

COMMUNITY BUILDER UPDATE

Mincinglake & Whipton, Feb 2022

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TOGETHER WE BUILD

Hi all! I'm Willy, the new Community Builder covering for Amy whilst she is on maternity leave.

I'm quite new to the role, but I'll update you on what I've seen and heard in the short time I've been here.

There is talk of a new transport action group in the area to talk about how people in the area can work together to push for better transport links and a real desire for more activities for secondary school ages.

LOOK OUT FOR...

...the local community gardening movement! Lots of people are telling me that they'd like to do some gardening so there's a couple of **community planting planning** sessions in March at **Whipton Hall**. Come down and lets all work out what we can do together!

Click for Facebook event:

Tuesday 15 March, 1pm - 2:30pm

Sunday 20 March, 1pm - 2:30pm

Don't forget to fill out the Neighbour Network form on the next page or by clicking [HERE](#).

SEE SOMETHING MISSING?

You may see important things absent from this update that are worth shouting about. Please let me know using the contact details at the top of this page.

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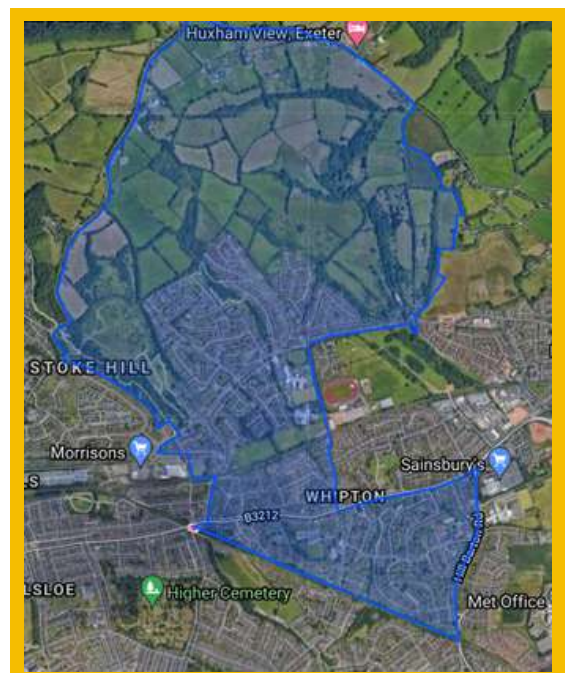
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SHARE YOUR INTERESTS, JOIN YOUR NEIGHBOUR NETWORK

[Click here to join the Mincinglake & Whipton Community Network.](#)

I'm trialling this form to see if I can bring people together around common interests.

Fancy gardening? I'll let you know about the new group that started nearby or help you start one with your neighbours. Want to sing pop songs in a choir? Lets find others who want to too!

Let me know what you're into and I'll drop you a line to let you know if others around you are into it too and would like to connect.

[CLICK HERE TO JOIN THE
NEIGHBOUR NETWORK](#)



COVID UPDATE

After a very covid covered holiday season, lots of people I speak to are excited about the prospect of gathering in groups again and feeling a bit safer.

However, cases are on the rise across the ward, with Whipton a particular hotspot.

Although the Omicron variant seems to be less severe than previous variants its important that we protect those of us with compromised immune systems by wearing a mask in public spaces and getting vaccinated.

Many shops and community spaces are still asking people to wear masks inside as much as possible.

With lots of confusing advise and misinformation out there, we can always remember to be compassionate with each other and that..

WE WEAR A MASK TO PROTECT OTHERS



GOVERNMENT GUIDANCE

England has returned to Plan A. You should continue to protect yourself and others.

