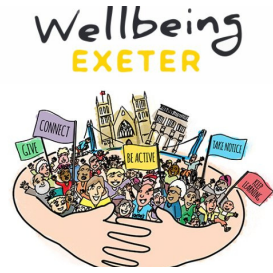


Pennsylvania

(Includes Stoke Hill, Polsloe & Mount Pleasant)

News from your Community Builder - Early Spring 2021



Community Builder Update

Hello from Ebbie, your Community Builder.

Have you been enjoying the warmth in the air and signs of Spring? There is now hope that we can see friends and family as we slowly move towards brighter days with the ease of lockdown. It was a pleasure to hear that a local resident heard a woodpecker today and that the snowdrops & daffodils are popping up in Priory Road park planted by residents a few years back.

Maybe you have an idea for that you'd like to explore or would like support getting more connected to your neighbourhood. Recently a resident has contacted me about trees & wildflowers. Others are planning a tree trails and litter picks. It's these little glimmers of hope that help make a big difference. With the lighter evenings, there are more opportunities to be active outside. If you'd like to take up a new hobby or try something new than do get in touch.

It will soon be Easter, in our neighbourhood in recent years gone by, a time for trails & egg hunts. Lets see if there are safe ways for these to take place and have fun.

Our online virtual cafe's have gone really well- with a great variety of topics hosted by local residents & great feedback. There are more planned for the next few weeks so do join us if you can- sit back relax and enjoy.


Do get in touch if you like to explore an idea for your community and would like to have a chat, you can contact me by email, phone or 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. We help create new networks & try weave the community together; helping to improve wellbeing and making the community a better place to live

07516 692 583 Ebbie Peters- Community Builder Pennsylvania Ward
Email mountpleasantcb@gmail.com Facebook- Ebrel Peters

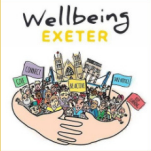
- Community Builder update
- Community News
- Useful information





**Join Community Builders
& Volunteers from the Community Larder to
hear the story behind the project**


**An informal chat and
interesting insight into this great project**



**Tuesday
March 2nd
6-30pm**

Zoom meeting

with Community Builders
Amy Jones (Mincinglake & Whipton)
Ebbie Peters (Pennsylvania & Pinhoe)
Jayne Leaver (Newtown & St Leonards)
Maisaa Sweid (Duryard & St James)



Join us next Tuesday to hear the story behind the project. Make cuppa- sit back & relax and enjoy.
An interesting insight into this amazing Community lead project with a chance to ask questions
Zoom link below-

Join Zoom Meeting- [https://us02web.zoom.us/j/88329244864?](https://us02web.zoom.us/j/88329244864?pwd=cnFQU3piaVIRLzV1MHJOQzNiNHlyQT09)
[pwd=cnFQU3piaVIRLzV1MHJOQzNiNHlyQT09](https://us02web.zoom.us/j/88329244864?pwd=cnFQU3piaVIRLzV1MHJOQzNiNHlyQT09)
 Meeting ID: 883 2924 4864 Passcode: 489170

**Join residents &
Community Builders
for a friendly
conversation**

Chat about your favourite local walks

Tuesday 9th March 6-30pm-ZOOM MEET

**with Amy Jones (Whipton & Mincinglake) , Ebbie Peters (Pennsylvania & Pinhoe)
Jayne (Newtown & St Leonards) & Maisaa Sweid (Duryard & St James)**

**Join us to chat about your
favourite local walks**

Message for ZOOM link



Share your favourite walk , join us for a chat
Zoom Meeting Link for Local Walk Chat

[https://us02web.zoom.us/j/86842499949?](https://us02web.zoom.us/j/86842499949?pwd=MGNjMDIxQjgrV2xuZUtnCmt1dUZ5UT09)
[pwd=MGNjMDIxQjgrV2xuZUtnCmt1dUZ5UT09](https://us02web.zoom.us/j/86842499949?pwd=MGNjMDIxQjgrV2xuZUtnCmt1dUZ5UT09)

