



## Hello from Sarah!



Hello everyone!  
Time has flown by, and this will be my last newsletter before I finish my maternity cover and will hand back to Amy Jones. It has been a pleasure to get to know the people and place of Mincinglake and Whipton and to witness and support all the things that make it a strong community.

Thank you to everyone who has welcomed me into this role and has helped me get to know the community here.

The excellent news is that I will be continuing to work in the area on an exciting new project - a community film - see page 1!

I will use my final newsletter to highlight some of the amazing stories that are unfolding locally, and things that are coming up in the spring.

I hope you enjoy reading.

Best wishes,

*Sarah*

**Sarah Spencer**

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# Community Film Project - Get Involved!



Arts organisation Lightbear Lane has been awarded a commission to deliver “Proud to Be”, an exciting community-led creative project working on the theme “pride of place”. The project is funded with the support of the Creative Arc Programme, an initiative funded by the University of Exeter, Exeter City Council and the UK government through the Shared Prosperity Fund.

And we’re making a film! “Proud to Be” will shine a light on Mincinglake and Whipton, celebrating our ward’s community and highlighting your positive stories. We’ll start by asking YOU what you’d like to showcase, and we’ll offer workshops and engagement activities, as well as skills-development sessions in filmmaking and sound engineering. It will culminate in a co-created film which will be screened at the Beacon Community Centre. We invite you on every step of the journey, and to start by telling us...

## What makes you proud of where you live?

Do you have something positive you’d like to highlight about your local area or a story to tell? It might be a community group, a green space, or a person that has made a difference and makes it better place to live, or perhaps an old photograph you have hidden away somewhere. Or maybe you’ve always fancied learning how films are made?

If so, we’d love to hear from you!

Please contact us on: <https://proudtobe.lightbearlane.org/contact/>  
[proudtobe@lightbearlane.org](mailto:proudtobe@lightbearlane.org) or 07811 850376

As director of Lightbear Lane, I feel privileged to be able to work in this community a while longer, and to help showcase some of the amazing people and places here. Follow our progress on our blog: [www.lightbearlane.org/proudtobe](http://www.lightbearlane.org/proudtobe)



# Listening Post

Listening in Mincinglake and Whipton:

I've been here (Arena Park) for 20 years and I wouldn't want to move. I feel safe and there is community spirit among neighbours.

Community Builders are fantastic support and it's fantastic for Exeter that we have them.

It makes such a difference having the support of a community builder - you can brave doing things bigger and better.

It's so amazing not to have someone telling us what to plant in this space - it's great we can make the decisions ourselves.



## Tree Planting in Thackeray Road



Neighbours in Thackeray Road have been taking ownership of their local green spaces by planting trees secured from Saving Devon's Treescapes project. With Emily Perryman, Nextdoor Nature Officer for Devon Wildlife Trust, the ideas for this space have grown, and three new trees - a cooking apple, an eating

apple and a cherry, were planted just before Christmas. Emily has managed to secure some more funds for the space, and we're very excited to see what the neighbours here will do next! Get in touch if this is something you'd like to see happen on your road.

## Wassail! Mincinglake Park



A huge thank you to everyone involved in the Mincinglake Valley Park Wassail! Preparations began with 'Bird Bauble Making' at the Beacon, where we made decorations to feed the birds and 'dress' the trees during the Wassail (a traditional tree celebration).

Then around 50 of us gathered for music from the fabulous Dilly Boys, singing, fire, food, poetry,

hot drinks and lots of fun. It was wonderful for the community to come together to connect with and celebrate the fantastic green space on our doorstep.

If you'd like to get involved in Friends of Mincinglake Valley Park, please see the adverts section for volunteering opportunities.



## Can you help Meet with Mummies return?



Whipton Hall has put on an amazing programme of events this autumn and winter, including Santa's grotto. Take a look on the adverts section for upcoming events in February half-term, such as the Space Odyssey planetarium.

Whipton Community Association, which runs the hall, very much needs the commitment of regular volunteers in order to keep running - in particular, the popular Meet with Mummies group requires volunteers in order to return from 19th February on Monday and Friday mornings. If you can help, please contact [admin@whipton.hall.com](mailto:admin@whipton.hall.com)

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## New Squilometre - Beacon Heath Shops

Squilometres are resident-led projects that focus on a square kilometre of a local area. Excitingly, Beacon Heath Squilometre Group is forming a new 'pod' (a group of residents) - this time to celebrate Beacon Heath Shops.

