

Pennsylvania

News from your Community Builder - JULY 2021



Community Builder News

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- Useful information

Welcome to the Summer Edition.

Post lockdown, there is lots to look forward to in the summer ahead- catching up for lost time with family & friends, reconnecting into to local groups, events & activities and exploring ideas for your neighbourhood.... If you'd like to find out about any local activities that you used to do prior to lockdown than do get in touch to hear what has restarted in the neighbourhood. Community centres are starting to revisit plans and open up fully and are very hopeful events will go ahead in the forthcoming months The pace may have changed and some groups may need more support to get things going again- there are always opportunities to get involved and this is a brilliant way to make new friends and try something new.

Many people have said that they feel safer outside and reflecting on my recent Pop Up Listening's when out and about- liked light touch ideas like picnics in the parks, or a cuppa in a neighbours garden which are all lovely way to connect. It may be that your street have an idea they'd like to explore. Do get in touch if you'd like a chat.

Contact Details:

Ebbie Peters

Email -mountpleasantcb@eci.org.uk

Telephone: 07516 692 583

Facebook: [ebrelpeters](https://www.facebook.com/ebrelpeters)

You can contact me by email, phone or message me on Facebook. I would love to hear how you feel about your neighbourhood and what would make it a better place to live.

As Community Builders -Our role is to connect people, raise awareness of what's happening locally and we can support residents if they have an idea for their community.

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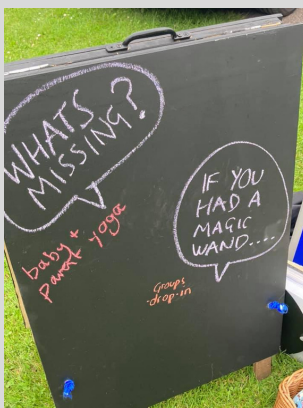


Reflections from the community

Listening Pop Up Events offer opportunity to listen to local residents.

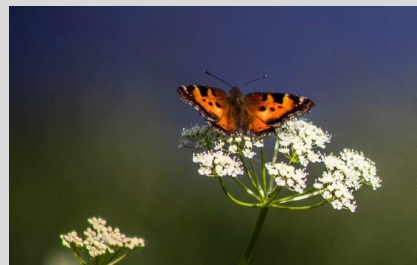
I was chatting to a volunteer at the community larder the other day, she was sharing her ideas for what she like to see in the Priory Grounds. As she normally goes to yoga classes, she shared a lovely story about how uplifting it is to exercise outside and would love to see some open air yoga or even tai chi , maybe when the community cafe is on so this would make it easy for people to connect to it. I said I'd share the idea and keep talking about it to see if others are interested. It may be that if there is a handful that like the sound of this that it could happen.....

If you'd like to chat/explore an idea do get in touch



WILD PENNSYLVANIA- I have been chatting to a couple of residents who are passionate about wildlife, they'd like to form a wildlife group, a way to discover wildlife in the area, connect to green spaces, celebrate & preserve what's on our doorsteps. And share skills together- nature spotting and learning together..... They have asked me to share their great idea on social media to see if others might also be interested??

They are keen to meet others to share ideas and knowledge, and to explore more of our local wildlife.



LOCAL UPDATES

It's been a busy few months down at St Katherine's Priory, the little steam train and the new outdoor track is nearly ready to go, there's been parent and toddler singalongs on Friday mornings and watercolours on Monday.

Conversations have begun about the history of the Priory and there are hopes this will evolve. Watercolours lead by local residents has proved popular on Mondays and the Community Cafe had been really thriving- with lots of delicious food on it's menu. The brilliant team of volunteers at the Larder have been busy adapting to new space and are doing a cracking job.

Drop into the Priory Community Cafe on Friday from 10am- 30th July for a free clay workshop with Burn the Curtain helping to make clay nuns for a community project that celebrates the history of St Katherines and the surrounding area.

Now preparations are under way to welcome back old groups as activities in the main hall stars to resume.

