

# COMMUNITY BUILDER UPDATE

## Mincinglake & Whipton November Edition

BY AMY JONES

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Hi everyone, I hope you are all keeping well during lockdown phase 2. There's a lot happening again this month that you can get involved with. If you have any ideas however big or small please don't hesitate to get in contact with me. I am happy to have a chat on the phone, email, zoom or Facebook. There's pot's of funding available for community ideas and Covid related projects and lots of resources in the area.

If you would like to find out more about anything in the newsletter or would like me to include information about an idea, group or local initiative please get in contact.

### WHAT'S INSIDE

Community News

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## Whipton Community Association Update



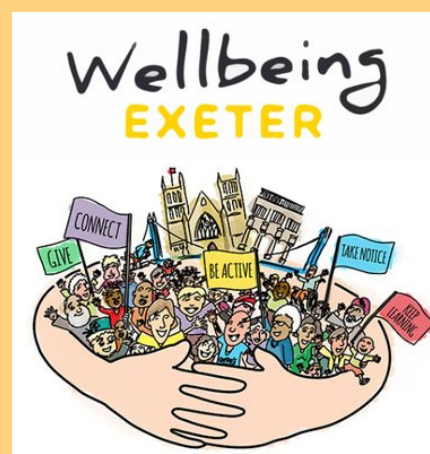
During the last few month (prior to lockdown) the Whipton Community Association have been supporting the community by holding socially distanced coffee mornings and IT help session. The Association ran a Halloween trail and childrens event and is organising a 12 days of Christmas trail around Whipton. It is hoped that they will be able to run a number of small Covid secure community events in the lead up to Christmas if lockdown restrictions are lifted. Good Gym Exeter Volunteers have also been helping to keep grounds around the hall maintained. To find out more you can follow their Facebook page or email [admin@whiptonhall.com](mailto:admin@whiptonhall.com) for more information.

# The Big Half Term Pumpkin Hunt 2020



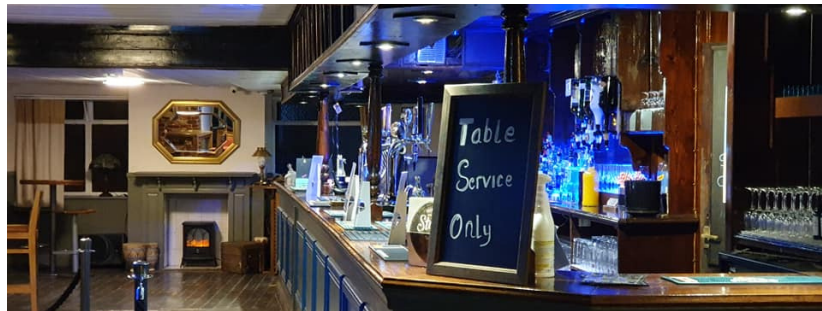
Well done to Emma and Kelly who live in Whipton and organised the Big Half Term Pumpkin Hunt 2020. 63 of you decorated windows or carved pumpkins for the trail across Beacon Heath and Whipton. Many more had a fantastic time hunting out the displays in the different neighbourhoods. Let's see if we can grow the trail even big next year!

## Beacon Community Centre Update



On 17th November two new Wellbeing Exeter Community Connectors started work at the Beacon centre. The centre has also restarted the Beacon Heath and Whipton support hub to help local residents in need during lockdown. To access the support hub you can call the Exeter Wellbeing hotline on 01329 265000 Monday to Friday 09.00-17.00. The following organisations are still meeting at the centre: Exeter Foodbank (Fridays 10am-12noon), antenatal and postnatal appointments with midwives, Exeter Wellbeing Group, counselling sessions and South West Autism Support Services.

# A New Family Friendly Food Pub for Whipton Village



Last month I met Sharon who is the new landlady of The Star Inn (formerly The Half Moon) in Whipton Village. The pub had been boarded up for a while and had a notoriously bad reputation in Exeter. Sharon and Mike have been working hard to refurbish the pub with the aim of changing it into a family friendly food pub. They hope it will be a community hub for Whipton Village Whipton. They opened a week before lockdown but hope to be trading again in the not so distant future.

