

# Exwick Courier

A Free Newsletter  
by and for people in  
Exwick



The newsletter of the Exwick Community Association

Issue 7

## Come to the ECA AGM 30th July 7.30pm

July 2009

(refreshments and enjoy a line dance afterwards if you want)

The Exwick AGM is on Thursday the 30th July at 7.30pm. All are welcome. There will be refreshments before and after.

We will meet for the formal business for 30 minutes and then take the opportunity to have a chat, or join in with the Line Dancing which happens every week on a Thursday. More information about line dancing on page 2.

As to the AGM we have lots to report. We have achieved a lot this passed year. Here is a taster, we have:

- Got Lottery funding to run youth activities both at the Kinnerton Way and Redhills ends of the area.
- Been awarded Devon Grassroots Funding for a youth drama project.
- Had City council funding for 'My

Neighbourhood' events for all ages.



- Appointed a Centre Manager.
- Seen the growth of the activities in the centre.

Outside the charity itself, but still in the area:

- Youth Service provision has changed with the start of the Youth Inclusion Program.
- New Anglican Vicar.
- New garden at the Parish Hall in Station Road via Rok challenge.
- New Exwick Local History Group launched (which is developing an updated Exwick History Trail to be launched later this month.)
- Raised fencing on the Multi-use games area.

Plans for the future:

- Our new initiative to help more people get

better insulation in Exwick.

- Increase volunteer numbers.
- Launch a centre users group.
- Develop more projects with the Youth Inclusion Project and other groups.
- Get the Internet Café operational and open for surfing and other projects.
- Update the constitution and improve how we operate.

**We have openings for both a treasurer and a secretary for the association.**

This is a great opportunity to get more things done in the area. Training will be provided and there is lots of support around. There are people to do most of the work, we need the people to sit on the committee and report back what has been

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done. Contact us for more details.

I encourage you to come along and make sure we really do what we say we do.

If you want to meet some of the committee before the AGM we will have a stall at the Community Church's **Sunday Fun Day 19th July, 12-4 on Exwick Playing Fields** behind the Thatched House.

[www.exwickfunday.co.uk](http://www.exwickfunday.co.uk)

**See you there**

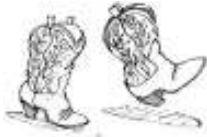
**CENTRE BOOKINGS:**  
[bookings@exwick.com](mailto:bookings@exwick.com)

EXWICK COMMUNITY ASSOCIATION,  
EXWICK COMMUNITY CENTRE  
KINNERTON WAY, EXETER, EX4 2PR  
charity number 1043677

[eca@exwick.com](mailto:eca@exwick.com)  
[www.exwick.com](http://www.exwick.com)  
01392 493197—voicemail

## 'Get in Line'

### Line Dancing



Thursday evenings 7.30 - 9.00  
Exwick Community Centre

Thursday evenings at the Community Centre have become an opportunity to meet new people and get some much needed exercise while dancing to good music. The folk are friendly and have great fun. This is definitely not for professionals - we laugh too much! Young and old, cowboys

and cowgirls are all welcome.

We start at 7.30pm, break for refreshments mid-way and then dance again until 9pm. The leader walks us through each dance and we try to learn a new dance each week. Did we mention it's free? (although we do have a bowl if you want to make a small contribution towards the hire/refreshments)

Why not give line dancing a try? All being well we will be dancing at the Exwick Sunday Fun Day - although we're all a little nervous!

Further information: Phone John 671022

## CHANGING AND IMPROVING YOUTH SERVICES IN EXWICK

Devon County council have funded a new Youth Inclusion Project (YIP) for Exwick. The YIP is run as a partnership between Community Action North Devon and Exeter City Football Club. Community Action currently runs the two successful YIPS in Barnstaple and has a long track record of delivering youth and community based projects, while Exeter City FC's community coaching programme brings professional coaches into the area.

The YIP will run youth provision which includes open access provision for young people, with a football programme being run in partnership between Exeter City FC and Devon and Cornwall

Police, as well as holiday activity programmes that include outdoor activities, sports, arts and music.

The YIP hit the ground running in February by organising a half term activity programme for young people in the Exwick area, which included football, DJ sessions, kayaking, climbing, high ropes and film making.

Rob Hannaford, Vice Chair of Exwick Community Association, said: "This is wonderful news and represents a huge boost for youth work, community engagement and social cohesion in Exwick."

"With 2,500+ children and young people in Exwick there is a huge need for this project. I hope that we can all

work together to build upon the good work already being done in the community by Exeter City Council, local community police team, Exwick Community Association and church groups."