Meeting ID: 868 4249 9949
 Passcode: 239479

Join the new Pennsylvania International Friendship Group

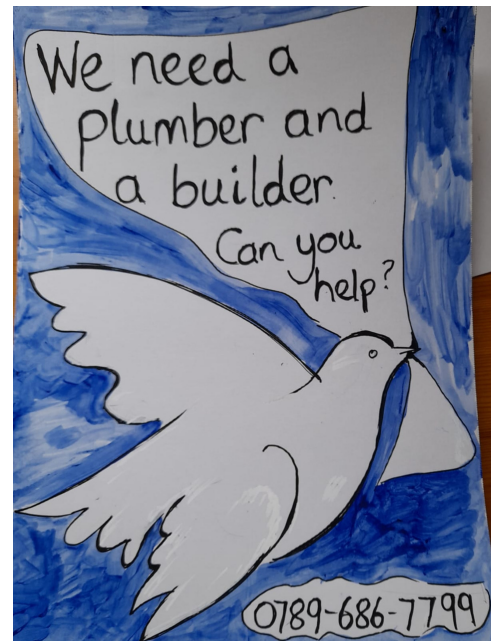


News- Join the new facebook group

Join this new group to help celebrate friendship and diversity in our community... Plans for sharing music, art and more when it's safe.

"To all friends and neighbours in Pennsylvania Exeter, to all those elsewhere in the city and beyond, tell us how we can come together in a spirit of peace and unity. A group to celebrate the values of cultural diversity based at Sylvania Community Stores and Cafe. Story telling, art workshops, poetry, live music, food from around the world and more will be a great and growing expression of peace and unity for people"

<https://www.facebook.com/Pennsylvania-International-Friendship-Group-103031515165941>



News from the Sylvania Community Cafe/Stores Team

"Things are progressing and we are now writing a business plan. Given the international nature of the estate we would like to invite you take some pictures reflecting this brilliant diversity.

NEXT SATURDAY-27th Feb We need people older and younger, local people and those from overseas. People of different abilities and interests. All welcome. Please bring a flag of your country (or county) of origin. Print one or paint one. Ask me to paint one. Flags of Devon too, of course. Youth organisations, WI, walkers, runners, dog walkers and more could be represented. A selection of pictures will add strength and quality to our business plan

We are offering people an appointment from 10.00 am to have their photo taken outside the shop. Family "bubbles" only and the photographer will be 2 metres plus away.

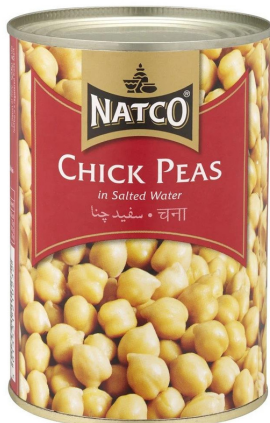
We will also ask for photos to be taken at home and sent to pennstores.ex4@gmail.com.

Two members of the steering group will be around outside the shop to listen to views and answer questions about the shop project. All will be asked to give consent for the photo to be used for our business plan and any other promotional work.

Flags and positive placards saying eg "We Support The Community Shop" will be available. Residents will be encouraged to bring their own flags and placards with that message in different languages.

For more information email/call Pete 07896867799.

• RECIPES BY YOU •
**OUR COMMUNITY
 RECIPE BOOK**
 SHARING YOUR FAVOURITES



I have recently had a great meeting with Debbie from Friends of Mount Pleasant Group, she is inspired by the work at the St Katherine's Community Larder and wanted to continue the support by starting to put a Community Recipe Book together. Debbie is putting together some recipes to share with basic store cupboard ingredients. If you'd like to contribute a recipe, or would like to help in some way please send an email mountpleasantcb@gmail.com

COMMUNITY RECIPES-CHICKPEA IDEAS

Rachel has shared this tasty recipe with us.

Rachel's chickpea dinner for 1 (greedy person, or 2 less greedy people)

Ingredients: One small red onion, chopped. (You can use normal onion but red onion is milder) Olive oil or coconut oil 1 large tin of chickpeas, drained well Button mushrooms, as many as you like Half a teaspoon of garlic powder or 2 cloves of fresh garlic, crushed. A bag of spinach leaves. About 10 black olives (I use the dry, salted moroccan ones) Feta cheese (you can use cheddar if you prefer) 1 level teaspoon of honey

Rice: Put the rice on to cook. It should be covered with about 2cm of boiling water and simmered for about 20-30 minutes until all the water is absorbed and it's soft but springy! Add a bit more water if it goes dry too soon. If you time it right, you don't have to drain off any excess water, but don't burn your pan!

