

WELLBEING EXETER'S MONTHLY MAILOUT

Make a list of the joys in your life (and keep adding to it) - [Action for Happiness](#)

Headline News

Community Builders

Latest newsletters here:

[Alphington](#)

[Duryard & St James](#)

[St Thomas](#)

Cost of Living Support - Accessing Help in Exeter



COST OF LIVING SUPPORT

ACCESSING HELP IN EXETER

Citizens Advice Bureau- Free independent advice- 0808 278 7845 Mon-Fri 10-4pm
 CAP Debt Centre Exeter-Mon-Thurs 9-30-5pm, Fri 9-30-3-30 0800 328 0006
 Step Change Debt Charity-Free Expert advice- Mon-Fri 8-8pm 0800 138 1111
 National Debtline 0808 8084000

DEBT ADVICE

FOOD SUPPORT

Exeter Food Bank- Advice worker;Ali 07939 381794/07818 226524- Food bags
 St Katherines Community Larder- Fridays- 10-12- Food bags
 Foodcycle Exeter, The Mint, Fore Street- Tues 6-30pm-Free Meal
 St Thomas Foodfight-Free cooked Food -Sundays at St Thomas Precinct 11-1pm
 Salvation Army- Free Meals- Saturdays & Sundays evenings 01392 216553
 Rediscover Church, Northernhay St- Weds 10-2pm- Food bags

Housing Advice (Exeter City Council)
 01392 265726 Mon-Fri 9-5pm for help with
 Housing Benefit & Council Tax Support & Exceptional Hardship Fund
 & Discretionary Housing Payments
 Universal Credit Help to Claim Advice 0800 144 8444/0800 169 0310
 Grant opportunities- eg School Uniforms, Utility Bills, essential equipment

USEFUL INFO

HEALTH & SUPPORT

For more advice & info, scan the QR code below

The Moorings (Drop in Mental Health Support)
 St Leonards Gp Practice 6pm-midnight, 7 days a week
 Samaritans (Free number) 116 123
 Talkworks (Depression & Anxiety Services) 0300 555 3344
 Age UK: Support for people aged 62+ & their carers 01392 202092

HELP WITH ENERGY BILLS AND BENEFITS



Exeter Community Energy Healthy Homes for Wellbeing

Do you want lower energy bills?
 Do you struggle to heat your home?
 Contact ECOE for free energy advice and home visits
 healthyhomes@ecoe.org.uk 0800 772 3617
 www.ecoe.org.uk/healthy-homes-wellbeing

Get in touch with your Community Builder(Wellbeing Exeter) with ideas of how or where to support your neighbours

www.wellbeingexeter.co.uk/community-building-2/



Registered Charity Number: 8926251 Registered Company Number: 2844970 (England)

Devon Community Foundation Community Insights

Latest edition [here](#).



Devon
Community
Foundation

Community Insights



Information / Groups / Opportunities

Chronic Illness Support Group Cranbrook



**Do you have
a chronic illness ?**

Would you like to meet up over a cuppa ?

**Come and join us at cafe @ 143 on the first
Saturday of the month
between 1-2pm**

If you want to find
out more please get in touch with us
via our Facebook page :

(2) Cranbrook (Devon) Chronic Illness Support Group | Facebook
or message : cranbrookcb@eci.org.uk



Growing Project



Social Prescribing



Exeter Communities Together

Growing Project

Designed to enable people to grow crops from home which may not grow easily outside in the British climate, as well as meet with different people from different cultures.

When

Every Tuesday 10am - 1pm.
Opening times will be extended to meet interest.

Where

Prince Charles Road Allotment site.

Get Involved

If you are interested in getting involved, please contact
admin@exetercommunitiestogether.org.uk
or via 01392848741 / 01392 201572 or TEXT on 07305672810

You must book to attend.

Who's It For

All ethnic minority communities welcome. Come and have a hot drink and a chat. / We're here to connect people together.