- Get vaccinated and get your booster dose
- Consider wearing a face covering in crowded, enclosed spaces
- Let fresh air in if you meet indoors. Meeting outdoors is safer
- Get tested and self-isolate if required



**Children's February
Half term Disco**
Whipton Community Hall
Saturday 19th Feb
3 - 5pm
£2.50 per child
Adults £1 under 2 Free
All children must be accompanied by an adult

Refreshments / sweets & treats will be on sale

Whipton Community Association

Meet with Mummies
(dads/grandparents/carers also welcome)

Whipton Community Hall
Pinhoe Road, EX4 8AF

Every Friday
9 til 11am

A coffee morning setting where parents/grandparents carers can meet for a coffee while their children play Open every Friday (in term time) from 14th Jan with a variety of toys and games, soft mats, books & colouring, baby playmat's & ride on's. Free Entry

Once a month - Soft play session dates
11th Feb, 11th Mar, 8th Apr


Soft play sessions are pre book only & entry fee applies
<https://www.eventbrite.co.uk/e/239506950737>

All welcome - Large space - Toys

Find us on Facebook
[/meetwithmummies](https://www.facebook.com/meetwithmummies)

Whipton Community Association

TRAIN RIDES AVAILABLE @ £1.50 PER RIDE
FIRST SUNDAY OF EVERY MONTH
11AM TO 3PM
WEATHER PERMITTING





Exeter and District Model Engineering Society

LIGHT REFRESHMENTS AVAILABLE

FIND US AT ST KATHERINE'S PRIORY NEAR MORRISONS IN EXETER. EX4 7JY

You can help us to complete our track, by visiting our GoFundMe page - search [gofundme - completion-of-our-miniature-railway-track](#)

FIND US ON FACEBOOK // EMAIL [INFO@EDMES.ORG.UK](mailto:info@edmes.org.uk)

Made with PosterMyWall.com

ISCA YOUTH

Isca Youth is the community youth work of Isca Church

THE HUB

Table Tennis
Tuck Shop
Music

Games
XBOX & Playstation
Dodgeball
Pool Tables

3PM - 5PM
@Beacon Community Centre

YR 7 - 11

Every Tuesday // Starting from 11th January 2021

The kids club is open to all in years 1- 6 and held at Willowbrook Primary School every Friday during term time.

Tuck, craft, games and once a month we have a special Launch Night, with adventurous games, tuck and a high energy Bible drama.

£1 per child.



CONNECTION AND MENTAL HEALTH



DEVON RECOVERY LEARNING COMMUNITY

Thrive Drop-In

6th Feb, 4:00 pm - 5:00 pm

Thrive Drop-In

13th Feb - 4:00 pm - 5:00 pm

Mindful Movement for Wellbeing and Joy

15th Feb - 11:00 am - 12:15 pm

Mindful Menopause

15th Feb - 12:30 pm - 2:00 pm

Intro to Slow Stitch for Wellbeing

16th Feb - 10:00 am - 11:30 am

Tension Release - Movement, Sound & Silence

17th Feb - 10:00 am - 11:15 am

'Geometric Heart Design' with Poppy Lennox

17th Feb - 2:00 pm - 2:45 pm

A Picture of Health: Art History Sundays

20th Feb - 12:30 pm - 3:30 pm

Thrive - Drop-In

20th Feb - 4:00 pm - 5:00 pm

Laughter Yoga Online

23rd Feb - 1:00 pm - 2:00 pm

Fashion Illustration with Sue Dray

24th Feb - 2:00 pm - 2:45 pm

Friday Conversations

25th Feb - 11:00 am - 1:00 pm

Thrive Drop-In

27th Feb - 4:00 pm - 5:00 pm

Support for parents of young people who self-harm

28th Feb - 11:00 am - 12:00 pm

**UPCOMING
ONLINE
COURSES**



Growing Resilient Communities

Invitation to some FREE
wellbeing workshops!

Relax into being together

Reconnect listening to each other's stories

Revive your inner life force

Restore by learning to receive
and give Shiatsu massage

Realise your inner capacity for
wellbeing practicing mindfulness

This project aims to bring people together
of different ages and ethnicities, to listen,
to learn and be guided by one another, have
contact, connection & care on a deeper level
for each other and our beautiful planet!