You're invited to participate! If you have a memory or story about Beacon Heath shops - past or present - or perhaps some old photographs, or you'd like to join a fun and social 'pod' of neighbours, then get in touch click [here](#).



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## New 'Full of Life' Group at the Beacon



It already seems a long time ago, but it was a busy festive season at the Beacon Centre, with amazing community events such as the Christmas Fayre and Christmas Funday, and a Christmas dinner to thank all the volunteers for their hard work throughout the year. It's wonderful to see community spirit coming through so strongly here.

There's a lot to look forward to this year - such as the new Full of Life adult social group that meets on a Wednesday morning and includes a lively table tennis session. Also keep your eyes peeled for the next Fun Day on 4th April. See the What's On and Adverts sections for more detail.



## Beacon Heath Church International Evening



Following their highly successful Follow the Star nativity trail at Christmas, Beacon Heath Church are hosting an International Evening on 3rd February, 5-7pm, aimed at celebrating the many nationalities of our community - an evening for all the family. Please bring some food to share from culture if you can. Do keep an eye out for the regular groups and activities happening here, too, such as the Young at Heart over 50s group on Mondays and their weekly coffee morning on Thursdays. See the What's On guide for more information.

## ISCA Centre - Leisure and Community Hub

The ISCA Centre is perhaps one of the lesser known assets of our community, just a stone's throw away from Exeter Arena. As well as being a thriving leisure centre, numerous community activities happen here throughout the week. These include card playing (Bridge, Whist Ride) community lunches and dinners, and bingo. Take a look at the What's On section to see if any of these activities might be for you.



## St Katherine's Priory - Larder and Cafe



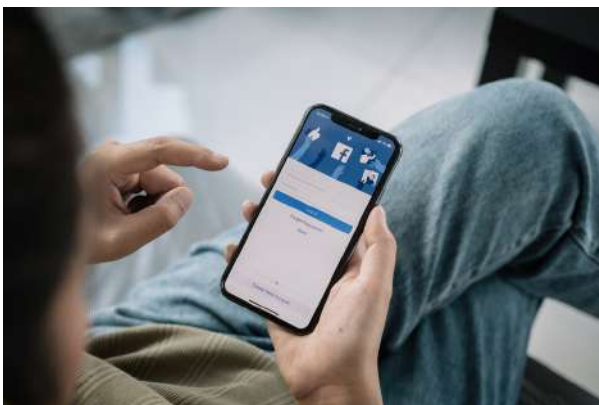
Run by Stoke Hill Community Association, St Katherine's Priory is a vital community space, as well as being one of Exeter's oldest buildings. Friday mornings are always busy here; there is a walk-in food larder that provides food and basics for local people between 10-11am. Then there's the community cafe - why not come along for a cuppa, cake and friendly conversation in a beautiful historic space? Huge thanks to the wonderful team of volunteers at St Katherine's that enable this amazing work to happen. Keep your eyes peeled for other events such as the model railway, and monthly craft group, too.

# Whipton Warm Spaces



If you're in need of a warm space and some company this winter, I suggest you come along to Whipton Warm Spaces at St Boniface Church, Whipton, Thursdays, 1-2:30pm. You'll be greeted with a friendly welcome and a warm drink from the lovely team here. See the What's On and <https://whipton.church/weekdays/> for more information.

## Get Social



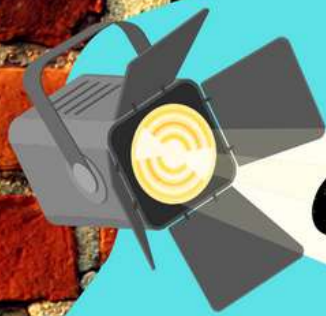
Keep up-to-date by joining these local Facebook pages and groups:

- Amy Jones CB
- Beacon Heath Together
- Friends of Summerway
- Whipton Community Group
- Whipton Hall
- Thackeray Road
- Friends of Eastern Fields
- Friends of Mincinglake Park
- The Beacon Centre
- The Star Whipton