Run by a qualified facilitator

Neighbourhood Diversity Festival



Exeter Communities Together

exetercommunitiestogether.org.uk
with Wonford Community & Learning Centre



Neighbourhood Diversity Festival

Celebrating difference in the family of humanity

The festival will include:

- Market Stalls
- Food
- Music & Performances
- & More!

Exeter Hindu Cultural Centre

- Navratri
- Diwali
- Holi
- Bollywood Dancing



Exeter Malayalee Association

- Onam Celebration
- Christmas & New Year Celebration
- Easter Celebration
- Annual Tour



Latin American Cultural and Arts Community

- Arts & Dance Projects
- Community Partnership Projects
- Capoeira Classes
- Rhythms of Latin America Continues Project
- Providing community workshops



Filipino Community Association

- Mayflower Celebration
- International Mass
- Choir Practice
- Family Day Out



Italian Cultural Association Exeter

- Cooking Workshops
- Italian Cinema
- Italian Classes
- Music Opera Workshop



Ubuntu Counselling Services

- Growing Project
- Community Access Project
- Multicultural Counselling



Exeter Sikh Society

- Guru Nanak Dev ji's Birthday
- Sikh Diwali Celebrations
- National Langar week



Devon and Cornwall Chinese Association

- Chinese New Year
- Chinese Language School
- Cross Agency Partnership Projects
- Support Centre



The Exeter Neighbourhood Diversity Festival is an annual event in partnership with local residents, neighbourhood communities, and voluntary and statutory organisations.

When

Saturday 2nd July 2022. 11.00am to 4.00pm

How

If you would like to get involved either by attending or participating in any of the activities, please get in touch.

Contact

For more information, please contact
admin@exetercommunitiestogether.org.uk
or via 01392848741 / 01392 201572.

Where

Wonford Community & Learning Centre

Alfresco Fridays @ Colab



ALFRESCO FRIDAYS

Join Jola on a Friday afternoon and get involved with an outside activity in the garden. It may be gardening or music or art, or just a space for you to connect positively with others. We have a number of mini projects we would like to complete over the summer and we invite you to share what you might like in the garden too.

No need to book, just let the Welcome Team know that you would like to attend.



Fridays 2-4pm
COLAB Garden

One Devon Bulletin

Details [here](#).

Exeter Community Growers' Network

Latest edition [here](#).



Re:Fresh



Heavitree
United
Reformed
Church



EVERY FRIDAY

10:30AM – 12:30PM

Come in to rewind with a coffee or light snack.

Take time out to

re:refresh body mind and soul



We look forward to seeing you soon

St Stephens July Concerts

ST STEPHEN'S CHURCH, EXETER HIGH STREET

*The **FREE SUMMER LUNCHTIME CONCERTS** will be back in **JULY**. You will be most welcome to join us for any or all of these exciting concerts.*

THURSDAY JULY 7th at 1.10pm

HELOISE WEST - soprano
REBECCA SQUIRE - mezzo
PAUL McCLURE - accompanist

THURSDAY JULY 14th at 1.10pm

EMMA GRAHAM - harp

THURSDAY JULY 21st at 1.10pm

NICK CORNISH - oboe
ANDREW DALDORPH - piano

THURSDAY JULY 28th at 1.10pm

PHILIP BONSER - clarinet
DOROTHY RAVEN - piano

Admission is free – donations welcome
Light refreshments available from 12.00-12.55

Exeter Connect

Latest newsletter is [here](#).

EXETER CONNECT MONTHLY UPDATE

ECI Summer Concert



Friends of Exeter Community Initiatives
Summer Concert & Cream Tea

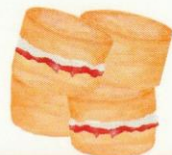
28 . 07 . 2022

1-2 pm Concert 3-4.30 pm Cream Tea

St Stephen's Church, Exeter

RSVP

Karen Delmege ☎ 07516 019088



148-149 Fore Street, Exeter, EX4 3AN
Registered Charity Number: 1026229
Registered Company Number: 2844870 (England)



Funding

Devon Community Foundation Grants News

Latest edition [here](#).