To book any of the following workshops or for more information,
scan the QR code or email: growingresilientcommunities@gmail.com

St Thomas group - Sundays

9th, 16th, 23rd and 30th January; 6th and 13th February

Beacon Heath group - Saturdays

19th and 26th February; 5th, 12th, 19th and 26th March

Wonford group - Sundays

20th and 27th February; 6th, 13th, 20th and 27th March

10am
to
4pm

**CLICK
HERE TO
BOOK A
PLACE**

**EMERGENCE
FOUNDATION**

元氣



Growing
Resilient
Communities



CIRCLING Joy 13th Jan-17th Feb 19.30-20.45

Yoga with Anouska

Yoga, movement
and meditation.

Finding ways to
ground and balance
ourselves

Course: 6 weeks, £42

The Beacon Centre, Exeter, EX4 8LZ

To book: Circlingjoy@gmail.com

WALK FOR AUTISM

**STARTING AND ENDING AT THE BEACON
MONDAYS, 7TH FEB - 28TH MARCH
12:30**

A gentle paced walk leaving from the Beacon Centre to raise money for Walk for Autism.

The route is wheelchair friendly but has some hills - it is Exeter after all! It goes around Beacon Heath and Whipton and take just over an hour - see map. It'll be at a slow pace with little breaks.

Walking with this friendly bunch is a great way to improve your happiness and you're likely to make some new friends!

There is a suggested donation of £2 per walk and all money raised will go to the charity Walk for Autism. If you would like to sponsor Gen directly [CLICK HERE](#) her for her fundraising page:

We will be outside but you're encouraged to wear a mask if it is busy. Please do not join the walk if you have covid symptoms.

WHAT'S ON AT ISCA?

MEN ON MATS - FREE TASTER - ARENA PARK

Mat based Pilates/yoga mix class, starting with a standing warm up then move on to the floor to do a range of different exercises to improve strength and flexibility. It will be suitable for beginners but there will be the opportunity to progress moves depending on the individual.

The cost for the four week block is £28.00.
Booking is essential: 07969 900794
emmahealey2015@gmail.com

WHEN?

7:30, Wednesday 9th Feb

YOGA

**WHIPTON COMMUNITY HALL
MONDAYS, 9:30 - 10:30**

Katie Furler is a local yoga teacher who creates welcoming classes for beginners and more experienced yogis alike.

If you are feeling drawn to try a yoga class in your area, Katie's friendly sessions may be just the thing.

Cost - £5-6.50 depending on package bought. Visit her website www.devonrootsyoga.com for more information.



Walk for Autism route map

CHATTY WALKS - ISCA CENTRE

A walking group followed by chat in the restaurant led and organised by Age UK Devon

WHEN?

Every Monday 10am

PETANQUE - OUTDOOR BOWLS

[CLICK HERE FOR FACEBOOK GROUP](#)

Outdoor bowls - £5 for yearly membership

WHEN?

Wednesdays 2:15pm
and Fridays 7:30pm

ROLL-UP BOWLS - (DROP-IN) ISCA CENTRE

Ideal for non-members - £7.50 for 2 hours.
Contact Isca reception to book in for 3 free training sessions with great bowlers.

WHEN?

Every Monday 10am

OPPORTUNITIES FOR SOCIALISING

FRIENDLY COFFEE MORNING

WHEN?

Wednesday morning, 10am - 12pm

WHERE?

St Boniface Church, Whipton

BINGO - ISCA

WHAT?

Social bingo - £7, food and drink available for purchase

WHEN?

Thursday, 7:30

WHERE?

Isca Centre

LUNCH CLUB - ISCA

WHAT?

Affordable lunch with a friendly fun group - activities, speakers, handicrafts and outings. To become a regular event.

WHEN?

Friday 18th February

WHERE?