Topping: Add 2 tsp coconut oil or 1 tbsp olive oil/sunflower to a pan and warm slightly. Drain the chickpeas well and rinse off any residue. Add to oil with chopped onion and cook on medium heat for a few minutes til the onion is transparent. Add a handful of chopped mushrooms (as many as you like!) and the garlic, and fry til the the mushrooms go soft and the chickpeas start to brown Add olives, tomatoes, honey and spinach and stir well. (The honey just takes the acid edge off the tomatoes.) Reduce the heat, keep stirring occasionally and simmer until the spinach is cooked. Make sure it doesn't dry out.

If it looks too dry you can add a dash of **milk, or a milk substitute.**

To serve, pile the topping onto the rice and sprinkle liberally with plenty of crumbled feta cheese. A glass of red wine also goes nicely with it!



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 every regularly and support is given for the role.

How to find out more-
For a chat contact Tim

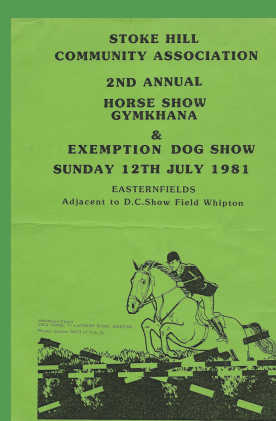
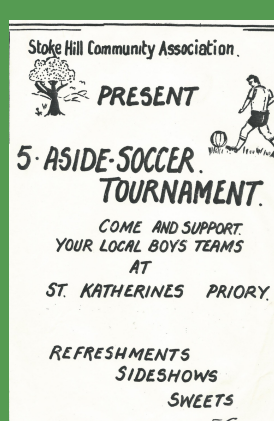
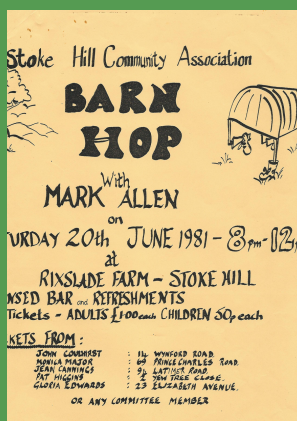
Email- stkatherinespriory@gmail.com
www.stkatherinespriory.co.uk

Made with PosterMyWall.com

Stoke Hill Community Association who run St Katherine's Priory are looking for new Trustees and Committee Members. It's a great way to get involved locally.
<https://www.facebook.com/www.stkatherinespriory.co.uk>



Here's some super old posters from days gone by, what would you like to see at St Katherine's Priory?
Stoke Hill Community Association would love to hear your ideas.



History at St Katherine's Priory

Could you help discover the past & help bring the stories alive at St Katherine's Priory?



For more information email stkatzhistory@gmail.com

A fascinating building steeped in history.
Discover Exeter's best kept secret, hidden
away off St Katherine's Rd, EX4 7JY



St Katherine's Priory

www.stkatherinespriory.co.uk



Made with PosterMyWall.com

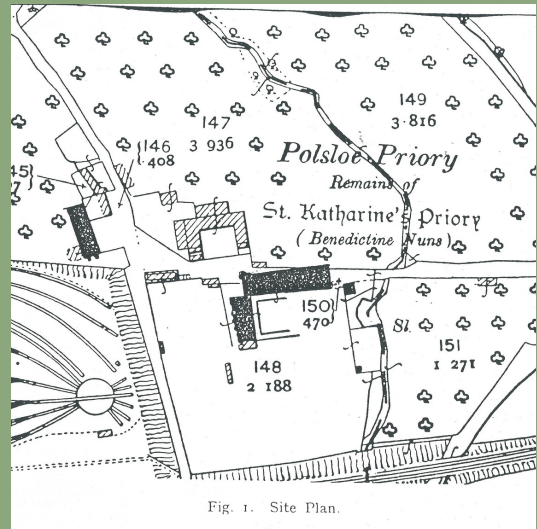


Fig. 1. Site Plan.



Here's some lovely photos of days gone by shared from the Exeter Memories website. It's great seeing old photos & imagining what neighbourhoods used to be like. Here's Rosebarn dairy & St Katherine's Priory above.