Grants News...



Devon
Community
Foundation
Giving more locally

Learning / Courses

Safeguarding Learning Together Week



INVITATION TO ATTEND

Safeguarding Learning Together Week

Bearing Witness to Child Sexual Abuse and Child Sexual Exploitation

27 June 2022 – 1 July 2022

12noon to 1pm each day

NHS Safeguarding are pleased to invite you to the following events to be inspired and bear witness to effect change.

This year we have 7 fabulous speakers who will be presenting on Child Sexual Abuse and Child Sexual Exploitation.

Anyone can join, so feel free to share this invitation with your colleagues, friends and those who may benefit.

Please join us on the safeguarding FutureNHS workspace.

Date	Topic	Speakers
Monday 27 June 2022 Host: Catherine Randall Link to register Here	An overview of the threat from online Child Sexual Abuse and the NCA's response to degrading that threat	Sean Sutton National Crime Agency
Wednesday 29 June 2022 Host: Cathy Sheehan Link to register Here	Supporting practice in tackling child sexual abuse	Lisa McCrindle The Centre of Expertise on Child Sexual Abuse
Thursday 30 June 2022 Host: Kenny Gibson Link to register Here	Telford and Wrekin Health Child Programme 0-19 service model	Sharon Clark, Karen Kerr, Julie Fozzard School Health in Telford and Wrekin
Friday 1 July 2022 Host: Becs Reynolds Link to register Here	The Knock – the impact on partners, children, and extended family when a family member is investigated for downloading abusive images of children	Professor Tink Palmer Marie Collins Foundation Lucy Roberts Lived experience Anglia Ruskin University

Follow us on @NHSsafeguarding for blogs and updates.



Tweet about it using:
#NHSsafeguarding
#teamCNO



NHS England and NHS Improvement

Together Drug & Alcohol Service Group Work Programme

RECOVERY GROUP



Rolling groups to build motivation and give tools to clients to use in their recovery. Sessions include Patterns & Expectations, Structure, Roles & Relationships, Sensation seeking, Communication & Assertiveness, Preferred Future, triggers & Safety Plans, What is Recovery, Resentment & Denial, Values, Strengths and Identity.

**Tuesdays @ 2pm at
Magdalene House**
**Tuesdays @ 1pm at Pippins
in Axminster**
**Thursdays @ 11am at
Heathcote in Tiverton**

RELAPSE PREVENTION GROUP



Groups to include CBT based relapse prevention and lapse techniques coupled with health and wellbeing sessions. The aim of the group is to work with client's thoughts, feelings and behaviours. Identifying triggers, high risk situations, coping strategies and goals, to focus on the client strengths and beliefs to enable them to move forward in their recovery

**Wednesdays @ 11am at
Magdalene House**

**Online Wednesdays @
17.30**

WE ALSO RUN A WEEKLY
MINDFULNESS GROUP, CREATIVE
WRITING GROUP AND WAITING LIST
SUPPORT GROUP -

If you wish to attend any of these
please speak any member of the
Together Team today.

ALSO, COME ALONG TO OUR
RECOVERY CAFE - MON - FRI 9-5



FOR ANY OTHER SUPPORT OR ADVICE
PLEASE CALL US ON 0800 233 5444



**GROUP WORK
PROGRAMME
EXETER,
EAST & MID
DEVON**

CHANGE IN ACTION GROUP



A 6 week course which includes topics such as Structure, Values, Cravings and Urges, Roles and Relationships, Beliefs, Resentment, Denial and Ownership

**Fridays @ 10am at Magdalene
House**

GREEN LIGHT GROUP



The aim of the group is to work with Service User relationship with their prescription and help to build plans to move on beyond prescribing to thriving

**Tuesdays @ 11am at Magdalene
House**

ALCOHOL GATEWAY



Session 1: Alcohol quiz, calculating alcohol units and harm reduction advice.
Session 2: Effects of alcohol on the body and mind working as a team to produce a team drawing illustrating where in the body is affected by alcohol.
Session 3: Stages of change model where they think they are on the recovery journey, discussion of what is a lapse/relapse and linking back to the stages of change model. Decisional balance group discussion (pros and cons of drinking)