Contact number 07497 578661

## St Katherine's Priory Update

**Community Larder**

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

**WHEN**  
Mondays and Fridays  
10am-12noon

**Food and some basics for local people at this difficult time.**  
Please bring your own bag.

Stoke Hill Community Association  
Facebook: St Katherine's Community Larder  
Email: [stkatherinescommunitylarder@gmail.com](mailto:stkatherinescommunitylarder@gmail.com)  
Pennsylvania Good Neighbours

**Christmas gift parcels for local people in need**

St Katherine's Priory Community Larder are collecting items to put Christmas parcels for local families and the elderly in need. Drop donations to St Katherine's Priory on a Monday or Friday 10-12noon or the Beacon Centre- Wed & Friday 9-3pm or email [christmasparcelsexeter@gmail.com](mailto:christmasparcelsexeter@gmail.com) (deadline 14th December)

Thank you for your Support & a Merry Christmas

**Suggested Donations-** Mince pies, chocolates, sweets, christmas crackers, small gifts- eg socks, toiletries, gloves, hats, mugs, pots of jam, small toys, games, craft items, cuddly toys

Made with PosterMyWall.com

The Community Larder remains open on Mondays and Fridays. Donations can be dropped off during this time. Check out the St Katherine's Community Larder Facebook Page to learn more. Volunteers have come up with the lovely idea of making Christmas parcels for local people in need. They are looking for donations of gifts which can be dropped off during larder opening times or at The Beacon Community Centre.

## Local Projects and Ideas

### Where to Find Your Local Free Little Library



READING GIVES US  
SOMEPLACE TO GO  
WHEN WE HAVE TO  
STAY WHERE WE ARE.

- MASON COOLEY



In the past month two free little libraries have been set up in the local area by residents inspired by a library in the Hill Barton Vale area of Exeter. You can find the Whipton library on Thackery Road and the Stoke Hill library on St Katherine's Road close to the gates of St Katherine's Priory. If you would like to know more about the libraries you can follow their Facebook pages. If you would like to set up a library or something similar, please get in touch and I will be happy to have a chat with you about funding and resources.

## Local Fundraisers



Mark who lives on Thackery road has created a Christmas lights display on his house and is raising money for Force Cancer. He turns the lights on at 6:30pm and would be grateful of donations however big or small. You can put them in the pot shown in the picture above or go to his go fund me page. CCTV also in operation.

<https://www.gofundme.com/.../mark039s-campaign-for-force...>



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SATURDAY, 19 DECEMBER 2020 FROM 15:00 UTC-00:00 UTC

**Well Raver Christmas Fundraiser**

Facebook live

Local resident Steve continues to grow his Well Raver platform. It's a hobby he really enjoys and it helps with his own wellbeing. He is planning an online Christmas fundraiser rave on 19th December from 3pm - 12pm. He is raising money for The Bridge Collective who are a mental health charity in Exeter. Steve has received help from the Bridge Collective in the past with his anxiety. Check out the Well Raver Facebook page and donate via his go fund me page <https://gf.me/u/y7uf7j>

# Christmas Trails 2020

## Join the Beacon Heath Living Advent Trail



### What you need to do

We're looking for people to donate their windows for a walking advent trail starting 1st December. Windows need to be Christmas themed, show the number you've been allocated and be able to be viewed from the pavement. You need to be willing to have your home listed on a trail map for people to walk to during December. You need to remember to 'reveal' your window on the agreed date.



For more information follow the Beacon Heath Living Advent Trail Facebook page or Email: [mincinglakewhiptoncb@gmail.com](mailto:mincinglakewhiptoncb@gmail.com) or [info@thebeaconcentre.org](mailto:info@thebeaconcentre.org)



## Festive trail

Would you like to join our festive trail? Everyone is welcome on the trail with lights, decorations and window displays but we are looking for 12 homes in particular to take on one of the 12 days of Christmas

★  
On  
the twelfth  
day of Christmas  
My true love gave to me  
12 drummers drumming  
11 pipers piping  
10 lords a leaping  
9 ladies dancing  
8 maids a milking  
7 swans a swimming  
6 geese a laying  
5 gold rings  
4 calling birds  
3 french hens  
2 turtle doves  
and  
a  
partridge  
in a  
pear  
tree

If you would like to take part please contact us and let us know which day you would like.