An Open Day is planned for Saturday 14th August 10-3pm.



A colorful poster for a Summer Open Day. At the top, a banner reads "Saturday August 14th 10-3pm". Below it, the event title "Summer Open Day St Katherine's Priory" is written in pink. The Stoke Hill Community Association logo, featuring a tree and the text "Stoke Hill Community Association", is centered. To the left, activities listed include "Lawn Games", "Train rides", and "Grand Summer Raffle". To the right, "Light Refreshments" and "Home made cakes" are listed. A green call to action says "Come and help celebrate the Opening of this fantastic Community Space." At the bottom, a red bar contains the Facebook icon, "St Katherine's Priory", the address "St Katherine's Road, EX4 7JY", the website "www.stkatherinespriory.co.uk", and the charity number "283907". A small watermark "Made with PosterMyWall.com" is visible.



STOKE HILL COMMUNITY ASSOCIATION

This is a particularly important AGM as there are specific roles (Chair, Secretary and Treasurer) that must be filled for SHCA to be able to continue and two of these roles fell vacant in 2020 and are currently filled on an interim basis. Please think if you might be able to fill one of these roles, The future of SHCA is at risk if we are unable to fill these roles.

There are also a number of other roles that contribute to the running of SHCA and St Katherine's Priory and we would love to have more helpers on the team.



On Friday 17th
September 2021

**Annual
General**

at St Katherine's Priory,
off St Katherine's Road,
EX4 7JY

Come and join us as we review the year(s),
welcome a new committee
and discuss our future.

Doors open at 7.30pm, refreshments available, AGM

Stoke Hill Community Association

(registered charity: 283907)

YOU CAN HELP

Polsloe Community Association are a group of volunteers who put their heads together, look at local concerns, organise lovely free events for everyone to enjoy and generally do a little bit to make Polsloe an even better community. Come along to the AGM to hear how you can get involved

POLSLOE COMMUNITY ASSOCIATION



bridging the gap in the community

**Annual General Meeting
TUESDAY 3rd AUGUST**

**7pm Priory Road Park, Priory Road
Meet by the noticeboard**

**Get involved with your local community association.
Do you care about the green spaces and want to
help shape what you like to see happen in the
neighbourhood?**

**We are looking to fill the roles of Chairperson,
Secretary & Treasurer..**

**For information email
polsloeplanters@gmail.com**

 **Polsloe Community**

Something incredible is happening in Pennsylvania and
it's on your doorstep.

**Get ready for the Opening PARTY
SATURDAY 24th JULY 10-4pm at
Sylvan Community Stores and Cafe.**



**Sylvania Stores Opening Day Party and Fete
24th July 2021 10am – 4pm
Please join us!**

Lunchtime barbeque from 12
With British and South African meats and
Vegan filled flatbreads

Fresh coffee and Cocorico cakes

Children's games Craft activities Tombola Book stall

Guess the name of the teddy Guess the number of sweets in
the jar

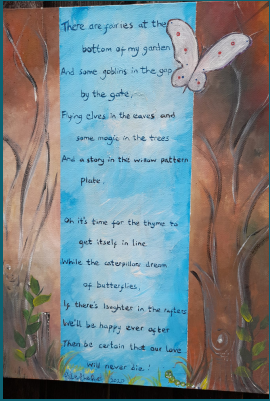
**If you can help with prizes or time on a stall please
contact**

Emma on 07866 596363



FAIRY GARDEN

Take a stroll up by the stream on the other side of Sylvan hut to discover the magical fairy garden created by a resident



Sylvania Community Hall, Mincinglake Valley Park

RAINBOW

SUMMER TRAIL

2021

Tuesday 25th / Wednesday 26th
August 11am-3pm

Collect your **FREE** trail map from the hall.

A trail suitable for all ages! Every child will receive a free prize after the trail has been completed!