**Wednesdays @ 1pm at
Magdalene House**

Online Tuesdays @ 2pm

Making Connections Conference



MAKING CONNECTIONS CONFERENCE

Our Ethnic Minority Communities and Services Devon-wide

What: This is our face-to-face follow up conference re establishing a Devon-wide network of organisations serving ethnic minorities in Devon. It is also the follow up to establishing the Devon-wide Multicultural Counselling Service and exploring the possibility for a Community Hub.

When: Thursday 14 July 2022, 10am to 4pm. Registration, tea and coffee at 9.30am. Lunch is included.

Where: The Coaver Club, Devon County Council, Topsham Road, Exeter.

The conference is free but spaces will be limited, so please book early to avoid disappointment. Book on eventbrite: <https://www.eventbrite.co.uk/e/making-connections-tickets-361717184837>

You are welcome to bring publicity materials and to have an exhibition space. If you would like a space, please let us know: admin@exetercommunitiestogether.org.uk. Set-up will be at 9.30am.

This conference is being held in partnership with Devon County Council.

Stop Loan Shark Talks

STOP LOAN SHARK EVENTBRITE TALKS - DATES & LINKS FOR JULY/AUG/SEP 2022

All the awareness talks will be held via Microsoft Teams, will start at 09:30 and will last for approximately 60 minutes.

Tickets are available to book now for all the dates shown (copy & paste the link below into your browser) and the "booking office" will close at 11:00 on the day before the talk.

The Microsoft Teams link to the talks will be sent out via an Outlook calendar invite after the "booking office" has closed.

If anyone has difficulty booking onto a talk, then please email me direct – dave.monk@birmingham.gov.uk and I'll book you onto the talk from my end.

Loan Shark Awareness Talk – An Intro

4 July: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365569075947>

25 July: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365581332607>

8 Aug: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365614311247>

22 Aug: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365623769537>

5 Sep: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365632244887>

12 Sep: <https://www.eventbrite.co.uk/e/loan-sharks-an-intro-tickets-365638042227>

Overcoming Barriers & Changing Lives Talk

6 July: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365672746027>

28 July: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365673267587>

10 Aug: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365673568487>

25 Aug: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365674260557>

8 Sep: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365674822237>

15 Sep: <https://www.eventbrite.co.uk/e/overcoming-barriers-changing-lives-tickets-365675674787>

Promoting Choice Workshops

GROUP TIMETABLE



Cranbrook - Younghayes Centre
Axminster - Guildhall

Torquay - Acorn Centre
Barnstaple - Library
Kingsbridge - Kingsbridge Primary

Cullompton - Cull Valley Childrens Centre
Newton Abbott - Courtenay Centre

June

MONEY MATTERS

7TH - CRANBROOK
10TH - CULLOMPTON*
14TH - AXMINSTER
29TH - NEWTON AB*
23RD - TORQUAY
30TH - BARNSTAPLE

*THESE GROUPS WILL BE A CRAFT GROUP, AS THEY ARE THE FIRST IN THE AREA.