## Useful Information

- Talkworks - Free confidential support service for over 18s to help improve mental & physical wellbeing. Tel: 0300 555 3344 [www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)
- Domestic Violence Splitz Devon Helpdesk  
Tel: 0345 1551074.
- Mental HealthMind charity Tel: 0300 123 3393
- The Moorings @ Devon - Out of hours mental health support for 16+. Tel: 07990 790 920
- Andy's Man Club - Talk through issue and problems that men face.  
Monday evening 7pm  
[www.facebook.com/andyManClubExeter/Remote](http://www.facebook.com/andyManClubExeter/Remote)
- Age UK Exeter Tel:: 01392 202092
- Adult Social Care team Tel: 01710 424000  
Out of hours Tel: 01720 422699
- Care Direct - 0345 1551 007
- NHS Chat Health - Health Visitor confidential text messaging service  
[www.chatline.nhs.uk](http://www.chatline.nhs.uk)
- Home-Start - Support for families with young children  
[www.homestart.org.uk](http://www.homestart.org.uk)





**PROUD TO BE**

**COMMUNITY FILM**

**MINCINGLAKE AND WHIPTON**



- **TELL YOUR POSITIVE STORIES**
- **SHARE YOUR PHOTOS AND MEMORIES**
- **LEARN FILM SKILLS WITH PROFESSIONALS**

**WANT TO BE INVOLVED?**

**PROUDTOBE@LIGHTBEARLANE.ORG**

**07811 850 376**

**PROUDTOBE.LIGHTBEARLANE.ORG**



@lightbearlane



**LEVELLING  
UP**

**Funded by  
UK Government**





**SPACE ODYSSEY SHOWS ARE LIVE, INTERACTIVE PRESENTER-LED EXPERIENCES**

**SPACE ODYSSEY**

Experience an amazing journey of discovery

**Visit the Planetarium**

The space Odyssey mobile planetarium offers spectacular 360 degree 3D digital dome experiences for children and adults of all ages! More information about the show at [www.spaceodyssey.co.uk](http://www.spaceodyssey.co.uk)

**Friday 16th February 2024 at Whipton Community Hall**

**Pre book only**

**Limited number of tickets**

Session 1 : 2:00 – 2:40 - Age 4 - 8 years - 40 minutes  
 Session 2 : 3:10 – 4:00 - Age 9 - 12 years - 50 minutes  
 Session 3 : 4:30 – 5:20 - Age 9 - 12 years - 50 minutes  
 Session 4 : 6:00 – 6:50 - Age 12+ & adults - 50 minutes  
 Session 5 : 7:30 – 8:20 - Age 12+ & adults - 50 minutes

The content of each show is adjusted to suit the audience so it is a show suitable for all making it easy for family groups with children of different ages, the ages ranges are just recommended but all are welcome in every show!

**Adult £10 Child £6**

Refreshments will be on sale after the show

SIMON'S SPACE ODYSSEY PRESENTATIONS ARE AN AMAZINGLY IMMERSIVE EXPERIENCE DESIGNED TO EXCITE AND INSPIRE EVERYONE – CHILDREN AND ADULTS ALIKE!

**BOOK** [www.ticketsource.co.uk/whiptoncommunityhall](http://www.ticketsource.co.uk/whiptoncommunityhall)



**SUNDAY 24TH MARCH 2024**

IN AID OF STOKE HILL COMMUNITY ASSOCIATION  
 AT ST KATHERINES PRIORY  
 ST KATHERINES ROAD EXETER EX47JY  
 11AM-3PM

**EASTER CRAFTS, CHILDREN'S EASTER TRAIL, MODEL RAILWAY AND STEAM RAILWAY RIDES IN THE GROUNDS (WEATHER PERMITTING), TOMBOLA, PRIZE DRAW**

**PLUS LIGHT REFRESHMENTS THROUGH OUT THE EVENT**



STOKE HILL COMMUNITY ASSOCIATION  
 CHARITY NUMBER 28907

**February Half Term**

**Fun science event!**

**Thursday 15th February 2024**

Whipton Community Hall, EX4 8AF

"Get crazy with chemistry and explore the magic of science through our hands-on, fun-filled workshop. Includes goodies to make and take home"

**Session 1 - 1030am - 12**  
**Session 2 - 1pm - 2.30pm**

**90 Minute workshop**

Children must be accompanied by an adult  
 Refreshments for sale

**£15 per child**

**Book now**  
[www.ticketsource.co.uk/whiptoncommunityhall](http://www.ticketsource.co.uk/whiptoncommunityhall)

**Recommended age range 5 - 11**

Any questions contact [admin@whiptonhall.com](mailto:admin@whiptonhall.com)

