



Newtown and St Leonards Community Builder Newsletter May 2020

Hello, I hope this latest newsletter finds you well. If you are a St Leonards resident, did you see the articles in the Neighbourhood News written by local residents Josh, Maisaa and Gemma? Weren't they great? I am sure you will agree that the SLNA and its deliverers have done a brilliant job in getting it to our doorsteps. I read in the newsletter that Marlborough Road residents have been singing the 'NHS Anthem' on a Thursday evening! My Wellbeing Exeter colleague Andy also wrote an article on keeping active and local Yoga teacher Wendy Reynolds on staying positive which is important right now. I include some of Wendy's tips in this newsletter.

Following feedback from two of the Guinness Independent Living Advisors, I have produced an offline version of my previous newsletter. Local resident Aimee Hall has devised a crossword and quiz for this. If you know of anyone who would like a copy please get in touch.

Following the Five Ways to Wellbeing: Connect; Be Active; Keep Learning; Help Others and Take Notice, may require a little more creativity than usual and some will be easier to follow than others right now. There are lots of suggestions within this newsletter to support both our mental and physical health.

My colleague Josh, shared the following on his Facebook page and I would like to share it with you to see what your thoughts are:

"What are you passionate about seeing happen now and after the coronavirus situation ends? In many areas of Exeter, there is a continuing strong movement towards all that is local. Part of this has been looking after people who live around us. They might have been strangers living near us beforehand, but now we see them more clearly as our neighbours, or even as new friends. There's also been some more use of local assets concerning food. It's not just about using the most local shop for food, but also about people shopping for, or sharing their excess food with others. In any case, a question that has come up in light of all of this: What do we really want going forward? Perhaps now is the best time to reflect and think about what we really want to see now and after lockdown in Exeter, in our neighbourhoods - while many of our normal routines have been put on hold and we're still finding our feet. Less traffic? More street play? More street parties? More sharing of local news and useful information?"

Please get in touch if you would like to discuss your ideas to connect people at this time. Photos of your VE day celebrations or anything else you would like to share with us would be great but please check with others, if applicable, if they are happy for you to share.

Look after yourself

Jayne

Jayne Leaver, Community Builder in Newtown and St Leonards

Tel: 07933 776 210 Email: <mailto:newtownstleonardscb@gmail.com>

Facebook: <https://www.facebook.com/CBNewtownStLeonards/>

Find out more about Community Builders: <https://www.wellbeingexeter.co.uk/community-building/>

Keep up with local community news: <https://newtowncommunity.org.uk> and <http://www.slna.org.uk/>

Community News

Wellingtonia Park residents are planning a safe doorstep street party / drink to celebrate the 75th anniversary of VE day. Some residents are planning a treasure hunt for people to take part in during their daily walk.

Sonya Ellis has set up a **sports/games equipment library in St Leonards**. St Leonards residents can hire equipment from Sonya for a period of 24 hours. Further details on this can be found via the Newtown and St Leonards Facebook Group. Tel. Sonya Ellis: 07745616852 sonyaellis2@gmail.com

Supporting Local Businesses Newtown residents Beryl and Caroline are mapping businesses in Newtown and St Leonards. Local business Pickle and Plot produces homemade preserves <https://www.facebook.com/PickleandPlot> and Lynne from So To Felt <https://www.facebook.com/sewtherelynne/> makes felted creatures and sells the raw material for you to have a go. You can contact Lynne through the FB page for a price list. To add your business please email: <mailto:nsldirectory@gmail.com>

Jigsaw Puzzles are needed please for a mobile puzzle library to help promote wellbeing in older adults self isolating alone. If you have any puzzles to donate, in particular Large Format puzzles would be most welcome, please contact Chloe: Email: Chloe.Burrow@guinness.org.uk Mobile: 07458 030 524

St Matts, St Leonards and Belmont Church are currently holding their Sunday services online.

Newtown Community Preschool has been sharing ideas to support young children's learning and prepare them for school <https://www.facebook.com/Newtowncommunitypreschool/>

Salvation Army Guides and Rangers are still meeting via Zoom. If any girls between 10 and 18 years would like to join them (the units usually meet at the Salvation Army at Friars Gate) their parents or carers should phone Sarah on 07550 094560.