July

HAPPY MUM GROUP

1ST - CULLOMPTON
5TH - CRANBROOK
7TH - KINGSBRIDGE
12TH - AXMINSTER
27TH - NEWTON AB
28TH - BARNSTAPLE
21ST - CRANBROOK*

*ADDITIONAL NEEDS TREASURE BASKET GROUP

August

OUTDOOR EVENTS
TREASURE HUNTS
NATURE WALKS
PICNICS

DATES AND VENUES
TO BE CONFIRMED
VIA FACEBOOK AND
INSTAGRAM

Sept

MESSY MOMENTS

2ND - CULLOMPTON
5TH - BIDEFORD
6TH - CRANBROOK
8TH - KINGSBRIDGE
21ST - NEWTON AB
29TH - BARNSTAPLE

October

BABY EXPLORERS

4TH - CRANBROOK
7TH - CULLOMPTON
11TH - AXMINSTER
26TH - NEWTON AB
27TH - BARNSTAPLE
TBC - KINGSBRIDGE /
TORQUAY

Nov

FOOD FOR THOUGHT

4TH - CULLOMPTON
8TH - CRANBROOK
15TH - AXMINSTER
30TH - NEWTON ABB
24TH - BARNSTAPLE
TBC - KINGSBRIDGE
/TORQUAY

Dec

CHRISTMAS CRAFTS

6TH - CRANBROOK
2ND - CULLOMPTON
13TH - AXMINSTER
14TH - NEWTON ABB
22ND - BARNSTAPLE
TBC - KINGSBRIDGE /
TORQUAY

BOOK ON VIA EVENTBRITE

[HTTPS://WWW.EVENTBRITE.CO.UK/O/
PROMOTING-CHOICE-39926985073](https://www.eventbrite.co.uk/o/promoting-choice-39926985073)



PROMOTINGCHOICE



PROMOTINGCHOICE,
BEST START PROJECT

OVERVIEW



June

MONEY MATTERS

JOIN US FOR A STAY AND PLAY GROUP WITH A LIGHT FOCUS ON HOW TO MANAGE FINANCIALLY DURING MATERNITY LEAVE AND BEYOND. FOOD PRICES, PETROL AND ELECTRICITY INCREASES ARE CAUSING MORE CONCERNS THAN EVER FOR FAMILIES - ESPECIALLY THOSE ON MATERNITY LEAVE. OUR AIM IS TO OFFER PARENTS THE TIME TO TALK IN A SUPPORTIVE ENVIRONMENT, WITH LIKE-MINDED PARENTS. EACH PARTICIPANT WILL LEAVE THE SESSION WITH A TOOLKIT WITH INFORMATION SHARED DURING THE SESSION, A BUDGET PLANNER, A PEN AND A WATER BOTTLE TO GET THEM STARTED.

July

MESSY MOMENTS

OLD CLOTHES ADVISED!
THIS WORKSHOP WILL FOCUS ON MESSY PLAY IDEAS MADE FROM HOUSEHOLD INGREDIENTS SAFE FOR LITTLE FINGERS. WE WILL SET UP A NUMBER OF STATIONS WITH DIFFERENT ACTIVITIES DESIGNED TO ALLOW CHILDREN TO EXPLORE FREELY WITH DIFFERENT TEXTURES AND FEELS. ALL ATTENDEES WILL TAKE AWAY A TOOLKIT WITH VARIOUS IDEAS FOR MESSY (AND NOT SO MESSY) PLAY IDEAS TO RECREATE AT HOME, ALONGSIDE A LIST OF LOCAL GROUPS TO ATTEND FOR SIMILAR EXPERIENCES. ALL ATTENDEES WILL NEED TO COMPLETE A DISCLAIMER PRIOR TO ATTENDANCE IN RELATION TO ALLERGIES ETC.

August

A WALK IN THE PARK

KEEP AN EYE ON OUR SOCIAL MEDIA DURING THE MONTH OF AUGUST, AS WE WILL BE POPPING UP AT VARIOUS OUTDOOR SPACES IN DEVON AND TORBAY! AUGUST WILL BE THE MONTH TO EMBRACE THE BEAUTIFUL AREA WE LIVE IN - COME AND CREATE SOME NATURE THEMED ART, TAKE PART IN A TREASURE HUNT AND STRETCH YOUR LEGS ON A BEAUTIFUL WALK.