Isca Centre

CRAFT & CHAT - THE BEACON CENTRE

WHAT?

Craft supplies supplied and a very friendly group. This takes place in a light and airy Hall which is a relaxed space with tables and plenty of sofas. Cost £2.50 a session, anyone unable to pay please speak to Kate, our manager.

As always anyone is welcome to come and bring their own craft. We can also set up tables for games if anyone wants to come to play games/jigsaws or come and chat with friends over coffee - like our Friday Cafe but on a Monday!

Mon 7th Feb - Candle Making

Mon 14th Feb - Art Therapy

Mon 21st Feb - Papercraft construction

Mon 28th Feb - Simple Jewellery with Beads -TBC

WHEN?

Mondays, 10:30

WHERE?

The Beacon Centre

CARDS - WHIST & BRIDGE

WHAT?

Great company, great games

WHEN?

Whist: Monday, 1:30,

Bridge: Tuesday, 6:30

WHERE?

Isca Centre

Prize  at the Priory

1st Friday of the month

A community event on behalf of
Stoke Hill Community Association

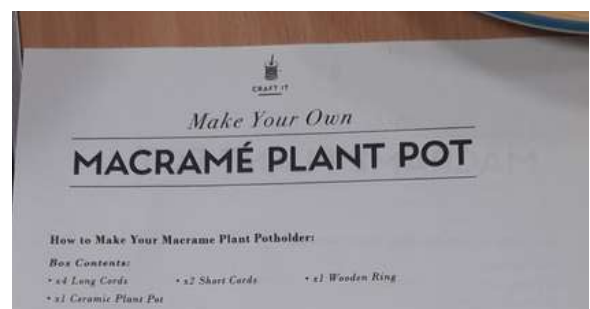
St Katherine's Priory, St Katherine's Road EX4 7JY

Doors open.....6.30pm

Eyes Down.....7pm

Free Refreshments available

Stoke Hill Community Association Charity No. 283907



SPACES FOR HIRE



WHIPTON HALL

Availability: Weekdays daytime, Wednesday & Thursday evenings, Saturdays, Sunday afternoon

Overall Capacity: 120
Seating Capacity: 100
£15/hour



Facilities

- ✓ Main Hall
- ✓ Small Hall
- ✓ Entrance
- ✓ Servery
- ✓ Kitchen
- ✓ Accessible Toilets
- ✓ Baby Changing Facilities
- ✓ Changing Facilities
- ✓ Wheelchair Access
- ✓ Broadband Internet
- ✓ Wifi
- ✓ Outside Space

Equipment

- ✓ Fridge
- ✓ Kettle
- ✓ Cooker
- ✓ Microwave
- ✓ Projection Screen
- ✓ Fire Alarms
- ✓ Sound Equipment
- ✓ Cutlery
- ✓ Tea Crockery
- ✓ Dinner Crockery
- ✓ Glassware
- ✓ Dishwasher

THE BEACON CENTRE

		Single Bookings per hour	Series Bookings per hour (10% reduction for 6 or more)
Halls	Hobnob Hall or Jaffa Cake Hall	£16 per hour	£14.40 per hour
Hall plus Kitchen	(Hobnob Hall + Kitchen) or (Jaffa Cake + Kitchen)	£21 per hour (save £2.50 ph)	£18.90 per hour
Suite	Jammy Dodger Suite (Chocolate Digestive + Jammy Dodger)	£10 per hour (save £5 ph)	£9.00 per hour
Small Rooms	Custard Cream, Rich Tea, Shortbread, Kitchen	£7.50 per hour	£6.75 per hour
Hobnob Area Deal	Hobnob Hall + Kitchen + Custard Cream + Jammy Dodger Suite	£30 per hour (save £11ph)	£27 per hour
Outdoor	Court can be added on request to Hobnob or Jammy Dodger Suite hire - if available Garden can be added on request to Jaffa Cake Hall hire - if available	free	free
	Sensory Room	£5 per session	£5 per session
	Flip Chart with use of paper + pens	£5 per session	£5 per session
	Softplay Room (with Jaffa Cake Hall only)	£5 per session	£5 per session
	Overhead Projector and Screen per with Hobnob Hall hire only	£20 per session	£20 per session