Art Packs Older or vulnerable self isolating residents in the area have enjoyed the art packs put together by Zoe and Sophie of Art Club Exeter. Art Club Exeter is also making headbands for the NHS and care homes. They would love some child friendly fabric for pediatric wards and some old magazines for their art packs. If you can help please contact Sophie: artclubexeter@gmail.com Local resident Jane Tymkow has been busy helping with this (see photo below).



Sandford Walk residents have been working on their community garden (see photo above). Residents have continued with their socially distanced workouts and are now working on their community garden (see photo above). Libby will be running a live stream of her street's workout for you all to join in from tomorrow at 1pm. She says:

One of the silver linings to come out of lockdown has been the community spirit and support that has been demonstrated from the tiny remote villages to the terraced streets to the high rise blocks. People who may never have exchanged words before are now asking "How are you?" and what's more is that they genuinely mean it.

Since lockdown began, I have started a doorstep workout on my street - I used to know 2 people on my terraced road, now we all have an active whatsapp group and I instruct a live workout class twice a week where we all workout at a safe distance on our doorsteps and every single house has joined in - from 3 years old to 75 years old, from all walks of life. We are together.

To mark the 75th VE Day tomorrow (Friday 8th May) I would like to connect streets and communities all over the UK and beyond to join a live street workout. I will be live streaming the workout on facebook and instagram and would love to see as many people as possible join in from wherever they are. I am contacting friends of mine to be ambassadors and instruct the workout from their streets to help or you can access the live stream via facebook at <https://www.facebook.com/dnbhiitthefloor/> or via instagram at @dnb_hiitthefloor

This is completely free - although if you would like to donate to any of the charities below, that are particularly close to my heart, that would be great:

<https://www.endometriosis-uk.org/donate>

<https://www.womensaid.org.uk/donate/>

<https://www.hospiscare.co.uk/donate>

I hope to see lots of you joining in and if you do fancy sharing any pictures or videos please tag me so I can see!

Stay safe.

Libby (DnB HIIT the Floor)

On **Clifton Street** with the support of the ECC Housing Officer, residents have also started to garden.

Are you planning any VE Day Anniversary celebrations? This is a photo of VE day celebrations in **East John Walk** (photo Terry Baker, Exeter Memories).



I love this tribute to keyworkers - thanks to Pauline for sharing.



Tips for positivity and de-stressing - Wendy Reynolds, Yoga in the Garden

A sound sleep routine will help to keep our mental health in check. If you struggle to sleep, try cutting down on alcohol, eat earlier and avoid screen time at night. Try listening to calming meditation before bed.

A smile costs nothing and has been proven to spark those happy hormones thus lowering our heartrate and stress levels. A smile is also highly contagious: that smile could save someone's day.

Carry out some simple calming breathing exercises. Here is an example: Sit or lie comfortably with a straight spine or back. Gently close your eyes, if it feels comfortable, and breathe in and out through your nose. Breathe in for a count of four, pause briefly, and breathe out for a count of four. Continue this practice for as long as you like, perhaps lengthening your count gradually, if it feels comfortable. Your breathing should never feel forced or strained.

When you are ready to continue your day, slowly start to take deeper more intentional breaths and make a few stretches with your body. Spend a moment in stillness, perhaps sitting upright again whilst you mentally return to your surroundings. Repeat to yourself three times, 'I am calm, I am capable'

More information can be found on the Yoga in the Garden Exeter Facebook Page or on YouTube. Wendy has also recorded a Yoga session for families.

Thanks to Wendy for sharing these tips.

Stay Connected and Updated

This is a difficult time for us all, but it may be particularly so 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: <https://www.facebook.com/groups/412669522480320/>

Newtown and St Leonards Community Builder Facebook Page: <https://www.facebook.com/CBNewtownStLeonards>

Newtown and St Leonards Community Facebook Group: <https://www.facebook.com/groups/NewtownStLeonards/>

Newtown Community Association Website: <https://newtowncommunity.org.uk/>

Newtown Community Association Facebook Page :
<https://www.facebook.com/NewtownCommunityAssociationCommunityEvents/>

St Leonards Neighbourhood Association Website: <http://www.slna.org.uk>

Exeter Library chats: <https://www.facebook.com/ExeterLibrary/>

Nextdoor is an online neighbourhood hub for connections and exchange of information, ideas, groups and services:
<https://nextdoor.co.uk/>

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

Facebook Group for Grosvenor Place and bordering roads: <https://www.facebook.com/groups/556275381563312/>

There is also a Newtown Whatsapp group that has recently formed. You may know someone who is part of this group who is able to add you, otherwise, please get in touch with me by email if you would like to be added to this group and don't forget to include your mobile number.

