

# COMMUNITY BUILDER UPDATE

## Mincinglake & Whipton April Edition

BY AMY JONES

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Hi everyone, I hope you have been making the most of the great weather we've been having. It's been lovely to get out the last few weeks and meet with residents for a walking catch up. I've been collating information about what groups and services are starting again in the local area and will continue to do so as lockdown restrictions lift. If you would like to discuss an idea or you a part of a group or organisation who are restarting activities please get in touch. I will be out and about over the next month in some of the greens spaces doing pop up listenings. I am interested to hear how people have found lockdown, what you have missed and how confident you feel about connecting with others or attending groups.

### WHAT'S INSIDE

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## Whipton Hall Update and What's On Guide



Whipton Hall are looking for local traders for a new monthly community market, one Saturday per month starting at the end of May. £10 per table, inside and outside available. We are looking for people who have the following to sell. Plants Vegetables/fruit Handmade cards Cakes Bric a brac. Please email [bookings@whiptonhall.com](mailto:bookings@whiptonhall.com)

Regular and new users and new classes and groups are returning to the hall in the coming month. See below for details.

## Monday

Yoga with Katie Furler - 9.30 - 1030 - Starting 17th May £6 per class - Suitable for all levels. For further information or to book please contact [katie.furler@yahoo.com](mailto:katie.furler@yahoo.com)

River City Chorus - 7 - 9pm Restarting 17th May Exeter based ladies Acappella & Barbershop chorus  
<http://www.rivercitychorus.co.uk>



## Tuesday

Marianne fitness - Restarting 18th May Legs, Bums, Tums fitness - 0930 - 1030

Pilates - 1030 - 1130 £6 per class or £10 for both. For further information or to book please contact Marianne on 07971 818920 or email [irwinmarianne150@gmail.com](mailto:irwinmarianne150@gmail.com)

Ki-Aikido - 7 - 9pm - Restarting 18th May. Teaches calmness and stability through movement  
[exeterkiaikido@yahoo.co.uk](mailto:exeterkiaikido@yahoo.co.uk)



## Wednesday

Painting for pleasure - 10am - 12 noon - Restarting soon. For further information please contact Andrew on [aprb10@hotmail.com](mailto:aprb10@hotmail.com)



Yo - Yo's Senior's dieting Support Group Restarting 5th May 12.30 - 2pm

Exeter Amateur Radio Society - Twice a month - 2nd and 4th Wednesday's restarting 9th June & 23rd June 1830 - 2030 .For further information please contact John Rooke on [rooke906@btinternet.com](mailto:rooke906@btinternet.com) or 01392 461709

## Thursday

Twirly Tots - 10-1030am restarting 22nd April £5 per session. To book please contact [twirlytots@hotmail.com](mailto:twirlytots@hotmail.com)

Maria's Zumba - 7pm - 9pm Restarting 20th May. Come and join Maria for some Zumba fun. Pre bookable by contacting [mariaszumbinis@gmail.com](mailto:mariaszumbinis@gmail.com)



## Friday

Reserved for the use of Whipton Community Association to support the needs of local residents. Restarting 11th June 2nd Friday of the month - Anti-isolation coffee morning. A chance for local people to socialise in a Covid secure venue. 3rd Friday of the month - 'Here to Help' restarting 21st May. A volunteer lead session to help those who need IT support or a friendly chat with someone, play a game or just have a coffee. Further details are on our events page.



## Saturday

Weight Watchers 8.30 - 10am Restarting 24th May <http://www.weightwatchers.co.uk>

## Sunday

Romanian Orthodox Church- 9am - 2pm Restart date not yet confirmed



# St Katherine's Priory

The Community cafe at St Katherine's Priory has re-opened and is now running on Mondays and Fridays alongside the Community Larder.

Welcome back

Your Community Cafe  
Mondays & Fridays 10-3pm

Reopening Monday  
April 12th

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



## Community Larder



Food and some basics for local people at this difficult time.

Please bring your own bag.



Stoke Hill Community Association  
(registered charity: 283907)

Facebook: **St Katherine's Community Larder**  
Email: [stkatherinescommunitylarder@gmail.com](mailto:stkatherinescommunitylarder@gmail.com)



Pennsylvania Good Neighbours



Charity number  
283904

## GET INVOLVED- How you can help

Stoke Hill Community Association supports the running and maintenance of St Katherine's Priory and plans events within the Community.

We are looking for new Trustees and Committee Members.

No experience needed, applications from all backgrounds welcome. It's a great way to get involved locally & meet new people.

We meet regularly and support is given for the role.

How to find out more-  
For a chat contact Tim

Email- [stkatherinespriory@gmail.com](mailto:stkatherinespriory@gmail.com)  
[www.stkatherinespriory.co.uk](http://www.stkatherinespriory.co.uk)

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# The Beacon Community Centre

We're delighted to announce the opening of our new Community Courtyard Café. This new style Covid secure outside café, on the basketball court, will look and feel very different to our previous drop-in cafes in the main hall. The café will be a table only service for groups of up to six and for adults and babies aged under one. You must book a table in advance – there will be no drop ins allowed. To keep everyone safe, including our volunteers who are running the café, we are asking people to book a space at the café- we will not be able to let you in if your name is not on the booking list. Please bear with us, these are still challenging times and safety is our priority. We are unable to offer all the services we previously ran. Unfortunately, we cannot yet accept families with children aged over 1 years but hope to in the future. Also, we cannot offer games of pool yet. We are now taking bookings for the café running on Friday 23rd April, 10am to 12noon. Please book either on our website/Facebook or call us 01392 204979. We have 30 spaces and people will be seated at tables of six with table service provided. If the weather is bad on the day we will cancel the café. .