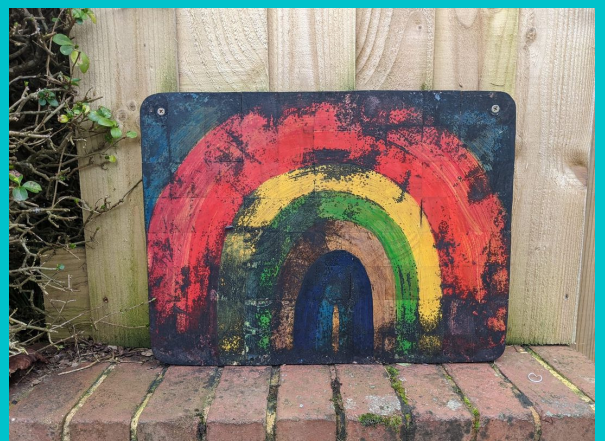
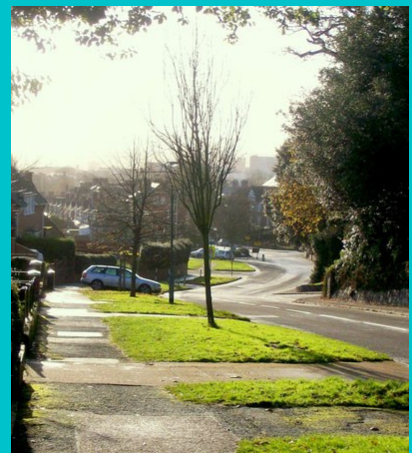
Do you have any old photos you could share? Would you like to learn more or share what you know about local history? Do message if you're keen to learn more.

NEW-Stoke Hill Neighbourly Network

A lovely Stoke Hill Resident has created a new facebook page- here's news from her-

"Hello- This group is for Neighbours and Residents that live in the Stoke Hill Neighbourhood of Exeter as a virtual space to say hello, share local information and resources, ask for recommendations, skill share and offer good neighbourly support. Think of it as your Friendly Neighbourhood Noticeboard, but MORE! This is a place to share stories of kindness, to ask for help, to offer help, to point out good things happening, to ask other neighbours if they would be up for doing good things in and around the neighbourhood or just ask general questions to get to know the neighbourhood or local places better. This group is set up to be a place to welcome people into the area, to meet each other and just be very neighbourly. I'd love this place to welcome neighbours to share their art, their skills, their talents and hopes to build up awareness of our neighbourhood and the diversity that makes us resilient."

<https://www.facebook.com/groups/433882507925953>





Are you a group/club/organisation needing support to return to play?

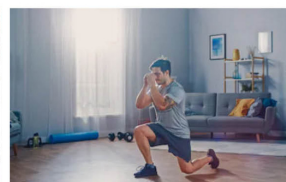
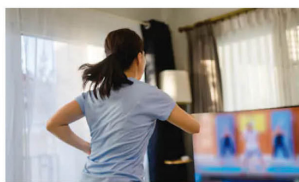
This grant is available to apply for- "The Return to Play: Small Grants fund seeks to help support sport and physical activity groups, clubs and organisations in responding to the immediate challenges of returning to play in a Covid-safe manner."

<https://www.sportengland.org/how-we-can-help/our-funds/return-play-small-grants#whoandwhatwelfund-10790>

LIVE BETTER • EXETER LEISURE

WORKOUT @HOME

Available
for all



Online coaching • Live classes • Les Mills On Demand • Weekly workouts



EXETER
LIVE BETTER

FREE online EXERCISE CLASSES

With Exeter Leisure 'Workout @home', you can stay fit, healthy and happy from the comfort of your own home. What's more, it is currently FREE* for both members and non-members via the 'Exeter Leisure App'. • Online coaching* - With our 'Online Coaching' service, our instructors will create a bespoke training programme for you to follow at home and be with you every step of the way to ensure you achieve it.

Digital Support



How to join a Zoom call

Step-by-step instructions and a tutorial video on how to join a Zoom call.

<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting>



AbilityNet: Request free support over the phone

Volunteers providing IT support over the phone. Support can include: setting up new equipment, fixing technical issues and staying connected to family.

Helpline: 0800 048 7642

<https://abilitynet.org.uk/at-home/request-free-it-support-home>



Citizens Online: Request free support over the phone

Trained Digital Champions offering support with how to start using technology or building your confidence to do more online.

Helpline: 0808 196 5883

<https://www.citizensonline.org.uk/>



Exeter City Community Trust: Free digital training

The Make It Click programme offers free training options for anyone looking to build on their digital skills to upskill and improve their employment prospects.