Call a friend, family member or neighbour.

Skype or Zoom are ways to set up meetings with others or chat with friends or family online.

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: <https://www.androidcentral.com/how-set-and-start-using-whatsapp-android>

DIRECTORY

Shops, Pharmacies and GP Surgeries

MAGDALEN RD SHOPS

St Leonards Bakery open 8am – 2pm Monday to Saturday and online orders on their website or tel 01392 276 113
<https://stleonardsbakery.com/>

Gibsons Plaice Fishmongers open Monday to Friday until 2pm, Saturdays until 1pm. Contactless payment preferred. Local deliveries Wednesday to Friday. Telephone 01392 495 344

St Leonards News is open every day until 12noon. Magazines and newspapers can be delivered.

Lloyds Pharmacy, check website for latest hours <http://www.lloydspharmacy.com>

Grocer on the Green

Email an enquiry/ order to new email: gogdeliveries@gmail.com OR try calling Dan (PLEASE DON'T TEXT!) 07926717648. Make sure you give Dan the following details: Full name; Address; Contact number; Ideal delivery day; (he can't guarantee but will try!), Exact detailed list of items including quantities.

Ben's Farm Shops is open and offering click and collect <https://bensfarmshop.co.uk/>

Budgens is open as normal.

Bon Gout Delicatessen is open Thurs, Fri and Sat 9-1.30 and providing a local delivery service every Wednesday <https://www.facebook.com/bongoutdeli>

OTHER

Find out the latest dedicated supermarket opening hours for older and vulnerable people and NHS staff: <https://priorityshoppinghours.com/>

Information on shops and other businesses offering food deliveries:

<https://www.lockdownexeter.co.uk/groceries.html>

Free food: Exeter Mosque and **Exeter Communities Together** are offering **free cooked meals** for those that are in need of it. See the Facebook pages for further information. The **Community Larder** is a joint effort between Pennsylvania Good Neighbours and Stoke Hill Community Association and is open to anyone in need (no geographic restrictions, no referral or voucher currently required and free). It is open on Mondays and Fridays 10am - 12noon for food and some basics for local people at this difficult time. See poster towards the end of this newsletter.

Saunders Shop in Clifton Road, Newtown 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 e-mail, 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 and 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.

St Leonards Pharmacy <https://www.facebook.com/St-Leonards-Pharmacy-Exeter-314019435798149/>

Message from the pharmacy: Open BH Friday: 4pm until 7pm. Saturday: 7am until 8pm Sunday: 9am until 4pm then back to normal hours. REMEMBER: If you get caught short, run out of meds or your repeat prescription isn't sent over, please contact NHS111 on (you guessed it) tel: 111. Tell them what you need and they can email a prescription over to us. Tel 01460 242269

Barnfield Hill Surgery Website <https://www.barnfieldhillsurgery.co.uk/>

St Leonards Surgery FB page <https://www.facebook.com/Stleonardspracticeexeter/>

Southernhay House Surgery Website <https://www.southernhayhousesurgery.co.uk/>

Things to do at home

Here are some ideas for supporting your wellbeing and keeping yourself and your family entertained at this time.

ARTS AND CULTURE

Watch a different **National Theatre play** every Thursday, free to stream on YouTube.

Gareth Malone's Virtual Choir <https://www.facebook.com/garethmaloneofficial>

RAMM@Home: a new weekly creative challenge. Each Friday is a new challenge for the week: www.rammuseum.org.uk/getting-involved/rammhome/

BE CREATIVE

Art Club Exeter is offering activity ideas: <https://artclubexeter.wordpress.com/>

Exeter Craft Hub Workshops: <https://www.facebook.com/exetercrafthub/>

Cook and Bake Exeter: New Facebook Group for people to share recipes, photos of their culinary creations and ask questions: <https://www.facebook.com/groups/562444764385018>

Cooking on a budget https://www.bbc.co.uk/food/collections/budget_dinner_recipe_and_ideas