**Don't be lonely**

Meet new friends, be entertained  
 Tea, Coffee and Biscuits, and Lunch  
 'A friendly and welcoming atmosphere'



**Come to the Meet & Remember Club, every Thursday at 10.30 am at the Devon Yeoman Beacon Lane, Exeter**



# Full of Life

PLAY CONNECT MOVE

**ADULT SOCIAL GROUP  
WEDNESDAYS 1100-1300**

**Connect over coffee**

**Ping Pong from 12**

Everyone welcome to come along and join in the social environment. Refreshments, Board games, Table Tennis, Pool and other fun games available.

**the beacon**  
Bringing People Together

01392 327743  
info@thebeaconcentre.org

# Community Larder

**Where:**  
St Katherine's Priory, St Katherine's Road, Exeter, EX4 7JY.

**When:**  
Every Friday morning, 10 – 11am.

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

**Please bring your own bag**

Facebook: St Katherine's Community Larder  
Email: [stkatherinescommunitylarder@gmail.com](mailto:stkatherinescommunitylarder@gmail.com)  
Published by St Katherine's Community Larder c/o St Katherine's Priory, St Katherine's Road, Exeter, EX4 7JY

## CAN YOU HELP Friends of Mincinglake Park?

- Tend trees in the orchard
- Help organise the Wassail
- Provide outdoor space/water source for apple days
- Maintain membership list
- Moderate Facebook page

If so, please contact:

**f** Friends of Mincinglake Park  
**e** [mincinglakeapples@gmail.com](mailto:mincinglakeapples@gmail.com)

## NEW U8S

### WHIPTON YOUTH FC

OPEN TO CHILDREN IN YEAR 2 (YEAR 3 FROM SEPTEMBER)

All abilities welcome, All volunteers hold a valid FA DBS  
fully funded coaching opportunities available with free child place in team

**6 - 7PM FRIDAYS**  
**WILLOWBROOK SCHOOL FIELD**  
Summer Lane, Exeter  
Email - [whiptonyouth@gmail.com](mailto:whiptonyouth@gmail.com)

www.whiptonyouth.co.uk

# What's on - February 2024

## Monday:

- 9:30 - 11:30am Meet with Mummies, Whipton Hall (resumes 15th Feb, depending on volunteers)
- 9:30 - 12:00pm Nestlings (baby and new parent group), Holy Trinity Hall
- 10:30 - 12:00pm Craft and Chat, Beacon Centre. Bring your own or join in
- 1:30 - 3:30pm Young at Heart - Over 50's - Beacon Heath Church
- 1:30 - 4:00pm Whist Ride (card game), Isca Centre
- 7:00 - 9:00pm The Nest: Meno Monday (Menopause Support Group), third Monday of every month, Holy Trinity Hall

## Tuesday:

- 9:00 - 11:00am Little Bonny Faces baby and toddler group, St Boniface Church
- 9.30 - 10:30am Legs, Bums & Tums, Whipton Community Hall
- 10:30 - 11:30am Pilates, Whipton Community Hall
- 10:30 - 11:30am Over 60's Yoga, (booking required), Beacon Centre
- 4:00 - 5:30pm The Hub Youth Space, ages 11-17 (term time only), Run by Isca Youth, Beacon Centre. Drop in.
- 4:00 - 6:00pm Ecole des Loustics, French Classes for Children 0-12, Beacon Centre (booking required)
- 6.15pm Bridge Club (cards), Isca Centre
- 6:30 - 7:30pm Body Workout with Kamila, the Beacon Centre
- 7:00 - 8:00pm Mobilates (pilates class), Holy Trinity Hall



# What's on - February 2024

## Wednesday:

- 9:00 - 11:00am Little Bonny Faces baby and toddler group, St Boniface Church
- 9:30 - 12:00pm Painting for Pleasure, Whipton Hall
- 10:00 - 12:00pm Community Coffee Morning, the Star Inn, Whipton
- 10:00 - 12:00pm Foodbank (referral only), Beacon Centre
- 10:00 - 11:00am Better Back Workshop, Holy Trinity Hall (February only)
- 11:00 - 1:00pm Full of Life - Beacon Centre - chat, table tennis, refreshments
- 2:30 - 4:30pm School Run Cafe, St Boniface Church
- 5:00 - 7:00pm Evening meal, Isca Centre
- 5:45 - 7:15pm - Ways to Fitness, Holy Trinity Hall
- 7:00 - 9:00pm Old Wyvern Workshop, the Beacon Centre (alternate weeks)

