

March 2021

Community Building in Heavitree

Mum grateful for local support...

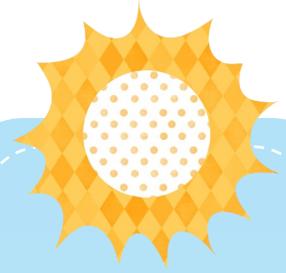
"Its safe to say I wouldn't be the mum I am today without Jen, Gill and The Baby Room. Their unwavering support and enthusiasm during the pandemic has been invaluable to so many families. As a first time mum in April 2020 they gave me the support I so desperately needed. It began with zoom calls for breastfeeding support and doorstep collections of slings and breast pads. Then by Summer, Fridays in Heavitree park were an amazing opportunity to finally see other mums and babies, and get face to face support.



By the time I made it to The Baby Room, 'nappuccino' was the highlight of my week; a friendly face, a much needed cup of tea and as much baby, breastfeeding, sling and nappy support that could be squeezed into an hour and a half! Exeter is so lucky to have Jen and Gill and everything The Baby Room has to offer."

But The Baby Room needs you!

Jen writes "The Pandemic has financially hit The Baby Room hard. We are on the hunt for breastfeeding clothes which we can sell to raise funds. We've been hit hard financially and our mums can help by buying a preloved top or bra. Later in April we have baby massage, sing and sign, and baby massage, starting up again once the government are happy with the infection rates. It's been hard to restrict what is a busy and buzzy group into 6 people only and people have struggled with breastfeeding on their own at home." Anyone interested in fundraising or crowd sourcing for The Baby Room please let us know.

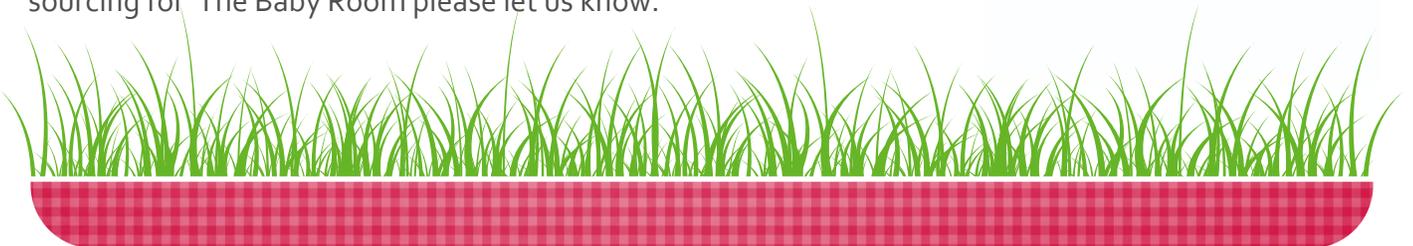


Wellbeing
EXETER



Inside this issue

Baby room support	1
Hospital Radio	2
Squilometres.....	3
Helping is good for u.....	4
Greening your neighbourhood.....	5
Help Thank-you NHS.....	5
Gardening crafting music walking on zoom.....	6
Essential Information.....	7
Fitness and Digital	8



**Generous Hospital
Radio Volunteers**



Husband and wife team
Richard and Julia Green.
They love volunteering
and meeting the patients.



Phil Warnes



James Chamberlain

"RD&E Radio Calling.....er, from our home! "
by Malcolm Mardon

Hospital Radio Exeter has been broadcasting from the R.D & E (Wonford) for 46 years and the last 12 Months have been incredibly challenging.



Hatty Nash

In March we launched on the Internet for the very first time and we can now be heard outside the hospital. The launch was followed by COVID Lockdown just two days later!

As we were not allowed in the hospital, members' heads were scratched. A plan came together—our Chief Engineer said we could run the technical bits from his house, and members could make programmes at home. He could then feed them into the Hospital Hospedia system. This Included a chapel service supplied by the Chaplaincy team. If you have a loved one in hospital there are Request Shows weekdays from 8pm—please make a request for your loved one and listen to it at home at...

requestshow@aol.com

Paul Hayman



Hospital Radio Exeter is a charity and manned entirely by volunteers. To keep the service running anyone interested helping us with fundraising

appeals are welcome as are any donations by using the Donate button on our website. Hospital Radio can be heard on Channel One on the Hospedia TV sets on patients' bedsides and on the internet www.hospitaradoexeter.com

We are also available on the Radioline App .



Are you looking for a way to be part of your community? by JoJo Spinks

Are you new to the area or looking for a rewarding way to be a deeper part of your own community? Then why not join us as Heavitree's Place Champion? Local resident JoJo Spinks says, "I've been happily active in that role now since early 2015 and I can honestly say it's the most rewarding thing I've ever done. We're thrilled to say that there are now 5 *Squilometres* in Devon and I need to concentrate on training up new Champions so we're actively recruiting for just the right person to replace me in Heavitree. It's true that to be a *Squilometre* Place Champion, you've got to put a bit in, but the good news is that you get a lot back! **Interwoven Productions CIC** can provide all the framework support and training that you need."