We're excited to welcome back the toy library. Merry Go Round Spinning Top Toy Library is REOPENING ON 16TH APRIL! It will open every Friday 10-1pm for a contact-free covid-safe click and collect service from the back of the Beacon Centre. Members can borrow from either toy library but have to make separate transactions, and collect and return toys to the same toy library they were booked from. Browse and book from [my.mgrtoyllibrary.org](http://my.mgrtoyllibrary.org) Many thanks Louise for the space themed photos!

The Exeter Food is still running from the centre on Fridays 10am – 12 noon. We are the Beacon Heath branch of the main Exeter Foodbank. Our entrance has now moved to the far right of the building. Important: Our food bank works using a voucher referral system. To get help from our food bank, you will need a voucher issued by local agencies. For details please call: 07818 226524

## Group Updates

**A new wellbeing group** will be launching soon alongside the the established Monday group. If you hate Monday mornings, If you're feeling lonely, anxious or depressed and find the start of the week difficult, then why not pop along to this friendly support group. Date and time TBC. Contact the centre to find out more

**Tadpoles Toddler Group** will be returning to centre soon but numbers will be restricted and a booking system in place until Covid restrictions are lifted. You can follow the Facebook group or contact the centre to find out more.



# St Boniface Church



St Boniface church in Whipton is due to start its large refurbishment project in the coming months. It is hoped that the church will reopen its doors in September and will offer space for community use as well as new projects and opportunities for residents in the local area.

## Local Wellbeing Walks

A Community project for people looking to be more active for improved health and wellbeing and to meet other local people - reversing the negative effects of social isolation together! These first projects involve short walks, taking small steps to leading a more active lifestyle. The aim is the project is to work alongside local people to connect them with each other, with physical activity groups in their community and potentially to form a group of walkers that continues once this first project phase ends.

The second phase focuses on supporting individuals and groups to stay active and connected for community wellness. There is a third phase but that's further into the future. The process will begin again with new people in June. So it's focused project work in collaboration with local people. We need to respond to the effects of covid on communities and reach out to the many, which isn't easy working under the rule of 6. But it's do-able, enjoyable and fun. Who's up for it? And if walking isn't for you tell me your active ideas and let's work together.

### **SOCIAL+ ACTIVE PROJECT**

#### **Wellbeing Walks in April/May**

**Mon - Beacon Centre 12:45 pm**  
**Wed - St James Park 11 am**  
**& Isca Centre 2 pm**

To participate call 07736918280 or  
email [andy.odoherty@ecfc.co.uk](mailto:andy.odoherty@ecfc.co.uk)

**Wellbeing  
EXETER**

I will be joining Andy on the walks next Monday and Wednesday. The walk from the Beacon Centre will be to St Katherine's Priory where we will stop for a cup of tea at the outdoor community cafe. Hopefully see some of you there. Remember to book a place, either by phone 07736918280 or Email: [andy.odoherty@ecfc.co.uk](mailto:andy.odoherty@ecfc.co.uk)

# Cleaning Up Our Local Green Spaces- How to Get Involved



## Beacon Heath Litterpicking

Public group · 25 members

+ Invite

Well done to Leon for setting up the new Beacon Heath Litter picking Group. Leon moved to Exeter/Beacon Heath during the last lockdown and has wasted no time in helping to improve the local area. Litter picking is a great way of getting exercise, meeting people and exploring the local area. You can join the Facebook group to stay up to date with litter picking events. The dates for the next few months are listed below.

- Saturday , 1 May at 10:00 Exhibition Fields
- Saturday, 5 June at 10:00 Eastern Fields
- Saturday, 3 July at 10:00 Bettysmead Playing Field and footpath
- Saturday , 7 August at 10:00 Drake's Meadow
- Saturday, 4 September at 10:00 Mincinglake Valley Park

Friends of Eastern Fields are continuing with their monthly litter picks in Eastern Fields. The next date is Sunday 25th April. Follow their Facebook page for updates.





# ReMade *.....Making Visible the Invisible*

## UPCYCLING & REUSE COURSE

Would you like to learn how to upcycle and make simple furniture from reclaimed wood in a friendly supportive environment?

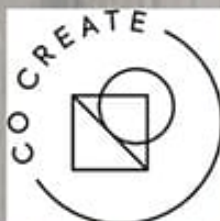
ReMade in collaboration with Co Create and Wood for Good are offering a 6 Week 'in person' pilot course in small groups

**Starts Wednesday 19th May 2021 in Exeter**

**If you are interested and would like to find out more:**

Email: [remade@eci.org.uk](mailto:remade@eci.org.uk)

Or Call 07547 958156



Registered Charity No. 1026229



Registered Company No. 2844870



Registered office 148-149 Fore Street, Exeter EX4 3AN



# Help Wanted

- Whipton Community Association are looking for someone to help mow the grass once a month. Contact [admin@whiptonhall.com](mailto:admin@whiptonhall.com) 07458 306891
- The Beacon Centre are looking for volunteers to help with a children's after school homework club and for people who enjoying gardening and growing to help with the garden. contact [info@thebeaconcentre.org](mailto:info@thebeaconcentre.org)
- Live and Move Exeter are working with St James and Willowbrook school on a large arts project for the Summerlane bridge. They would like to run some free bike maintenance sessions outside the ISCA centre/skate park for local residents. They are looking for people who have basic bike maintenance skills to help others or for people who would like to learn/develop maintenance skills to join in with workshops. Please let me know if you are interested and I will pass on your details.

## 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 whats happening in Beacon Heath & Whipton, please get in touch on 07720397937

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