre
An Afternoon of Guitar Music (free)	6 February, 2pm See poster	Faraday House, Grendon Road
Patient Participation Group Meeting	13 February See poster - please ensure you book your place	Sidwell Centre
Exeter Repair Café, Big Fix	15 February, 10am to 1pm	Sidwell Centre
Community Lunch Club	18 February, 12.30pm See poster	Buckerell Lodge Hotel
NCA Social Café	19 February, 10.30am to 12noon	Newtown Community Centre
<b>March</b>		
Community Wellbeing Café	4 March, 10.00am to 11.30am	Newtown Community Centre
NCA Social Café	18 March, 10.30am to 12noon	Newtown Community Centre

### A SELECTION OF WEEKLY / REGULAR ACTIVITIES - some activities may need to be booked

Activity	Day/Time	Location
Quiz	Wednesday, 7.30pm - weekly <a href="https://www.ebdonsrefreshments.com/">https://www.ebdonsrefreshments.com/</a> Booking advised	Ebdons Refreshments, Sidwell Street
Exeter Children's Orchestra	Saturday - weekly <a href="https://www.exeterchildrensorchestra.co.uk/">https://www.exeterchildrensorchestra.co.uk/</a>	St Leonards Primary School

POLO Toddler Group	Tuesdays 10am to 11.30am - FREE <a href="https://www.facebook.com/stmattspolo/">https://www.facebook.com/stmattspolo/</a>	St Matt's Church Hall, Newtown
Children's Capoeira	Tuesdays, 6pm to 6.45pm See poster <a href="https://www.facebook.com/groups/1143178655715223/">https://www.facebook.com/groups/1143178655715223/</a>	Newtown Community Centre
Yalla Community Theatre Company FREE drama sessions for international women	Friday, 9.30am to 11.30am See poster	Make Tank, Paris Street
Swim Fit  Float Fit	Sundays, 7.30pm to 8.30pm  Wednesdays, 11.15am to 11.45am <a href="https://sport.exeter.ac.uk/facilities/stlukessportscentre/">https://sport.exeter.ac.uk/facilities/stlukessportscentre/</a>	St Lukes Sports Centre, Heavitree Road
Café Theatre Company Drama Club for over 65s	Fridays, 1.30pm <a href="https://www.facebook.com/Cafe-Theatre-Company-342733699647749/">https://www.facebook.com/Cafe-Theatre-Company-342733699647749/</a>	Barnfield Theatre
Ski and tea  Exeter Adaptive Ski Club Caters for all disabilities and ages	Fridays, 10am to 12noon <a href="https://www.exeterskiclub.org.uk/index.php?page=hours">https://www.exeterskiclub.org.uk/index.php?page=hours</a>  Fridays, 5.15pm to 6.45pm, Sept to June <a href="https://www.exeterskiclub.org.uk/index.php?page=adaptive">https://www.exeterskiclub.org.uk/index.php?page=adaptive</a>	Clifton Hill Ski Slope

#### Local Activities' List on the St Leonards Neighbourhood Assoc. Website

There is so much going on locally. Please visit the SLNA website [www.slna.org.uk](http://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/>

#### Get in touch

If you, or someone you know, would like some support to find an activity of interest please get in touch, if I don't know, no doubt one of my colleagues will. If you have an idea for your community that you'd like to chat through, again please get in touch.



# Community conversations

WHAT'S IT LIKE HERE?

WHAT'S HAPPENING LOCALLY?

Wellbeing  
EXETER



WHAT MATTERS?

WHAT DO YOU LOVE?

Saturday 1 February, 2.00pm to 4.00pm  
Newtown Community Centre, Belmont Park

Discover whats on locally  
Share ideas for your community

Drop in & chat, enjoy a cuppa. Meet your Community Builders Helen Moore, Ebbie Peters and Jayne Leaver

[WWW.WELLBEINGEXETER.CO.UK/COMMUNITY-BUILDING](http://WWW.WELLBEINGEXETER.CO.UK/COMMUNITY-BUILDING)

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## **LADIES – YOUR OPPORTUNITY TO BECOME A MEMBER OF A BRAND NEW WI IN EXETER**

**Thursday 30<sup>th</sup> January**

**7.30 p.m - 9.00 p.m**

**at**

**The Belmont Chapel  
Western Way, Exeter EX1 2DB**

Would you like to make new friends?  
Hear interesting and inspirational speakers?  
Learn new crafts, share skills and have  
lots of fun as well?

Then come and take advantage of all the WI  
has to offer: Fun, Friendship and Lots More!