For more details or to sign up please email [admin@whiptonhall.com](mailto:admin@whiptonhall.com)

It's beginning to look alot like Christmas! This year things are likely to be a bit different. One way to bring a bit of Christmas cheer to our lives is to brighten up our streets and houses. There are Christmas trails happening in Beacon Heath and Whipton. Thank you to everyone who has volunteered to decorate a window for a trail so far. The Beacon Heath trail is looking for 1 more participant. Maps will be available from the Beacon Centre or will be available to view on the Beacon Heath Living Advent Trail Facebook page. The Whipton festive 12 Day of Christmas trail is still looking for a few more people to decorate a window. Maps will be available from Whipton Hall. If you would like to do something similar on a very small scale in your street and would like some advice or help, please let me know.

## Don't Miss Santa On His Sleigh

### Christmas Float Routes 2020

Exeter Round Table No. 123  
Charitable Trust (Charitable Trust No. 1112324)



ROUNDTABLE

### Week Two

#### Monday 14<sup>th</sup> December - Wykes Road / Pinhoe Road:

Wykes Road, Left Pamela Road, Right Right Tarbet Avenue, Left Wykes Road, Right Hamlyn Lane, 2nd Left Chard Road, Left Whipton Lane, Left Sweetbriar Lane, Right Whiteway Drive, Right Whipton Lane, Left Sweetbriar Lane, Left Vaughan Road Left Right Georges Close, Right Wayside Crescent, Right Vaughan Road, Left Thornpark Rise, Right Blackthorn Crescent, Right Thornpark Rise



Exeter Round Table will be touring different parts of the city with Santa on his sleigh. They will be going to Wayside Crescent and Vaughan road in Whipton on Monday 14th December. For more information contact Exeter Round Table and chec kout their Facebook page.

# Christmas Craft Workshops & Groups



**CHRISTMAS WREATH MAKING SESSIONS**  
 Pre Book only event in a Covid secure venue  
 Make a wreath to keep to enjoy for many Christmas's to come and help raised funds for Whipton community association  
**Whipton Community Hall**  
**FRIDAY 11TH DECEMBER AT 11AM**  
**OR FRIDAY 18TH DECEMBER AT 6PM**  
 Includes an hour session, all materials for making a wreath to keep and guidance from an experienced instructor and a coffee/tea and mince pie at the end of the session  
**£30 per person**  
 To book please email [bookings@whiptonhall.com](mailto:bookings@whiptonhall.com) or telephone 07458 306891  
 Profits raised go to 




The Whipton Community Association are hoping to run a small covid secure Christmas Wreath making session if lockdown is lifted in December. Please email [bookings@whiptonhall.com](mailto:bookings@whiptonhall.com) or call 07458 306891. They are also looking for people who would be interested in joining a knit and natter group to be based at the Whipton hall in the future. You can follow the Facebook group or email [admin@whiptonhall.com](mailto:admin@whiptonhall.com) for more information.

## More Ideas For Giving Back To Your Community This Christmas





**#efbchristmasinabag**  
 each bag should contain:  
 a) Christmas cake  
 b) Yule log  
 c) Mince pies  
 d) Nice biscuits... a bit posh!  
 e) Crisps or nuts  
 f) Crackers (We like the ones with wind-up toys to race!)  
 g) A small family game (like playing cards, Dobble, Uno, charades, Yahtzee or similar)  
 h) A couple of bottles of soft drinks  
 We are doing 'small' bags and 'large' bags  
 each bag should be suitable to give to either two people or four people.  
 

The Food Bank in collaboration with the Beacon Centre are asking the awesome people of Exeter for 150 #efbchristmasinabag donations. We are hoping to get 75 small (singles/couples) and 75 large (family of 4-ish) bags. The aim is that people/groups donate a complete, made up bag as per the list. They don't want to make them up... they need them to arrive made & ready to go! Each bag should contain mostly the items on the list. You can put in a few more seasonal treats if you like! Please donate by Dec 11th. Please email us to say how many bags you are going to donate and what size (small or large). Email to [info@exeterfoodbank.org.uk](mailto:info@exeterfoodbank.org.uk) and the email title must be '#efbchristmasinabag'. They will email back (not till next week) to give you the places, times and dates to deliver. We cannot collect. Please use a 'bag for life' type of bag not plastic. No alcohol and please do not donate large tubs of chocolates as they have that covered already.