Find us on Facebook: <https://www.facebook.com/sylvaniahallcommunitycentre>
Sylvania Hall registered charity number: 293484

Khaos Cafe- Pinhoe Road

I popped to the new cafe and enjoyed the atmosphere and met some new local neighbours, finding out about the coffee morning at St Mark's church has that restarted (Wednesday 930-11am)

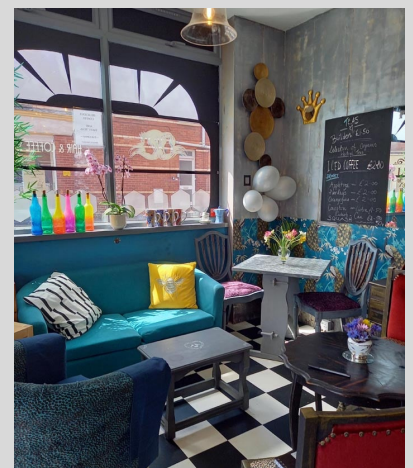
It was also great to share the news of the up and coming Polsloe Community Associations AGM with everyone I listened to. It was good to hear how local residents really value the friendly cafe.



Here's a Local's view

"Finally got around to having coffee and cake at the little cafe / hairdresser on the corner of Abbey/Pinhoe Road - delighted by how beautifully it's been done - somewhere lovely to break up the monotony of Working from Home!

The lemon drizzle was fab, too"



Little Free Library
Scavenger Hunt



Aug 7
10am-2pm



Let's get moving! Look for gnomes, fairies and clues posted on Little Free Libraries (LFLs) throughout your neighborhood. Locate all the LFLs, solve the clues, find books and win a chance to earn a prize!!



Scan the code to sign up for this FREE event to get your first clue!

Brought to you by:  In Partnership with: 

The Unplug Collaborative, is a 501 (c)(3) and home to the National Day of Unplugging – Over a decade of helping people elevate human connection over digital engagement. www.unplugcollaborative.org/on-the-hunt-for-gnomes

SATURDAY 7th August 10-2pm

News from the Little Libraries -they are joining up to create a trail in August, a great event and a lovely way to explore your neighbourhood- "Pick up your participation sheets from Pinhoe Library. Use the map to find Exeter's Little Free Libraries - solve the clues at each library, look out for gnomes and fairies and pick up books along the way. Return your completed sheets to Pinhoe Library for entry into a prize draw for some Book Tokens.

<https://www.facebook.com/events/1435886826790653/?ref=newsfeed>

**COMMUNITY CAFE
at St Katherines Priory**



MONDAY & FRIDAYS 10-3pm

Discover Exeter's best kept secret,
hidden away off St Katherine's Road.

Light lunches, hot drinks,
beautiful gardens & outside seating. Dogs welcome.



 St Katherines Priory

www.stkatherinespriory.co.uk

Charity no 283907

Made with PosterMyWall.com



**Apple Tree Adoption,
Orchard Maintenance & Picnic**

Bring gardening gloves and grass shears (if you have them). Sanitised equipment available to borrow if needed



Bring a picnic to share with your own friendship and family group. If COVID-safe we shall bring cakes to share too!

Sunday 25th July 2pm – 5pm
Mincinglake Valley Park Orchard, Calthorpe Rd

ALL WELCOME

<https://fb.me/e/1A1YlgR16>

Organised by **Friends of Mincinglake Park** in association with Transition Exeter with support from Exeter Community Initiatives, Exeter City Council and Devon Wildlife Trust.

USEFUL INFORMATION



Free outdoor creative activities for families. Best for ages 5 - 8.

EVERYBODY WELCOME!
Inclusive space: all access, language and additional needs welcome.

THURSDAY MORNINGS 10 - 11.30 AM

- Thursday 5th August
- Thursday 26th August
- Thursday 2nd September

Spaces are limited.
To book visit: bit.ly/beacon-adventure-hour

ADVENTURE HOUR

The Courtyard at
The Beacon
EX4 8LZ



JOIN US AS WE GO ON AN ADVENTURE TOGETHER!