Weekend Party - Special Deal - £48 for 3 hours

Hobnob Hall or Jaffa Cake Hall with Kitchen - on Friday evenings, Saturdays or Sunday, (extra time at £16 ph)
Extra rooms at the Single Bookings rate per hour. Court / Garden may be added on request, if available.

EXETER CONNECT WORKSHOPS 2022

We have some exciting workshops and training sessions coming up for individuals and community groups in Exeter. These sessions are all free and will be delivered via Zoom.

Crowdfunding: Making the most of your campaign - Tuesday 25th January, 12pm - 2pm

Are you considering using crowdfunding to raise funds for your group? Do you want to know more about how it works?

Join us for tips on running a successful campaign, how to increase your reach, what match funding is available, and find out about local groups who have successfully used this method.



Introduction to Legal Structures - Wednesday 2nd February, 10.30am - 1pm

- In a dilemma about how to formally set up your new project?
- What are the pros and cons of charity status?
- CIC, CIO, CBS...finding it a bit confusing?
- Want to understand better the legal structure of your community organisation and your options moving forward?



Join us for this online session and get the answers you are looking for.

Green Ideas for Community Gardens - Wednesday 16th February, 6.30pm - 8pm

What should we plant in community spaces? What are some of the pitfalls? Join this session to hear from two community growing projects in Exeter about their experiences.

There will also be plenty of time for a breakout session to discuss the presentations and share knowledge of each other's projects and challenges.



Sustainable funding: what does it look like for your organisation? - Wednesday 23rd February, 10.30am - 1pm

- Is your income stable, secure and sufficient enough to sustain and grow your organisation?
- Funding your organisation – what is the recipe for success?
- Does your charity earn its own living or is it still grant dependent?
- Are you setting up a new organisation? What is your plan for its financial viability?



Join us for this free workshop to find out what sustainable funding might look like for your group.

Find out more and sign up: <http://exeterconnect.eventbrite.com/>

 [facebook.com/exeterconnect](https://www.facebook.com/exeterconnect)

 [@exeter_connect](https://twitter.com/exeter_connect)

 exeterconnect.org



Exeter Connect is part of Exeter Community Initiatives.
148-149 Fore Street, Exeter, EX4 3AN W: www.eci.org.uk T: 01392 205800
Charity number: 1026229 Company number: 2844870 (England)

MEET YOUR NEW BUILDER

HI, I'M WILLY

I've only just moved to Exeter (so for a while you may see me staring at my phone trying to find my way around!)

I'm really happy to be the new Community Builder for the Mincinglake and Whipton ward. I think building community links and helping neighbours organise good things to do together is an incredibly worthwhile thing to do with my time!

I've got a varied background having worked in the events industry, ambulance service, kitchens, and the environmental sciences! My partner and I have a large blue eyed husky cross called Mr. Bowie and I enjoy walking in Mincinglake Valley with him - feel free to give us a wave if you see us about.

I found the pandemic hard but without my supportive neighbours organising to support each other it would have been a lot harder. A big part of my focus in this role is on building trust between neighbours through shared interests and activities. With trust, neighbours are more likely to support each other when times are hard and can live by the principle of "today I help my neighbour because I know they'll be there for me tomorrow." We must be brave enough to ask for help though - something I'm working on too!

I feel incredibly lucky to be in this role and I'm excited about what we can learn from each other. I'm looking forward to getting to know the people living and working in and around the area. Feel free to drop me a message, even if it's just to say hello and tell me about yourself!

Email:
mincinglakewhiptoncb@eci.org.uk
Phone: 07720397937



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