As we are sure you can appreciate people who are sleeping rough or in temporary accommodation are in even greater need than ever as the days get more cold and wet and the lockdown continues to restrict people's options to get clothing or other resources.  
 We would really appreciate help with donations of the following items. We have to be specific in order to manage donations safely and ensure that what we receive will really make a difference. We cannot take children's clothing at this time. Thank you.  
 If you can keep donation times to CoLab between 10am and 2pm on Tuesdays and Thursdays we would be very grateful. We do understand that this may not work for you – if not please contact us at [cassie.sails@colabexeter.org.uk](mailto:cassie.sails@colabexeter.org.uk) to arrange a time.

- Warm coats – men's and women's – range of sizes
- Sleeping bags
- Rucksacks
- Pac a macs – range of sizes
- Flasks
- Thin gloves and fingerless gloves
- Thermal leggings
- Thinsulate beanies
- Ground mats
- Camping saucepans
- Shoes - suitable for winter – range of sizes
- Socks
- Thick jumpers
- Women's and Men's underwear (new not used)
- Wet wipes
- Hand warmers (reusable: can be 'restored' at CoLab?)
- Roll on deodorant
- Face coverings
- Hand cream/moisturiser
- Lip balm
- Toiletries
- Mindful colouring books, plain notebooks and felt pens

# Have You Got Any Ideas For Improving The Whipton Village Area?



How could the Whipton village area be improved by the community, for the community and to support local businesses? Would it benefit from better disabled access? could the community hold events like the Christmas markets on Magdalen road? How could we brighten and tidy up the area? These are the type of questions that came up in a meeting I had with a few Whipton residents last month. They are interested in exploring these ideas further and are looking for other Whipton residents and business to join them. If you have any ideas or would like to find out more please contact me by email: [mincinglakewhiptoncb@gmail.com](mailto:mincinglakewhiptoncb@gmail.com) or phone: 07720 397937.

## Keeping Connected & Sharing Ideas



Connecting with people locally has been shown to have a huge impact on our health and wellbeing, and it has been fantastic that communities in Exeter have found so many ways to keep connected throughout the pandemic.

Exeter Community Initiatives have created a 'Hello Neighbour' postcard that you can use to share an idea, or just say hello to a neighbour, by popping one through their door.

You can download the cards from the Exeter Community Initiatives website.

<https://communitybuilders.eci.org.uk/resources/>

### Hello Neighbour!

My name is...

I live at...

I thought it'd be really good to see this in our area...

What do you think?

To chat a bit more, you can contact me on...

# Facebook Community Builder Chat Room

**LUNCH HOUR IS THE BEST HOUR OF THE DAY**

Pop by for a cuppa & chat in the online facebook room

Join residents & community builders for a catchup.  
Wednesday 25th Nov  
Wednesday 2nd December  
Wednesday 9th December

**12-00-12.45noon**

It's easy to join, just click on the facebook room link  
COMMUNITY BUILDERS -AMY JONES(Mincinglake & Whipton & EBBIE PETERS (Pennsylvania & Pinhoe))

As we can't meet face to face right now, my colleagues and I have started running Facebook chat room lunch check ins. You can join for however long you like. You can chat through any ideas you have for the local area or ask us about what's happening locally.

I will be joined by the Community Builder for Pinhoe and Pennsylvania for the next 2 Wednesdays. We can send out a link via Facebook or can email you a link to join. You don't have to have a Facebook account to join, all you need is the link.

See you next Wednesday!