Keep Cooking & Carry On: Jamie Oliver's Self-Isolating cooking shows with tips and hacks tailored to these unique times we are living in: <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on>

Kirstie's Keep Crafting and Carry On: <https://www.channel4.com/programmes/kirstie-keep-crafting-and-carry-on>

FAMILY

Action for Children – lots of fun and creative ideas: <https://www.actionforchildren.org.uk/support-for-parents/things-to-do-with-your-child/>

Free Online Book – **Corona-Virus Explained for Kids** (illustrated by Gruffalo illustrator): <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Devon Family Resource Toolkit This toolkit offers advice, activities and resources to help you support your family's wellbeing throughout a period of self-isolation. <https://familyresource.eci.org.uk/toolkit-for-families-in-isolation/>

Family Lockdown Tips and Ideas Facebook group.
<https://www.facebook.com/groups/871176893326326/>

Booktrust – fun reading for kids: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

Merry Go Round Toy Library regularly shares ideas for family activities.
<https://www.facebook.com/merrygoroundtoylibraries/>

LEARN

Future Learn Courses: Fab, free university level courses online: <https://www.futurelearn.com/>

Open University Free Online Courses: <https://www.open.edu/openlearn/free-courses/full-catalogue>

Learn a new skill: YouTube has many excellent tutorial videos for beginners from dancing to drawing.

Colab Free Online Wellbeing Course: Flourish: <https://www.colabexeter.org.uk/coursefocus/Flourish/60>

PHYSICAL ACTIVITY

Active Exeter - **ideas for keeping active:** <https://www.facebook.com/exetergetactive/>

Joe Wicks **10-minute home workout for older folk.**
https://www.youtube.com/watch?v=A2wp8lpxn9s&fbclid=IwAR1eo7fxzM1DIYHMA9nexwxywiWbU-BuKXjmDmbWXHVv5MO316g_mnS9xjg

Vibes Dance Company Free Online Workouts: <https://www.facebook.com/VibesDanceCompany>

One of the teachers at St Leonards School is offering **PE sessions online**:
<https://www.youtube.com/channel/UCVEGb4bj6FV1B0ZmeOPeHIw/featured>

Yoga: <https://www.facebook.com/yogainthegardenexeter>

Move It or Lose It: live online session: Monday to Friday at 2.30pm: aimed at the over 60s to help maintain and improve muscle strength and balance: <https://www.facebook.com/groups/2283788355273374/> (previous sessions can be viewed at other times by searching for Move it or Lose it! on YouTube).

OTHER

Follow Ebdons Refreshments on Facebook for details of their next fab **online live quiz**:
<https://www.facebook.com/ebdonsrefreshments>

Exeter Library has lots going on including **story time, language café and Fab Lab sessions**. See its Facebook page for details: <https://www.facebook.com/ExeterLibrary/>

Daily Calm: 10 minute mindfulness meditation: <https://www.youtube.com/watch?v=ZToicYcHI0U>

How to Support **Good Nutrition** during this time <https://www.rdemembers.com/how-to-support-good-nutrition-and-diet-during-the-covid-19-pandemic/>

Information and Support

DOMESTIC VIOLENCE AND SAFEGUARDING SUPPORT

Domestic Violence support: Refuge <https://www.refuge.org.uk/> Phone: 0808 2000 247 (24-hour helpline)

Domestic Violence support: Splitz Devon Helpdesk: Team available 9.30 am – 4:30 pm. Tel: 0345 1551074

Safeguarding - 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.

FAMILY

See also mental health support for young people in the section below - YMCA, YoungMinds and The Wave Project.

Devon Family Resource is a project of Exeter Community Initiatives and have made this video to support families at this time, this particular one is about **educating children at home**:
<https://www.youtube.com/watch?v=WQk2eMpTK54>

Pregnancy Support: Nest SW CIC: weekly pregnancy support group meets every Friday evening at 6.30pm on zoom. It's free for all. <https://www.facebook.com/events/140535787400059/>

BME Community: Hikmat Devon is offering a variety of online social sessions, family events, exercise sessions, sending out activity packs to families etc etc. Keep up to date here: <https://www.facebook.com/HikmatDevonCIC/>

