



Newtown and St Leonards Community Information April 2020

In these uncertain times, communities are coming together and little acts of kindness can mean so much. Some streets are setting up Facebook groups and Whatsapp groups to stay connected and support each other. I have heard that some local book groups have taken themselves online. In Newtown, a resident is making soup and bread for neighbours and in St Leonards, residents on one street are planting sunflower seeds in their front gardens: Can you imagine how lovely the flowers will look? People are delivering much needed supplies to neighbours having to self-isolate, to help them stay safe. The St Leonards Neighbourhood Association is doing a sterling job matching offers of help to requests. Last week residents gave the NHS a round of applause to show thanks and acknowledge how difficult it must be for them at this time.

May I ask please if there is anything happening on your street or building in the way of supporting neighbours at this difficult time? For example, leaflets offering support from neighbours, WhatsApp groups, Facebook groups - I'm trying to map what's happening across the ward and this will help me to build a picture. I would appreciate it if you could email or message me with this information, if you haven't already.

Look after yourself.

Jayne

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[Find out more about community builders](#)

Keep up with local community news: [St Leonards Neighbourhood Association](#)
[Newtown Community Association](#)

Information and Support

[Exeter Community Wellbeing](#) is a new service assisting individuals and community groups to help and support each other during this challenging time.

[St Leonards Neighbourhood Association](#) is inviting offers and requests for help in the St Leonards area.

Newtown Assistance Group is in the process of setting up and in the first instance will be dealing with enquiries through the council's hotline. If you are able to offer help to a neighbour in Newtown, eg dog walking, shopping, prescription collection, please get in touch Newtownassistgroup@gmail.com.

If you are offering or receiving help you may like to refer to the [government guidelines](#) on how to help safely.

Please follow the Exeter City Council Corona Virus [Facebook group](#) or the [website](#) for the latest information.

Shops and local organisations

[St Leonards Pharmacy](#) has an up-to-date Facebook Page containing useful information.

[Lloyds Pharmacy](#) on Magdalen Road has changed its opening hours.

[Pharmacy 2U](#) offer a free NHS prescription delivery service.

Find out the latest [dedicated supermarket opening hours](#) for older and vulnerable people and NHS staff

Local shops

Dan the 'Grocer on the Green' has temporarily suspended trading from his shop and will be instead concentrating on online and telephone orders. From reading Dan's social media feed, it appears to be a very busy time so if you have placed an order please be patient. Eat your Greens on Sidwell Street is also concentrating on deliveries and is extremely busy.

Bens Farm Shop is allowing a small number of people into the shop and only taking card payment for purchases.

Waitrose is operating a 'one in one out' system when the number of customers in store reaches a certain threshold. When I shopped there last week, I was able to purchase everything on my list with the exception of tinned tomatoes. I was told by a staff member to try and avoid the middle of the day as it seems to be the busiest time. Staff were busy keeping everyone safe by sanitising equipment and trolleys

Delivery

If you are struggling to secure a supermarket delivery slot, you may like to try one of the following. Darts Fresh, Caterfood and J&R Foodservice supply the catering trade but they are temporarily offering home delivery. Therefore, some of the packs are likely to be larger than retail ones. You won't get the selection you would expect from a supermarket but it is handy for purchasing essentials and the delivery tends to take place within one or two days.

[Darts Fresh](#) Select what you would like to order (online) and which day you would like your order delivered and someone will contact you to arrange payment over the phone the day before delivery.

[Caterfood](#) - you will need to download the catalogue on the website, then phone your order through using the code numbers. You then will be transferred to a clerk to pay for your items.

[J&R Foodservice](#) you will need to register on the website for a home delivery account. You are then emailed a code and password to enter. You then order online. Once your order has been placed, you will receive confirmation of your order by email and someone will contact you to arrange payment over the phone.

[Greendale Farm Shop](#) offers free delivery if you spend over £50.

Gibsons Plaice Fishmongers open Monday to Friday until 2pm, Saturdays until 1pm. Contactless payment preferred. Local deliveries Wednesday to Friday.

[St Sidwells](#) is offering a home-delivery service on Wednesdays and Fridays for its sourdough bread and will also be offering pre-cooked meals.

Saunders Shop in Clifton Road, Newtown sells a selection of basics. We visited late one evening and it had run out of bread and eggs, but that was to be expected. It is offering home deliveries for those who are not able to leave their home. Email your order along with your address and contact details and any access arrangements to saundersstoresns@gmail.com by 12noon for next day delivery. If you do not have access to email then call 01392 258086 but please be aware that they are busy in the shop. They will call you back on the morning of delivery to take payment over the phone. Your shopping will then be delivered by 2pm that day along with your card & till receipt. They are unable to accept returns. Minimum £10 order applies with a charge of £5 per delivery. A local taxi firm will

deliver your shopping. Delivery within a 3-mile radius. They are able to deliver 7 days a week. A pick and collect service is also offered.

Local organisations

[St Matts Church](#) is currently holding its Sunday services online.