If you're able to give 7 hours a week (flexible) to your community then, in return, you'll have access to a fabulous local history training package funded by the National Lottery Heritage Fund and be welcomed into a growing family of other Place Champions. There's no better way to dive into your place than to become it's Champion.

Celebrate your *Squilometre*!

A *Squilometre* is all about the place! It is a small, nominated area set by local residents who set out to explore and celebrate memories, stories and local history of that area. Working in this way, street by street, inside one square kilometre means that residents come to know and care about their own place - taking an active part in decisions about its future.



The Heavitree *Squilometre* is currently working on **Ladysmith Road**. If you're resident there (or near there) then there's still plenty of time to get involved.



Why not get in touch - <http://www.heavitreesquilometre.org/ladysmith-road.html> or check out the latest discussion on the Heavitree Place and People facebook Group - <https://www.facebook.com/groups/1945268569075564>

Happiness is Home.



Well Done volunteers



A welcome from **Bridget...**



Cara cleaning chairs



And **Rachel**, author of article



Thank You!

"Don't tell everyone...Helping others can be deeply rewarding!" by Rachel Sutton

"I was delighted when the post from our amazing Heavitree & Wonford Running Group Leader, Emma Kessie, asking for volunteer help at a local GP practice for Covid vaccine clinics popped onto my timeline a few weeks back. As someone grateful to be fit and healthy in these strange times with flexible work commitments it seemed the ideal way to give something back to the community.

I expected it to be damp and cold, it was January and yes it was, word quickly spread through the group, dress in layers, bring a hat & gloves, wear thick socks. I expected some people to be anxious & some were a little concerned, many hadn't left their homes for months.



What I didn't expect was that it would be so much fun. I spoke to more people in a 2 hour shift in the car park than I would usually speak to in a week during lockdown. Many attenders at the first sessions were in their 80s and I was reminded what a remarkable generation that is. Men & women who lived through a world war and the testing times that came afterwards—some were frail and unsteady on their feet but they were all keen to get their injections and so happy and grateful to be there.

It was also great to see fellow running group members, in real life. We all miss our group runs from Heavitree Pleasure Ground and the catch-up chats as we warm up and jog around the neighbourhood. Whenever I finish a session I walk home with a spring in my step. As more and more people get vaccinated the time we can get outside, and see our friends and families— and hug them— gets closer.

I cherish the thank-yous we get for helping out and the happy smiles. I thought I'd be giving something back but I always feel as if I get as much back from the session."

"Whose up for Greening Heavitree?" by Anita Wood

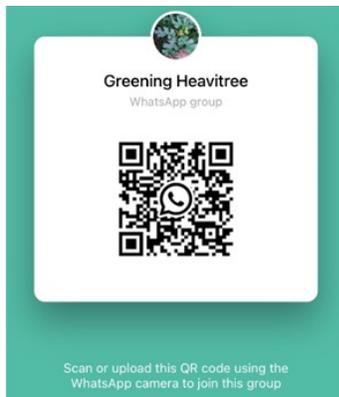


During the pandemic lots of local residents have spent more time than usual in Heavitree and got to know our local area in a way that we didn't before! For many, our connections with nature have been really important in sustaining us during this really difficult time.

Whilst we are very lucky in Heavitree to have access to fantastic open spaces, the new "Greening Heavitree" group are interested in making our streets even greener and more pleasant places to live. If you are interested in gardening, community tree planting, community gardens, cleaner



air and our carbon footprint then you are invited to join this first phase of the "Greening Heavitree" movement. Just use the QR code below to join the "Greening Heavitree Whatsapp group" or click on the link <https://chat.whatsapp.com/LPcC0uSZo4AJMcAk3XOS7I> where you will be able to connect with like-minded residents and find out about opportunities to create a greener and healthier local environment.



Don't forget the "Greening your Neighbourhood" zoom meeting with Exeter City Council, Worfond Planters, local residents and your Heavitree Community Builder on Tuesday 23rd March (see Page 6 for details).

Could you help us thank our friends in the NHS? By Liz Straw

Launched earlier this year, Thank You Exeter NHS has already presented nearly 1,000 bags of luxury pamper and homemade gifts to staff working at the RD&E, the Exeter Nightingale Hospital and GP surgeries.

But we've run out of gifts, chocolate bars individually wrapped, energy bars, hot chocolate sachets, unisex toiletries: shower gel, shampoo, conditioner, bubble bath, bath salts and bombs, hand cream, body moisturiser, body sprays, lip balm (sticks) face (beauty) masks. Homemade cakes/biscuits individually wrapped are also very popular and thank you cards. An easy way to help is to order items direct and have them sent to the co-ordinator's home, addressing it to: Thank you Exeter NHS 12 Celia Crescent, EX4 9DR or you can donate on the Go Fund Me Thank You Exeter NHS page <https://www.facebook.com/thankyouexeternhs/>. We also need more volunteers, please see our Facebook page.



Crafting, Gardening, Cooking, Music - what's there not to like...?