Sept

HAPPY MUM GROUP

A STAY AND PLAY SESSION WITH THE FOCUS ON MUM! THIS GROUP WILL PROVIDE A FOCUS ON SMALL CHANGES WE CAN ALL MAKE IN OUR DAILY LIFE TO IMPROVE OUR WELLBEING. WE WILL ENSURE A SAFE SPACE TO SHARE EXPERIENCES AND MAKE LOCAL CONNECTIONS. THERE WILL ALSO BE TRAINED STAFF PRESENT TO DISCUSS MENTAL HEALTH CONCERNS WITH PARENTS ON A 121 BASIS IF NEEDED. A TOOLKIT WILL BE PROVIDED TO MUMS TO TAKE HOME WITH POSITIVE AFFIRMATION CARDS, A WATER BOTTLE, SELF-CARE CHECKLIST AND SOME GOODIES FOR MUM!

October

BABY EXPLORERS

AN OPPORTUNITY FOR MUMS TO BRING THEIR NON-MOBILE BABIES TOGETHER FOR SOME GENTLY STIMULATING PLAY, WHILST HAVING THE CHANCE TO SIT DOWN AND CHAT WITH OTHER LOCAL MUMS. WE WILL EXPLORE TOUCH, SMELL, SOUND AND SIGHT IN A SIMPLE, QUIET AND PEACEFUL ENVIRONMENT. MUMS WILL BE ABLE TO MOVE AROUND DIFFERENT STATIONS FOCUSED AROUND DIFFERENT SENSES. THERE WILL BE MUSICAL INSTRUMENTS, DIFFERENT TEXTURES (FEATHER, SPONGES, FOIL BLANKETS), MIRRORS ETC. TO STIMULATE BABY. THIS GROUP IS SUITED FOR CHILDREN AGED 0-6 MONTHS. EACH ATTENDEE WILL RECEIVE A TOOLKIT WITH SIMPLE, AGE APPROPRIATE, FINANCIALLY VIABLE PLAY IDEAS TO RECREATE AT HOME.

Nov

BABY BITES

A FREE AND EXCITING WEANING WORKSHOP TO INFORM AND EXCITE PARENTS IN STARTING THEIR WEANING JOURNEY. WITH AN AIM TO MYTH-BUST IDEAS ON WEANING AND ALSO DISCUSS RECIPES AND BATCH-COOKING TO MAKE THE PROCESS. EACH PARTICIPANT WILL RECEIVE A VOUCHER TO ATTEND A PAID ONLINE WEANING COURSE (PAID FOR BY PROMOTING CHOICE). A TOOLKIT WITH VARIOUS RECIPES, WEBSITES FOR SUPPORT AND A MEAL PLANNER.

Dec

TIS' THE SEASON

COME AND JOIN US FOR A SESSION OF CHRISTMAS CRAFTS TO ENJOY WITH YOUR LITTLE ONE. EACH CHILD WILL RECEIVE A SMALL GIFT TO TAKE AWAY AND AS ALWAYS MUMS WILL RECEIVE SOME GOODIES TOO!

121 SUPPORT AND OFFERS

WE WILL ALWAYS HAVE A MEMBER OF STAFF AVAILABLE AT A WORKSHOP TO DISCUSS ANY CONCERNS YOU ARE FACING. HOWEVER, IF YOU FEEL YOU COULD DO WITH A LITTLE EXTRA SUPPORT - PLEASE CONTACT US TO ARRANGE AN INFORMAL MEETING WITH ONE OF OUR TEAM.

WE ALSO HAVE A NUMBER OF PLACES AVAILABLE TO ATTEND VARIOUS BABY GROUPS - BABY MASSAGE, SENSORY GROUPS, WEANING ADVICE AND MORE - THAT WE WILL PROVIDE PARENTS FREE OF CHARGE SHOULD THEY WISH TO ATTEND BUT HAVE NOT YET HAD THE OPPORTUNITY.

✉ promotingchoice@colabexeter.org.uk

☎ 01392 - 691472

Job Opportunities / Volunteering

Young Citizens - Project Coordinator Vacancy

Young Citizens is looking for a Project Coordinator to help deliver a court awareness project for secondary schools in Devon, Cornwall and the Isles of Scilly. Closing date 19 July. Details [here](#).



Careers in Health & Social Care



**START
SOMETHING**

START YOUR CAREER IN HEALTH & SOCIAL CARE



Aged 18-30?