Connect with [Young Belmont](#) on Facebook for ideas to keep families entertained at home. The church is hoping to set up an online 'bash n bang' session for next week. Visit the main church [Facebook page](#) or [website](#) if you are interested in watching church online (for kids or adults) at this time. If you have youth on Instagram, Jon and Gemma are doing lots of virtual youth work stuff on there (@belmontchapelyouth) if they want to 'follow' that. Some families are 'adopting' older folks who might be lonely/ isolated and the children are doing crafts/ cards/ pictures to post to them to connect with them.

[St Leonards Church](#) is also offering Sunday services online.

[Barnfield Hill Surgery Website](#).

St Leonards Surgery - Thanks to Helen for the update

'All consultations are on the telephone and GPs will only bring patients into the building once they've been triaged on the phone. So far the patients have been great and really accepting of the changes we've had to put in place and rapidly. Our nursing team are also working hard to maintain essential health checks, injections and blood tests. They are also undertaking reviews on the phone and patients have been grateful to hear from them. We've locked our front door and are only allowing patients in who have a pre-booked appointment. We've distributed prescriptions to nominated pharmacies and are emailing or posting fit notes to patients. We are really limiting access to the building as much as possible.'

Stay Connected

This is a difficult time for us all, but it may be particularly hard for those living alone. Whilst we may not be able to connect physically, there are other ways to connect and keep updated. Please find some ideas below:

[Exeter Friendship and Community Group](#) - you will need to request to join

[Newtown and St Leonards Community Builder Facebook Page](#)

[Newtown and St Leonards Community Facebook Group](#) - you will need to request to join

[Newtown Community Association Website](#)

[Newtown Community Association Facebook Page](#)

[St Leonards Neighbourhood Association Website](#)

[Exeter Library chats](#) (see 26/3 post)

The library also hosts lots of other online activities - see the FB page for more details

[Recovery Devon Learning daily online chats](#)

[Nextdoor](#) is an online neighbourhood hub for connections and exchange of information, ideas, groups and services.

There are Facebook Groups for residents in the Salmon Pool Lane / Rivermede Road area. For more details contact Sonya Ellis: 07745616852 sonyaellis2@gmail.com

[Facebook Group for Grosvenor Place](#) and adjoining buildings.

Call a friend, family member or neighbour.

WhatsApp is a smartphone messaging application letting users text, chat and share media including voice messages and video with an individual or as a group. Does your street or building have a What's app group for you all to stay in touch? See the [instructions](#) on how to set one up:

[Skype](#) or [Zoom](#) are good ways to set up meetings with others or chatting with friends or family online.

[Click here for lots more ideas.](#)

Fun things to do at home

Follow [Ebdons](#) on Facebook for details of their next fab online live quiz. We did this last week and it was fun.

[Exeter Library](#) has lots of things going on including story time, language café and Fab Lab sessions. See its Facebook page for details.

[National Theatre](#), watch a play every Thursday, free to stream on YouTube for seven days.

[Newtown's art club](#) is offering ideas for activities.

Doris is offering [Pilates](#) and [Spanish](#) lessons online.

Learn a new skill - [YouTube](#) has many excellent tutorial videos for beginners from dancing to drawing.

[Exeter Craft Hub Workshops](#)

[Active Exeter](#) - ideas for keeping active.

[Joe Wicks 10 minute Home workout](#) for older folk.

[Vibes Dance Company Free Online Workouts](#)

One of the teachers at St Leonards School is offering [PE sessions online](#):

[Gareth Malone's Virtual Choir](#)

[Future Learn Courses](#) - Fab, free and university level courses online.

[Museums](#) offering virtual tours.

Check out these websites for lots of ideas:

[130 ideas for things to do indoors with the kids](#)

[100 things to do while stuck inside due to a pandemic](#)

[50 fun activities to keep kids entertained for hours](#)

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Further Information and Support

Domestic violence

[Refuge](#) Phone: 0808 2000 247 (24-hour helpline)

Splitz Devon Helpdesk: Team available 9.30 am – 4:30 pm. TEL: 0345 1551074

Mental Health

[Mind](#) the mental health charity [0300 123 3393](tel:03001233393)

The Samaritans Exeter 0330 094 5717

[YoungMinds](#): Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Older people

[Age UK Exeter](#) 01392 202092.

Relate

The UK's largest provider of relationship support.

Safeguarding - Anybody can raise a safeguarding concern by contacting Care Direct

If you are concerned that any **vulnerable adult** is experiencing abuse or neglect please contact: Call **Adult Social Care** team on 01710 424000 9am-5pm Mon - Thur, 9am - 4:30pm on Fri. Or outside of hours call 01720 422699. **If you think that you, or someone you know, is being abused or neglected you can raise a safeguarding concern by calling Care Direct on 0345 1551 007 or emailing csc.caredirect@devon.gov.uk**

Care Direct is open Monday-Friday 8am-8pm and Saturday 9am-1pm Outside of these hours or on bank holidays call the Emergency Duty Service on 0845 6000 388 or email the address above.

For concern about **children and young people**, call the Devon Multiagency Safeguarding Hub or MASH on 0345 155 1071.

Exeter City Council Corona Virus Updates [Facebook group](#) and [website](#)

[NHS Website](#)

[UK Government Website](#)