"I would urge all local young people to come forward and let us know what activities and events they would like so we can make this programme a real success."

Contact: Kate Maxted Manager, Exeter Youth Inclusion Programme. The Old School House, Exwick Rd. Exeter EX4 2AT Tel: 01392 437111

Kate.Maxted@CommunityActionNorthDevon.org.uk

## Preschools & Nurseries in Exwick

### Exwick Ark



0 to 5 year olds.  
All Year round  
Exwick Parish Hall, Station Road.  
07931 591735 or 01392 425551  
admin@exwickarkpreschool.com  
[www.exwickarkpreschool.com](http://www.exwickarkpreschool.com)

### Exwick Heights Early Years Unit



3 to 5 years olds  
Exwick Heights School,  
Gloucester Road.  
01392 209030  
admin@exwickheights.devon.sch.uk  
[www.exwickheights.devon.sch.uk](http://www.exwickheights.devon.sch.uk)

### Park Playgroup



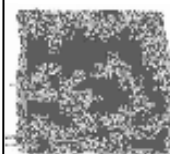
3 to 5 year olds.  
In Redhills Primary School,  
Landhayes Road.  
01392 439508 / 07875 691371  
parkplaygroup.exeter@virgin.net  
<http://beehive.thissexeter.co.uk/default.asp?WCI=SiteHome&ID=11238>

### Stepping Stones Preschool

2 to 5 year olds  
Old School, corner of Exwick Road and Station Road. Contact:- 07855 684187

### West Exe Children's centre Parent and Toddlers Group

Exwick Community Centre,  
Kinnerton Way  
Thursday morning 9.30-11.30.  
01392 279361  
Email: admin@wecc.devon.sch.uk



Run by Westex Children's Centre  
Baby Cafe  
Breastfeeding Support Group  
Mondays 1-3pm, Exwick Community Centre,  
Kinnerton Way  
For further information contact  
Karen Chemo, Team Leader, Public Health Nursing  
or Leavia Beery, Health Trainer on 463440

# Warmer homes across Devon

Exwick Community Association is very keen to try to make Exwick better for the people who live in the area. A unique opportunity arose recently to tell people about grants to improve insulation and fuel efficiency in the area. If you do get work done and mention the Exwick Courier the Association gets a donation from the scheme too. Even without this we are happy to tell you about Devon Warm Zones:

More than 15,000 homes throughout Devon can look forward to a warmer future with Devon Warm Zones which aims to provide insulation improvements, heating and free benefit and energy efficiency advice to households across the county.

Devon Warm Zones is a three year project, led by a partnership of all 10 councils across Devon working with Devon County Council, NEA, Westcountry Energy Action and E.ON, one of the UK's leading gas and electricity companies.

Home owners across the Devon Warm Zones will be able to get subsidised cavity wall insulation which could save a typical home owner up to £446<sup>1</sup> a year on their

fuel bills. E.ON is offering cavity wall insulation for £150, with prices for loft insulation starting as low as £170. As well as offering insulation at a discounted price, residents in receipt of qualifying benefits<sup>2</sup> will be able to have insulation installed free of charge.

Exeter City Council is also committed to improving the energy efficiency of all properties in the district and has recently undertaken over-head thermal imaging of the area in order to assess the energy efficiency of homes in Exeter.

To find out whether your home was scanned visit [www.exeter.gov.uk](http://www.exeter.gov.uk), and see how much heat your home is losing.

John Fawcitt, Energy Efficiency Manager at E.ON, said: "Simple steps such as installing loft insulation could potentially save up to £122, while installing cavity wall insulation could save a further £324 on household energy bills<sup>1</sup>".

To find out how you can get help through Devon Warm Zones call us on 0800 512012 and quote 'Exwick Courier'.

The £446 saving over a one year period is made up from increasing your loft insu-

lation from 25mm to 250mm and installing cavity wall insulation. The cost savings shown are approximate, are provided for illustrative purposes only and are based on a gas heated semi-detached house with three bedrooms. Savings assume a gas price of 3.557p/kWh with a gas consumption of 31,700 units per annum (prior to installing the insulation measures). Individual savings may vary depending on type, age, main heating fuel of your home or if you choose to take increased

warmth following installation of the measures. We only use mineral wool to insulate cavity walls.