**For more information contact**

[cynthia.somerfield@devonwi.org.uk](mailto:cynthia.somerfield@devonwi.org.uk)

**theWI** | Devon  
INSPIRING WOMEN

Join us for  
**Community Lunch Club**

Every 3<sup>rd</sup> Tuesday in the month

12.30pm - 2pm

At the Buckerell Lodge Hotel on

Topsham Road

£6

*A great opportunity to meet local people  
and make new friends.*

*Come along solo or with a friend*

Tuesday 21st  
January



Tuesday 18<sup>th</sup>  
February

Please phone the hotel by the Monday  
before to confirm your place so they  
can have our table ready for us.  
Thank you 0330 390 0490

*Any questions?  
Please call Jayne our  
Community Builder -  
07933 776210*

**Capoeira Kids Classes  
Exeter**

4 to 12 years old

Every Tuesday

6-6:45pm at the new  
Belmont Park Community  
Centre,  
Belmont Park - EX1 2DH

Capoeira is an amazing martial art with a  
difference. It's largely influenced by music  
and dance and encourages self-expression,  
discipline and co-ordination as well as  
showing children lots of cool moves that can  
be done together with friends.

why not book your space now!

Contact Leandro on [bcacuk@gmail.com](mailto:bcacuk@gmail.com) or call/text

07734357771

[capoeiranatural.com](http://capoeiranatural.com)

# NEWTOWN COMMUNITY CHOIR

We are back up and running!

We have guest leaders for the next few weeks  
Come and along and give our choir a try.



Everyone welcome, Friendly group,  
No auditions

Tuesday's 7.15pm at  
Newtown Community Hall, Belmont Park

£5 per session



For more information  
please contact :

Wendy on 01392 669453  
or Email:

[newtowncommunitychoirexeter@gmail.com](mailto:newtowncommunitychoirexeter@gmail.com)

## HAVE YOUR VOICE HEARD YOUR NHS NEEDS YOU!

Are you a registered patient at:  
Wonford Green, Whipton, Southernhay,  
Clock Tower, Barnfield Hill or St Leonard's General Practices?

- Your practice is now part of the
- Exeter City Primary Care Network.
- Patient and public representation and voice is needed to help develop the network.

Come along to the St Sidwell's Community Centre,  
Sidwell St, Exeter, EX4 6NN

**Thursday 13<sup>th</sup> February 11.00am-1.30pm**  
if:

- You want to find out more
- You have ideas and energy to contribute
- You want to help shape things

Tea and coffee, open discussion, followed by soup and a roll

Event co-ordinated by local GP Practice's Patient Groups (PPG)  
For more details and to confirm your place, contact Niall on  
[barnfieldhillppg@gmail.com](mailto:barnfieldhillppg@gmail.com) or 07746 185377

**PLACES LIMITED. BOOKING ESSENTIAL**

# FOOD & MOOD



A **workshop** exploring the relationship between what we eat and how we feel  
Thursday 5th March 10am—1pm  
@CoLab



For info contact Estelle:  
**07925 921967**  
transitions@eci.org.uk



Registered Charity No. 1026229 Registered Company No. 2844870

# FEEL THE FEAR



A **workshop** to identify and practise self-help strategies for managing nerves and anxiety  
Thurs 27th February 10am-1pm  
@CoLab



For info contact Estelle:  
**07925 921967**  
transitions@eci.org.uk



**New FREE weekly drama group for international women of Exeter.**

**Yalla Community Theatre Company**

A unique opportunity for a rich cultural exchange in a fun interactive way, and to improve communication skills through drama games and exercises.

Where? Maketank Studios (3 - 5 Paris Street EX4 6PH)

When? Every Friday 9.30am - 11.30am (term time only)

For booking and information, please contact Aqeel Abdulla on:  
07818193353 OR a.abdulla@exeter.ac.uk



LOTTERY FUNDED  
ARTS COUNCIL ENGLAND



Graham from 3C presents an  
**Afternoon of Guitar  
Music**

Come and join your neighbours  
and friends in the Common  
Room Faraday House at 2pm  
On Thursday 6th February



## Quality new homes at Clifton Hill

Your opportunity to view proposals for a mixed housing  
development on the site of the former Leisure Centre

Exeter, like many other cities, needs more homes.

Exeter City Living is bringing forward proposals for a mixed development of 44 modern houses and apartments on the former Leisure Centre site at Clifton Hill. These new homes will be constructed to the highest quality and environmental standards to reduce energy costs and create attractive family homes.

We want your views on these plans for Clifton Hill.

Join us at one of our consultation events being held at  
Belmont Chapel, Western Way, Exeter EX1 2DB:

- Wednesday 12 February 2020, 3pm-7pm
- Saturday 15 February 2020, 10am-2pm

Drop in any time to view the proposals and meet members of the project team.



Alternatively, you can view the plans and details  
regarding early site investigation works at:

[www.cliftonhilldevelopment.co.uk](http://www.cliftonhilldevelopment.co.uk)

If you have any queries, please contact our consultation  
team, Avril Baker Consultancy, on 0117 977 2002 or  
email: [info@abc-pr.co.uk](mailto:info@abc-pr.co.uk)