Email: makeitclick@ecfc.co.uk

<https://exetercct.org/courses-events/make-it-click/>



Learn My Way: Free digital course

A course explaining what you need to make video calls and helping you to choose the best method for you.

<https://www.learnmyway.com/courses/video-calling/>



ONLINE JOB CLUB

WHAT WE CAN OFFER...

- Support with online job searching
- Applying for jobs online
- Review, update or create your CV
- Manage your CV online
- Improve interview confidence
- Advice on careers and transferable skills

10AM - 12PM
EVERY WEDNESDAY

BOOK YOUR APPOINTMENT HERE:
[HTTP://BIT.DO/JOBCLUB](http://bit.do/jobclub)

Positive People is funded by the European Social Fund and the National Lottery Community Fund

NEED HELP WITH FORM FILLING LIKE APPLYING FOR JOBS, BENEFITS OR OTHER SUPPORT?

WANT TO BRUSH UP ON YOUR IT SKILLS?

WE CAN HELP.

Inclusive Exeter CIC, which works with Black, Asian and Minority Ethnic (BAME) communities, is offering support with form filling and IT.

HOW DO I GET HELP?

If you, or anyone you know, are finding things hard we can help. Come and see us on **Tuesdays, 10am - 4pm** and **Wednesdays 12pm - 3pm** at the Mint Methodist Church Centre, Fore Street, Exeter, EX4 3AT.

Where possible, please book in advance using the contact details below.

WHAT ABOUT COVID SAFETY?

All COVID-19 guidelines will be adhered to.

At present, we will keep contact details for Test and Trace purposes, and people will need to wear a face covering, socially distance and use hand sanitisers.

☎ 07307 725111

✉ admin@inclusiveexeter.org.uk

f /inclusiveexeter

@inclusive.exeter

in /company/inclusiveexeter

FEEL THE FEAR



A **workshop** to identify and practise self-help strategies for managing nerves and anxiety

Thurs 27th February 10am-1pm

@CoLab

For info contact Estelle:

07925 921967

transitions@eci.org.uk



Interesting websites & ideas to keep busy!

- Sport England – Tips on how to stay active
https://www.sportengland.org/jointhemovement#get_active_at_home
- NHS Get Fit for free – range of options and levels of prerecorded videos
<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>
- Free 10 minute meditations Daily Calm: 10 minute mindfulness meditation:
<https://www.youtube.com/watch?v=ZToicYcHI0U>
- Learn Devon = Free Instructional videos about Digital induction. Eg If you're not using Zoom see how to use it – with pre-existing instructional videos.
- <https://www.learndevon.co.uk/findenrolcourses/>
- Learn Devon – Online employability and computer courses. Initial assessments for FREE GCSE Maths and English online/and phone.
- Devon Recovery College – an excellent FREE resource of courses for people struggling with mental health problems <https://devonrlc.co.uk/> .
- Art Activities for older learners or those struggling with dementia – See Art by Post project at <https://www.southbankcentre.co.uk/artbypost>
- WEA Exeter – Some free courses for those on Benefits or new students -
- Digital skills, employability, Learn English. Also see Black History Month, or Courses on Arts and History <https://www.wea.org.uk/will-my-course-be-free>
- U3A – Education and Learning for retired people in Exeter
<https://u3asites.org.uk/exeter/welcome> or Facebook, £22 year membership
- Free Courses at the Open University, from 2-20 hours long. Just find a course you are interested in, and its free.
<https://www.open.edu/openlearn/free-courses/full-catalogue>
- Virtual-museum-tours -Travel virtually for FREE at some of the World's most exciting museums <https://www.timeout.com/travel/virtual-museum-tours>
- 12 Virtual Garden Tours – beat the isolation blues
<https://www.gardensillustrated.com/gardens/gardens-to-visit/virtual-garden-tours-best/>
- Learn to Draw and Paint for Free – How to get started, a 20 video course
- <https://www.artcoursework.com/class-courses/free-beginners-learn-to-draw-and-paint-course/>
- Join a Local Craft Group <https://www.facebook.com/exetercraftclub/>
- Future Learn Courses - Fab, free and university level courses online:
- <https://www.futurelearn.com>

USEFUL NUMBERS

Exeter City Council's Wellbeing Support Fund for people who find themselves in financial difficulty due to the Coronavirus outbreak. The scheme has been launched by Exeter City Council, with funding being provided by Devon County Council's COVID19 Hardship Support Grant, to help individuals who are unable to access support from any other local or national initiatives.