In order to qualify for the free insulation homeowners need to meet the following criteria;

In receipt of one of the following benefits:

Council Tax benefits, Housing benefit, Income support, Income based job seekers allowance, Attendance Allowance, Disability Living Allowance, War disablement pension which includes either a mobility supplement or constant attendance allowance, Disablement pension which includes constant attendance allowance, State pension credit

Or In receipt of one of the following credits:

Child tax credit where relevant income is £15,592 or less, Working tax credit where the relevant income is £15,592 or less.

One resident of the home needs to be at least 70 years old.



Exeter City Council

## New Vicar at St. Andrews, Exwick



After years of waiting Exwick has a new Vicar.

Rev. Jerry Bird, started his new role on 15th June 2009. A licensing service was held that day at the church which was packed out.



Services run every Sunday at 9.30am  
[ExwickChurch@devonlink.co.uk](mailto:ExwickChurch@devonlink.co.uk)  
 01392 275492

### Your local neighbourhood Police Community Support Officer team:

PCSO 30342 Will Malcolm—PCSO 30410 Mike Lippett  
 We are keen to hear your local policing concerns on 08452 777444  
[William.Malcolm@devonandcornwall.pnn.police.uk](mailto:William.Malcolm@devonandcornwall.pnn.police.uk)

## Try something new in Exwick:

### Exwick Bingo (Parish Hall Station Rd)

Every Tuesday 7.30 at the Parish Hall, Station Road. All funds raised go to support the Parish Hall.

### FRIENDSHIP CLUB,

Exwick Community Centre, Fridays 10-12 every week.

Includes Toddler Group.

All free. Tea and coffee, and biscuits. All ages welcome



### Over 60s club,

Exwick Parish Hall, Station Road, Fridays 2-4pm.

# Introducing Amanda Fosbrooke

## Our New, Community Centre Manager

At the end of March this year I had the pleasure of taking on the new role as Centre Manager for your local Community Centre in Kinnerton Way, Exwick.

I work 10 hours per week and have been busy getting the general maintenance issues in hand. One thing I am very sure you had all noticed was the windows and doors that had sadly been smashed.

With great support from Trevor Sharp (Chair of the Centre Trustees) I have been able to make good headway including getting the windows and doors mended.

The main hall is now looking like

new after a fresh coat of paint and I am arranging for the rest of the centre to be painted soon.

Looking forward I am aiming to get more classes running so let me know what you would like to see happening around the area.

I am also keen to kick-off a centre users group and get more volunteers involved to ensure the future of this excellent facility for Exwick.

Please feel free to send any questions/requests you may have about the Centre via the e-mail address below or on 01392 493197. Or call in on a Thursday morning when generally the centre is open.

It is your Centre and I am always pleased to hear what activities you would like to have going on.

Likewise, if you want to book the Centre to run a new class/group or just have a party then I am here to help you do this too.

In these few short months I have met a really lovely selection of you through my dealings with the Centre to date and look forward to meeting many more of you.

Amanda

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Contact Amanda Fosbrooke,  
Exwick Community Centre Manager  
eca@exwick.com  
Voicemail - 01392 493197

### 19th July 12-4 Exwick Community Church Sunday Fun Day & Big Lunch Community Picnic—bring your lunch and have some fun.

www.exwickfunday.co.uk

Exwick Community Church

**Exwick Sunday Fun Day**  
July 19th 2009 12-4pm

Exwick Playing Fields, near the Thatched House

**BIG LUNCH-Community Picnic—bring your own food**

or try the high quality, low cost BBQ.

Free CREAM Teas and coffee

Exwick Local History Group

MUSIC Drama from youth of Exwick

face painting games sing-a-long Songs of Praise

Free bouncy castles Line dancing kids & cops football

Exeter City Council

Supported by Exeter City Council and the city council My Neighbourhood Project

Weekly Events at Exwick Community Centre Kinnerton Way		
Mon	Baby Café (West Exe Children's centre breastfeeding support)	1-3pm
	Genesis 4½-6yr olds 50p	6-7.30pm
	JTT Club 7-11yr olds 50p	6-7.30pm
Wed	West Exe Family Centre Project. (Projects change check on 279361)	9.30am-11.30am
	Dance Lessons (01392 461487)	4pm onwards
Thur	West Exe Family Centre Parent and Toddlers Group	9.30-11.30am
	Health Visitor open baby clinic—Every Week	10-11am
	Line Dancing—all welcome (free)	7.30-9pm
Fri	Open Coffee Morning— All welcome. (free)	10am-12pm
Sat	Dance Lessons (01392 461487)	9am-11am
	Drama Club (8-13 years)	11am-12.30pm
Sun	Football with the Police in the Kinnerton Way games area	2-4pm