## Jobs With Local Charities

### **Exeter Community Initiatives Project Administrator Parent Progression Team Part Time**

[https://www.eci.org.uk/vacancies/part-time-project-administrator/?fbclid=IwAR29kisiTg2vZDSQn-f0ot--d\\_krAMxuGWIM5VFqmFiP9Gc8cq-SygHdMLM](https://www.eci.org.uk/vacancies/part-time-project-administrator/?fbclid=IwAR29kisiTg2vZDSQn-f0ot--d_krAMxuGWIM5VFqmFiP9Gc8cq-SygHdMLM)

### **Exeter Communities Together Project Coordinator Part Time**

<https://www.exetercommunitiestogether.org.uk/about-ect/jobs-volunteering>

### **Exeter Communities Together Project Administrator Par Time**

<https://www.exetercommunitiestogether.org.uk/about-ect/jobs-volunteering>

### **Exeter City Community Trust Project Officer Full Time**

<https://exetercct.org/vacancies/project-officer/>

### **Exeter City Community Trust National Citizen Service (NCS) Adviser Part Time**

<https://exetercct.org/vacancies/ncs-administrator/>

# Useful Resources and Services

## **Council Support**

Anyone struggling with food deliveries, prescription/delivery issues, housing or hardship need to contact the Community

Wellbeing Hotline Number 01392 265000 See <https://exeter.gov.uk/wellbeing/>

Follow Exeter city council updates on facebook during lockdown

<https://www.facebook.com/groups/exeterupdates/>

## **Shielding support National**

Shielding Support Group Facebook <https://www.facebook.com/groups/264319981423943>

## **Shielding**

Exeter Support Group <https://www.facebook.com/groups/3088633247890285>

## **Welfare/Benefits**

Citizens Advice are the best source of advice on the phone - Devon Adviceline: 03444 111444

(Monday to

Friday 9.00am–4.00pm).

## **Hospital transport**

Call the Wellbeing Hotline above for support.

## **Mental health support**

The Moorings (Crises Café) offering out of hours phone support to those in crises, Call 07990 790 920 Email [devonexeter.mhm@nhs.net](mailto:devonexeter.mhm@nhs.net) <https://www.mhm.org.uk/the-moorings-devon>

## **Samaritans**

116 123 - Call FREE 24 hours a day, 7 days a week

## **Anxiety & Depressions:**

Talkworks: a free, confidential NHS service over 18s who are feeling worried, anxious or have trouble sleeping. Offering telephone or video support at this time. Call 0300 555 3344 to find out more. <https://www.talkworks.dpt.nhs.uk/> or self-refer with Devon Talkworks.

## **Young Peoples Wellbeing**

YMCA Exeter Free psychological support <https://www.ymcaexeter.org.uk/cwpwellbeing/>

## **Free Online Therapy For Recurrent Depression**

Mindfulness-based Cognitive Therapy (MBCT) Accept Clinic Exeter

<http://www.exeter.ac.uk/mooddisorders/acceptclinic/referrals/>

# What are Community Builders (CB's)?



Hi, my name is Amy Jones & I am the Community Builder (worker) for Mincinglake and Whipton in Exeter. I work for Exeter Community Initiatives as part of the Wellbeing Exeter Project.

CB's map what resources (community spaces, skills, groups, people) exist in an area. We create new networks, connecting people and opportunities. We support people to grow their own ideas & try new things that bring people together, improve their wellbeing and make the community a better place to live. This is called Asset Based Community Development (ABCD). We don't organise and run events and groups for people.



Our work is based on the 5 ways to wellbeing. scientific studies have shown that if we connect with others, keep learning, take notice of what is around us, give something back to our community and stay active, our happiness and overall wellbeing will increase. If you have any ideas or would like to find out more about what's happening in Beacon Heath & Whipton, please get in touch on 07720397937

Email: [mincinglakewhiptoncb@gmail.com](mailto:mincinglakewhiptoncb@gmail.com)

## 5 WAYS TO SUPPORT EACH OTHER COMMUNITY ACTION RESPONSE: COVID-19



Think of others,  
consider your  
actions & be kind



Connect and  
reach out to your  
neighbours



Make the most  
of local online  
groups



Support  
vulnerable or  
isolated people



Share accurate  
information and  
advice

For more information visit: [www.exeter.gov.uk/wellbeing](http://www.exeter.gov.uk/wellbeing)

Call: 01392 265000