Parent Advice Line: ECI has launched a new phone advice line for parents and carers across Devon on Monday 1 June. The number for the new service is 01392 949059 and it will be manned from 10 – 2pm Monday to Friday. People will be able to leave a message outside of these hours, or when the operators are all busy.

Talkworks: is a free, confidential NHS service for over 18s who are feeling worried, anxious or have trouble sleeping and they are offering telephone or video support at this time. Call 0300 555 3344 to find out more. <https://www.talkworks.dpt.nhs.uk/>

The Good Grief Trust – bereavement support for older people: free helpline / info / support: www.thegoodgrieftrust.org Local Support also listed here: <https://www.thegoodgrieftrust.org/find-support/?bh-sl-search=&bh-sl-address=Exeter&bh-sl-region=UK#>

Domestic Violence Splitz Devon Helpdesk: Team available 9.30am–4.30pm Tel: 0345 1551074

Mental HealthMind the mental health charity Tel: 0300 123 3393

The Moorings @ Devon offers out-of-hours mental health support to anyone aged 16+ in the Devon area. For The Mooring in Exeter call: 07990 790 920

Older people Age UK Exeter Tel 01392 202092. Safeguarding – Anybody can raise a safeguarding concern: If you are concerned that any vulnerable adult is experiencing abuse or neglect please contact: Adult Social Care team on 01710 424000 9am–5pm Mon – Thurs, 9am – 4:30pm on Fri. Or outside of hours call 01720 422699.

You can also raise safeguarding concerns by calling **Care Direct** on 0345 1551 007.

USEFUL NUMBERS

Wellbeing Hotline: Anyone struggling with food deliveries, prescription/delivery issues, housing or hardship need to contact the Community Wellbeing Hotline Number 01392 265000 See <https://exeter.gov.uk/wellbeing/> Follow Exeter city council updates on facebook during lockdown <https://www.facebook.com/groups/exeterupdates/>

Shielding support: National Shielding Support Group Facebook <https://www.facebook.com/groups/264319981423943> Shielding Exeter Support Group <https://www.facebook.com/groups/3088633247890285>

Welfare/Benefits: Citizens advice are the best source of advice on the phone – Devon Adviceline: 03444 111444 (Monday to Friday 9.00am–4.00pm).

Food Parcels: Councils will be following this up with people who have received shielding letters. Any issues call the Hotline above. Food Banks available at Beacon Centre, Mint Church and St Katherine's Friday Food Larder.

Younger Peoples Support: Space Youth Services: Working to prevent young people becoming socially isolated, digital opportunities (online Youth Clubs / Gaming Groups etc): <https://spacepsm.org/services/digital-youth-work/>

Andys Man Club in Exeter – its good to talk, Monday evening at 7pm to talk through problems and issues that men face <https://www.facebook.com/AndysManClubExeter/> Remote Family Support (Homestart): remote support for families, using either face to face digital platforms, or text, email and phone calls. <https://www.facebook.com/homestarteemd/videos/2391548244282068/>

Health Visitor Support – Chat Health: you may have health and wellbeing concerns about your baby or child. Our local health visitors are still here to help via NHS ChatHealth; a confidential text messaging service. <https://chathealth.nhs.uk/>

Home start Exeter – Support for parents with children under 5 <https://homestarteemd.org.uk/getting-support/>

Contact Details:

Ebbie Peters

Email: mountpleasantcb@gmail.com

Telephone: 07542 041 672

Facebook: ebreelpeters



Pennsylvania Community Support

During these difficult times of Covid-19 we are bringing together our friendly community to support vulnerable people.

PennsylvaniaGoodNeighbourGroup@outlook.com

Telephone: 07389 881080

Our volunteers are ready to help with:

- Shopping
- Collecting prescriptions
- Dog walking
- Welfare checks

5 WAYS TO SUPPORT EACH OTHER COMMUNITY ACTION RESPONSE: COVID-19



Think of others,
consider your
actions & be kind



Connect and
reach out to your
neighbours



Make the most
of local online
groups



Support
vulnerable or
isolated people



Share accurate
information and
advice

For more information visit: www.exeter.gov.uk/wellbeing

Call: 01392 265000