



Hello from Maisaa!



Welcome to St Leonards & Newtown Winter update.

I have enjoyed carrying on the connections from Jayne and supporting the newly formed groups and ideas.

It has been a pleasure to meet so many people in St Leonards and Newtown already.

I joined the Newtown Resident Association café few times, Mount Radford pub café' and Magdalen Road fair which all have great social aspects and ideas to connect the community together.

Best wishes

Maisaa

Maisaa Sweid

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**Working in partnership
with Wellbeing Exeter**



Resident ideas

Listening is an important part of a Community Builder's work. Here are some ideas residents recently had.

Inviting residents to plant and connect around their neighbourhood.

Take the initiative to litter pick around where you live.

Regular coffee meeting for residents in their street.

Community painting a mural on unpleasant looking wall with a local artist.



A Generous Gift equals 600th Bike!



Exeter-based charity 'Ride On Cycling for All', is delighted to be gifted a Voodoo Mountain bike making it the 6000th bike donated since the charity was formed David explains: "I've been riding motorcycles since I was 17 and following my stroke was devastated when I had to give up my beloved motorbike which was a limited-edition Café Racer. My mountain bike has been sitting unused in a neighbour's garage for the last year because I no longer have the strength in my left arm to ride it safely so I thought it was time to donate it to someone who would benefit, and I was delighted to hand it over to Will Page who heads up this wonderful local charity."

To know more about ride follow the link:

<https://rideoncycling.org/>



Clifton Street Community gardening and get together



The conversation started between Debbie a resident in Newtown, Jayne and myself. We talked about clearing brambles from then neglected green space around Clifton street car park. We wanted to invite the community to plant there as a way to socialise and turn it into a beautiful, wildlife friendly space for everyone to enjoy.

So far, Debbie has managed to clear the area with good gym, we got together with some residents to plant bulbs and invited Emily from Devon wild life trust to give us some advice. On the day Ross who lives in the area built a leaves compost with his skilled hands and Debbie brought so many bulbs to plant.

Emily and her team liked the idea of looking after the little green spaces in Newtown and connecting the community together at the same time. They offered us a grant to help with that. The great news is that they will order what we need and we will invite the neighbourhood for a planting and connect event to talk about the possibilities of doing the same in other areas. Also I connected Emily to Newtown school to help them get some shrubs and bulbs for their garden.

We have Clifton Street Area WhatsApp group now, if you like to join please let me know. On the other hand if you like gardening and would like to join a group, please contact Judith: richardson.dawes@btopenworld.com

They meet every Thursday 10.30 - 12.30 at the middle of Clifton road.

Take part in the Big Spring Sow

Free wildflower seed for Exeter Communities

Get together with your neighbours, colleagues or community to create a wonderfully wild wildflower patch or get your street buzzing with mini meadows in pots and window boxes!

1



Pick up your big spring sow pack

Found the spot for your mini meadow and have people ready to help, fantastic! Come and chat to Emily at one of our Big Spring Sow hubs to pick up your free pack!

Friday 2nd February 2pm to 4pm
at Devon Wildlife Trust, Cricklepit Mill, Commercial Road, Exeter, EX2 4AB

Friday 16th February 10am to 1pm
at Devon Wildlife Trust, Cricklepit Mill, Commercial Road, Exeter, EX2 4AB

Sunday 18th February, 10.30 - 2.30
at Exeter Seed Bank's Seed Swap, Positive Light Projects, Sidwell Street, Exeter EX4 6RD

2



Create your community meadow

Grab some spades and get together with your community for a meadow sowing party!

No space to make a meadow? Why not plant up some window boxes in your street instead?

3



Share your story

Share your story, through photos, videos, recordings or any creative means with Devon Wildlife Trust to inspire others to join in.

Nextdoor Nature



Networking Event

**EXETER LIBRARY,
Castle Street,
EXETER
EX4 3PQ**

We want to take some time to celebrate all the amazing work you do within your communities and support you to network with those in similar roles to you, or those who you may want to ask questions of in regard to your role within the community.

**Friday 1st March
10am - 12 noon**

No need to book, just come along!

Facilitated by:
the 0-2 Community Action Team,
Devon Children's Centres,
Action for Children

For more information please email:
communityaction@actionforchildren.org.uk



The Breathe Collective – Breathe Out Pilates

Tuesdays Thursdays & Fridays

County Hall & Rivermead Road

For more information and online booking

www.thebreathecollective.co.uk



'Refocus Restore Resolve' Course starts Jan 2024

6-weeks of Pilates sessions designed to reflect on your progress, restore following the holiday season and make positive resolutions going forward into the New Year. Start as you mean to go on!