## Thursday:

- 9:00 - 11:00am Music with Mummy, ages 0-5, Beacon Centre (booking required)
- 9:45 - 11:15am Tadpoles play group, Isca Church, at the Beacon Centre (term time, drop in)
- 10:00 - 10:30 Twirly Tots Dance Class (term time only), Whipton Hall
- 10:30 - 2:00pm Meet and Remember Club, The Devon Yeoman pub
- 10:30 - 12:00 Drop-In Community Cafe, Beacon Heath Church
- 1:00 - 2:30pm Whipton Warm Spaces Community Cafe, St Boniface Church
- 5:00 - 7:15pm Taekwondo (all ages) Whipton Hall
- 6:30 - 7:30pm Body Workout with Kamila, Beacon Centre
- 7:30 - 8:30pm Yoga with Anouska, Beacon Centre
- 6:45 - 9:00pm Bingo, Isca Centre

# What's on - February 2024

## Friday:

- 8:30 - 9:30am Simply Fit classes, Holy Trinity Hall
- 9:30 - 11:30 Meet with Mummies, Whipton Hall (resumes 15th Feb, depending on volunteers)
- 9:30 - 1:30pm Spinning Top Toy Library, Beacon Centre
- 10:00 - 11:00am Community Larder, St Katherine's Priory
- 10:00 - 2:00pm Community Cafe, St Katherine's Priory
- 10:00 - 12:00pm Community Cafe - drop-in, Beacon Centre
- 10:00 - 12:00pm Foodbank (referral only), Beacon Centre
- 12:00 - 3:00pm Lunch Club, Isca Centre. All welcome.
- 1:30 - 4:30pm - Tribe - Home School Social, ages 11-17, Beacon Centre (Booking Required)
- 12:30 - 2:30pm Community Garden Group, Beacon Centre
- 4:30 - 5:30pm, Football Academy, mixed, ages 11-16, St James' School astro pitch.
- 6:00 - 7:30pm Launch Pad, Children's Open Group, Willowbrook School (term time)
- 6:00 - 7:00pm Under 8's Whipton Youth FC, Willowbrook School

## Saturday:

- 9.45 - 1:00pm Messy Church - Vineyard, every second weekend of the month, Beacon Centre.
- 10:00 - 12:00 Soundwaves music making - learning difficulties group, Beacon Centre (booking required)
- 11:00 - 2:00pm, Craft 'n' Chat, St Katherine's Priory (first Saturday of the month)
- 1:30 - 4:30pm Knit and Knatter, Beacon Centre



## Contact Details of Venues

Whipton Hall  
Email: [bookings@whiptonhall.com](mailto:bookings@whiptonhall.com)

The Beacon Centre  
Email: [info@thebeaconcentre.org](mailto:info@thebeaconcentre.org)  
tel: [01392 204979](tel:01392204979)

St Boniface Church and Holy Trinity Hall  
Email: [info@whipton.church](mailto:info@whipton.church)

The Isca Centre  
tel: [01392 265840](tel:01392265840)

The Devon Yeoman  
tel: [01392 273493](tel:01392273493)

Beacon Heath Church, King Arthur's Road  
email: [beaconheathchurchtribe@gmail.com](mailto:beaconheathchurchtribe@gmail.com)

Willowbrook School:  
tel: [01392 466208](tel:01392466208)

The Star Inn, Whipton  
tel: [01392 466128](tel:01392466128) / [07497578661](tel:07497578661)

St Katherine's Priory  
[07467 079452](tel:07467079452)

[ISCA Church](http://iscachurch.org.uk)  
[office@iscachurch.org.uk](mailto:office@iscachurch.org.uk)

## Get in touch!

Sarah Spencer

 [mincinglakewhiptoncb@eci.org.uk](mailto:mincinglakewhiptoncb@eci.org.uk)

 [07720397937](tel:07720397937)

 [www.communitybuilders.eci.org.uk](http://www.communitybuilders.eci.org.uk)

 Amy Jones CB Mincinglake & Whipton



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