Mind the mental health charity Chatty 10: a chat line where you can chat for 10 minutes Mon-Fri 9-5pm Tel: 01752 512280 <https://www.mind.org.uk/> Tel 0300 123 3393

The Samaritans Exeter: Tel 0330 094 5717

YoungMinds: <https://youngminds.org.uk/> 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)

YMCA – Children & Young People Wellbeing Service: offering support to young people with low mood, anxiety and behaviour issues (although this later element is most aimed at parents of primary age children). Temporary virtual Zoom call being offered at present. <https://www.ymcaexeter.org.uk/cwpwellbeing/>

The Wave Project: Mental Health Support for Young People

Activities Book: <https://www.waveproject.co.uk/wp-content/uploads/2020/04/Activities-book-6.pdf>

Wellbeing Pack: <https://www.waveproject.co.uk/wp-content/uploads/2020/03/Wellbeing-pack.pdf>

Bridge Collective: offering a calendar of online opportunities: <http://www.bridgecollective.org.uk/whats-on/whats-on-current/>

Mental Wellbeing while being at home: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Recovery Devon – access to info and videos and also the Recovery Devon Diaries:

<https://www.facebook.com/RecoveryDevon/>

Time to Talk: support for people who have a long term health condition or disability

– <https://www.livingoptions.org/support-help/time-talk>

NHS booklet - Dealing with uncomfortable thoughts and feelings': <https://somersetwlc.co.uk/wp-content/uploads/2019/09/Dealing-with-Uncomfortable-Thoughts-Feelings-Booklet.pdf>

OTHER INFORMATION AND SUPPORT

EcoE Healthy Homes (Energy): Offering a range of services including phone energy advice, emergency support, practical support etc: <https://www.ecoe.org.uk/healthy-homes-wellbeing/>

Devon Libraries has expanded its range of eBooks, eAudiobooks, eMagazines and online resources to ensure that they are widely available during school and library closures:

<https://www.devonlibraries.org.uk/web/arena/catalogue>

Chat Health: you may have health and wellbeing concerns about yourself or a family member and be unsure how to get the help you need. <https://chathealth.nhs.uk/>

Older people Age UK Exeter <https://www.ageuk.org.uk/exeter/> Tel 01392 202092.

Relate <https://www.relate.org.uk/> The UK's largest provider of relationship support.

NHS Website <https://www.nhs.uk/conditions/coronavirus-covid-19/>

UK Government Website <https://www.gov.uk/coronavirus>

Community Support Group Map: DCC: <https://www.devon.gov.uk/communities/support-groups>

Grants and Funding Information: <https://www.devon.gov.uk/coronavirus-advice-in-devon/document/grant-and-funding-support/>

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
(registered charity: 283907)

Facebook: **St Katherine's Community Larder**
Email: stkatherinescommunitylarder@gmail.com

Poster design by Rachel Currie (Potsloe area)



Pennsylvania Good Neighbours



Newtown Assistance Group

If you live in Newtown and need some support during this time, we can match you with a local resident to help with:

- Shopping
- Dog Walking
- Friendly Telephone Chat
- Prescription Collection

Contact us by email:

Newtownassistgroup@gmail.com

or call the Exeter City Council

Wellbeing Hotline Number: 01392 265000

To receive a digital community newsletter with local news and information and ideas how to stay active / occupied at this time, please email Jayne (Community Builder): newtownstleonardscb@gmail.com
T. 07933 776210 or see the Newtown Community Association Website.

COMMUNITY HELP IN ST LEONARDS

The SLNA has been contacted by many kind people who are prepared to help others in these difficult times. We therefore have a list of people willing to help people in need.

HOW WILL IT WORK?

If you, or anyone you know of, is isolated and unable to get out of their house please contact the SLNA and we will put you in touch with a volunteer who will hopefully be able to help you.

The shops in Magdalen Road which supply essential daily items are doing their best to stay open and comply with the government advice over social distancing, we should help them with our custom as much as we can.

WHAT SORT OF HELP?

Shopping for essentials; just a chat; how to use computer systems to help reduce isolation; advice or where to get advice. This service is for people who are isolated and can't get out.

CONTACTS

The SLNA website has a dedicated page of useful links for information: www.slna.org.uk

An email address: stleonardsnassoc@gmail.com

A phone number to contact the SLNA 01392 274667