Classes led by Ali Registered Physiotherapist and Pilates Teacher

Contact: email: Ali@thebreathecollective.co.uk/Tel: 07905988509



The Breathe Collective – Breathe Rehab Neurological & Senior Rehabilitation and Classes

At home 1:1 therapy by appointment.

Rehabilitation Classes Friday 10am County Hall – *initial assessment required prior to joining the class. Class starts Jan 2024 – book now to secure your place.



Classes and therapy led by Ali Registered Physiotherapist and Pilates Teacher

More information at

www.thebreathecollective.co.uk

Contact: email: Ali@thebreathecollective.co.uk/Tel: 07905988509

Exeter Seed Swap

Sunday 18th February 2024, 10.30am - 2.30pm
Positive Light Projects, Sidwell Street

Get inspired for the growing season!

Have you got seeds to spare that are within their use-by date?
Why not swap your seeds for something else?
No seeds to swap?
Come along & pick up some seeds to start your growing journey.

FREE ENTRY & FREE SEEDS
Donations are welcome

Homemade
cafe, plants &
activities

Organised by



Supported by



Hosted by



WEEKLY COFFEE & CHAT

Come and enjoy a conversation and hot drink in a friendly environment to socialize and improve your English communication skills.
All Welcome!

WHERE?

St Sidwells
Community Center



WHEN?

10:30 - 12:00
Every Monday



FIND OUT MORE FROM COMMUNITY BUILDER MAISAA

✉ duryardandstjamescb@eci.org.uk

☎ +44 (0) 7746 472 581

fb facebook.com/duryardstjames.cb.5



WELLBEING
EXETER



QIGONG

@ St Sidwell's Community Centre

email: volunteer@stsidwells.org.uk

15 SPACES
AVAILABLE



FREE 8 WEEK PROGRAMME STARTING JANUARY 27TH
EACH SATURDAY 11:00 - 12:30PM

Improve balance, breathing, strengthen muscle, and improve bones and tendons.

WARM SPACES SCHEDULE

Monday to Friday 2 - 4pm
Free tea & coffee available

MONDAY	TUESDAY
Cookery Sessions: Each Monday we will be hosting a cookery session for up to 8 people. Keep an eye on our website or speak with a member of staff for more information.	Film Showing: Every Tuesday we will be showing a new film. If you have a film in mind that you would love to watch then please get in touch and let us know.
WEDNESDAY	THURSDAY
BSL / Craft Sessions: Join us for an afternoon of getting creative and having fun. (BSL) learn some British Sign Language or join in with an arts & crafts session.	The Sid's Drop-in: We can help with many things during these sessions, including wellbeing support, job searching, signposting, plus much more!
FRIDAY	
Board games Afternoon: Come along and join in with our weekly board games afternoon. With a variety of games from Mahjong to Jenga. Donations are always welcome :)	



WELLBEING
EXETER

Social Cafe's St Leonard's & Newtown

- Christadelphian Church, Heavitree Road, 10.30am to 12noon. Donations welcome for local charities. Thursdays following the 1st and 3rd Sunday of the month. 01392 211 545
- Wellbeing Cafe' at Belmont Chapel. 10am to 12noon. Free. Second Friday of the month. 01392 258 029
- Coffee Connection at the Mount Radford, Magdalen Rd, fortnightly Monday 12noon_1pm. Next meeting is 12th of February. A friendly group of local residents. 07933 776 210.
- Newtown Community Association Social Cafe' at Newtown Community Centre, Belmont Park, 1.30pm to 3pm. £2 suggested donation. Third Friday of the month. manager@newtowncommunity.org.uk
- Young at Heart, St Sidwell's Community Centre, Sidwell Street. A social group for the over 40s with local visits and guest speakers, Fridays, 1.30pm-3pm. £2 01392 666 222
- Weekly Coffee and Chat, provides an opportunity for non-native speakers to improve their English speaking skills. St Sidwell's Community Centre. Mondays, 10.30am to 12noon. Contact Maisaa: 07746 472 581.
- Tuesday Club for retired folk at Belmont Chapel, Western Way. Activities and lunch, £4. Term time. To find out more and book: 01392 258029
To avoid disappointment, check with the organiser before heading out

Get in touch!

Maisaa Sweid

✉ newtownstleonardscb@eci.org.uk

☎ 07746472581

🌐 www.communitybuilders.eci.org.uk

📍 CB Newtown and St. Leonards