Exeter and Cranbrook Cycling Festivals

For all the family to come along and learn more about cycling.

FREE ACTIVITIES TO DO

- Bikes to try out, including adapted bikes.
- A mini circuit for your little ones to whizz around.
- Make your own smoothie on the smoothie bike.
- Get creative at the arts and craft stall with Magic Carpet.
- Chat to experts on hand to find out how to get involved and what's on in your local community!



PLUS...

Bookable bike maintenance sessions by a qualified bike mechanic from Ride On and Saddles & Paddles.

Please book in advance via Active Devon Facebook Events: @activedevon

FREE BIKE GOODY BAGS TOO!

FREE TEA & COFFEE
ICE-CREAMS £1

WHEN AND WHERE

- Thursday 29th July from 10am - 2pm
Worford Playing Fields (EX2 5AQ)
- Tuesday 3rd August from 10am - 2pm
Exeter Arena (EX4 8NT)
- Sunday 8th August from 10am - 12 noon
Cowick Barton Playing Fields (EX2 9AX)
- Sunday 15th August from 10am - 2pm
Youghayes Centre, Cranbrook (EX5 7DR)
- Monday 23rd August from 10am - 12 noon
Hamlin Lane Playing Fields (EX1 2SA)



activedevon.org
liveandmove.co.uk



Wellbeing Exeter

TOP TIPS FOR LITTER PICKING IN EXETER

BY JOSH HAMILTON COMMUNITY BUILDER FOR ST LOVES IN EXETER

For MAXIMUM fun and effect...
Do it as a group and plan ahead!

Pick a place and time!
Where is the closest hotspot for litter near your home? When would be a good time to go and who do you want to go with? Could this be an opportunity to meet up and chat with a few neighbours / locals?

Keep yourself and others safe
Gloves and hi-vis jackets could be useful. Why not read the council's risk assessment to get an idea of how to manage risks?

What will happen to the litter?
Will you take it home to put in the black bin... or could you use the council?

Make it enjoyable!
Could you make it a regular get-together? Who could provide drinks and/or food at the end? Could you invite folks to come buy a drink with you? Could you challenge kids to record how many pieces they pick up + have a prize for the team with the top score? How can you make sure everyone coming can have a role and be welcomed? (no matter their age or capacity)

Spread the word
Remember to have a bold, clear and sharp purpose to say WHY you're doing this. Could you community builder help spread the word? Is it word of mouth only? Or could you put notes through neighbours doors? Are there nearby noticeboards or online groups on Nextdoor or Facebook or Whatsapp groups?

Why not share your success on the 'CRAP Exeter' FB page?
www.facebook.com/groups/exetercrap

Doing it all for free with ECC- Exeter City Council...
Email pgs@exeter.gov.uk to

- ask for the risk assessment (that you'll need to read, sign and send back)
- arrange a time to pick up to borrow litter-pickers, bin bags and the like from Belle Isle Nursery on Belle Isle drive (off Topsham Road and at the bottom of Trews Weir Reach)
- arrange a time and place where their team can pick up the rubbish bags the next day

During Covid times remember:

- ask for people's names and phone numbers (or failing that, email addresses) for NHS Track and Trace purposes.
- have hand sanitiser available for before and after
- maintain 2m social distancing as much as possible (and at least 1m)



#ShareYourMoves



Join artist Stuart Crewes for a collage workshop asking the question: **What does a vibrant and healthy place to live look like?**

Share your thoughts, views and creative musings; to be used in a series of large-scale artworks on the building site hoardings on Vaughan Road.

You don't need to consider yourself to be 'creative' or 'arty', no experience required. Expect to have some fun and some stimulating chats. Stuart recently worked with the pupils at Willowbrook and St James to create the new artwork on the foot and cycle bridge across Summer Lane.

12.30-2.30pm Friday 23rd July
The Beacon Centre