**SOUTH
WEST**

**In partnership with Paragon Skills &
Various Health & Social Care Employers**

Taster Day: Wednesday 13th July
Programme Dates: Monday 18th July- Friday 22nd July (interview day - 26th July)
Programme Times: 10:00 am-3:00pm
Location: Online using Microsoft Teams

**Are you aged 18-30? Not in education, training or employment and looking for
an alternative route into a career in Health & Social Care?**

The Prince's Trust, in partnership with Paragon Skills are hosting a FREE 1-week training course, to help you start a career in the Health & Social Care Sector. Upon completing the course, participants will have the chance to interview for live vacancies with various employers.

This programme covers all the topics you will be trained on as a care Assistant, such as: Duty of Care, Equality Diversity and Inclusion, Basic Life Support, Safeguarding, Mental Health, Dementia & Learning Disabilities, plus more.

We also offer employability sessions, guidance on applications and interviews, and Q&A sessions with experienced Healthcare Professionals.

Following the programme, you will be able to access our financial award of up to £500 to support the start of your career .
As well as a professional mentor for up to 6 months!

**For more information please scan the QR code or email:
Kayhlan.Norgrove@princes-trust.org.uk**



Exeter

Connections

Vacancy



CONNECTIONS

G R O U P
E X E T E R

Connections Group Exeter is a way for adults with mental health conditions to get together to socialise. We tackle isolation and increase confidence.

Wanted: Second Worker to deliver a support service, helping members with a range of problems. You will also lead 2 events per month [coach trips, ten pin bowling, visits to local towns etc] and provide sickness and holiday cover. Guaranteed 30 hours per month minimum. Great job satisfaction. Reliability essential.

Life skills more important than qualifications. Must have good people skills, organisation skills and be able to use public transport. Closing date 5pm on 6 July.

Further Information: exeterconnections@gmail.com

Young People

Class of '22 After Party

CALLING ALL YEAR 6s!

YOU are invited to:

Class of '22 After Party

The 100 Club is excited to bring you evenings of transition based activities and opportunities to ask questions about your new school.



Going to ISCA?
Tuesday 26th July



Going to West Exe?
Wednesday 27th July



Going to St Peters?
Tuesday 2nd of August



Going to St Lukes?
Tuesday 9th of August



Going to St James ?
Tuesday 23rd of August



100 Club, Wear Barton Road, Exeter.
EX2 7EH.

For more info and to book spaces email:

steve.brind@spacepsm.org

or get in touch on our social media.



@exeterspace



@exeter100space

Meet other young people, play games, have fun and relax!



All Sessions
6:30pm-9pm

SPACE

InExeter Word Play

SATURDAY JULY 2ND 10-3PM
POSITIVE LIGHT PROJECTS
184-187 SIDWELL STREET



IN EXETER

WORD PLAY



FIND YOUR ADVENTURE

WORKSHOPS AND ACTIVITIES
STORYTELLING AND BOOK STALLS
SPECIAL VISITS FROM LOCAL AUTHORS AND ILLUSTRATORS
AND A FEW MORE SURPRISES...
FOR TICKETS AND MORE INFO VISIT



WWW.MARKETSINEXETER.CO.UK

The Wave Project

Latest newsletter [here](#).



June



Monthly Mailout Guidelines For Submission

Wellbeing Exeter compiles a monthly mailout comprised of information provided by organisations in Exeter. This is a free service to help support our community. The mailout goes out as near to the end of each month as possible (dependent on holidays and weekends).

Any Organisation in Exeter who would like to submit information to the mailout is required to follow these guidelines:

- Relevant Exeter based information.
- Promoting free events or opportunities only.
- If raising money for an event, it is clear that all the proceeds go to the stated fund.
- No events or opportunities that require payment will be included.
- Submit the information to maria.koutsoumanis@colabexeter.org.uk at least 3 working days before the end of the month.
- Accept that Wellbeing Exeter have the right to cut or edit the information to fit the layout.