* Join our bi-weekly Zoom meetings on **Tuesday and Thursdays in March** at 2pm where your community builder hosts a call on an interesting topic and invites guests to talk or demonstrate. Don't be shy, why not drop in and listen?



* Exeter **Greening your neighbourhood** will be attended by a local councillor and a member of the Wonford planters.



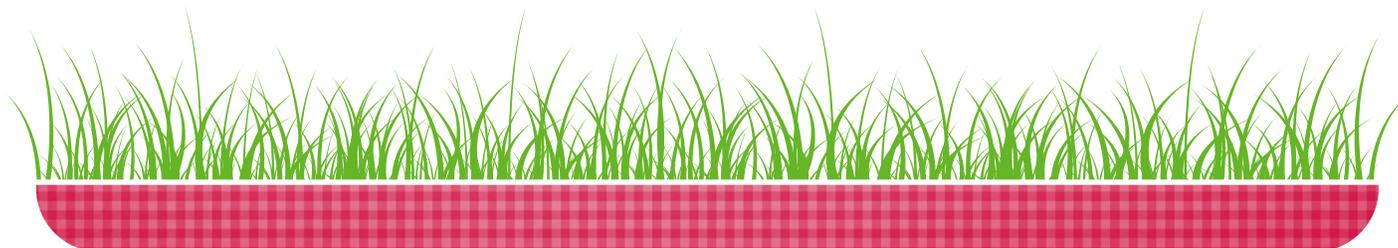
* There is **Mothering day crafts** with Tracey and Barbara we have had a **cooking demonstration** of a Katsu curry (chicken and veggie option) by Chef Andre that has been recorded, and we have learned how to grow vegetables and chilies.



* We will be having a **Music Quiz** with Josh and some piano playing, and an **Art and Architecture Quiz** with Philip— just for fun. See community builders central facebook page



TUESDAYS / MARCH / 2pm	THURSDAYS / MARCH / 2pm
2nd Crafts	4th Craft
9th Wild walks	11th Art/Arch Quiz
16th Local History - Squilometer	18th Gardening
23rd Greening ur neighbourhood	25th Music
30th Sustainability	



Essential Information

Council Support: Anyone struggling during COVID need to contact the Community Wellbeing Hotline Number **01392 265000**

See <https://exeter.gov.uk/wellbeing/> . Follow Exeter city council <https://www.facebook.com/groups/exeterupdates/>

Shielding Exeter Support Group <https://www.facebook.com/groups/3088633247890285>

Devon Family Resource - For those experiencing relationship conflict during COVID. Family support, toolkit resource, victim care. <https://familyresource.eci.org.uk/services/>

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

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Samaritans 116 123 - Call FREE 24 hours a day, 7 days a week for Anxiety, Depressions, loneliness or suicidal feelings. Its good to talk!

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

The Moorings (Crises Café) offering out of hours phone support to those in mental health crises, Call 07990 790 920 Email: devonexeter.mhm@nhs.net <https://www.mhm.org.uk/the-mooringsdevon>

Young Peoples Wellbeing YMCA Exeter Free psychological support <https://www.ymcaexeter.org.uk/cwpwellbeing/>

Youth services on-line including SEND <https://spacepsm.org/>
Somewhere to go, something to do , someone to talk to.

Depression and Anxiety

It is always important to **stay in touch with your GP** if you think you are struggling. "I don't have it as badly as others" or "I don't want to clog up the system" isn't a good reason not to call the Dr.

Even if you are unsure about your wellbeing, it is worth talking to your Dr who will talk through your symptoms.

The depression and anxiety service offer at least 6 free sessions for dealing with anxiety, panic attacks, depression among other problems. They can phone you up for those sessions too.

If you wish to refer to them go onto the **Talkworks web-site** and you can refer your self. There is not a long waiting list.

Regular exercise, talking to friends when you can, and trying to have some time to do the things you enjoy can also help.

Peer support groups on zoom can also help, for example, **Andy Man's Club** or **Women's Wellbeing Club**.



"No more excuses—get fitter at home for free"

FREE online EXERCISE CLASSES With Exeter Leisure 'Workout @home'. You can stay fit, healthy and happy from the comfort of your own home. It is currently FREE for both members and non-members via the 'Exeter Leisure App'.



With 'Online Coaching' service, 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 !



Wellbeing Exeter

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[https://
www.wellbeingexeter.co.uk/](https://www.wellbeingexeter.co.uk/)

I work 2 days a week
Thursdays and Friday

"Or maybe improve your Digital skills, for free..."

- **Tuesday 9 March 11-12 am – Online Safety through COVID:** How can we keep ourselves safe through COVID? What scams are out there?
- **Thursday 11 March 2 - 3 pm – Digital wellbeing:** How can digital support your wellbeing? How can we manage screen-time for the whole family to keep you all on the right track?
- **Tuesday 16 March 11 -12 am – Communication with friends & family:** How can we contact loved ones? What are some of the fun ways we can communicate using online tools?
- **Thursday 18 March 2 - 3 pm – Introduction to Canva:** How to make online Birthday cards and Posters for free?



To register for the events, email ppdevon@cosmic.org.uk or call 07745 951584.