

# Newcourt News

By the Newcourt  
Community Association

www.newcourtca.com October—December 2024



**What would you like to see in future editions of Newcourt News?**

Please let us know at  
[community@newcourtca.org.uk](mailto:community@newcourtca.org.uk)



Join our  
mailing list

[Newcourtca@gmail.com](mailto:Newcourtca@gmail.com)

## What's inside

- The Newcourt Association
- What's new to the area
- Upcoming events at Newcourt Community Centre
- Useful information

# Newcourt Association

Newcourt Community Association is an affiliation of residents who want to help make Newcourt a great place to live. And by living here, you qualify to be part of it!

## Newcourt Community Association

[newcourtca@gmail.com](mailto:newcourtca@gmail.com)

### Website

[www.newcourtca.com](http://www.newcourtca.com)



Newcourt Community  
Seabrook Orchards  
Community



## Newcourt Community Centre

01392 873560

[info@newcourtcommunitycentre.com](mailto:info@newcourtcommunitycentre.com)

### Website

[www.newcourtcommunitycentre.com](http://www.newcourtcommunitycentre.com)

## Small Grant Scheme

Did you know about our Small Grant Scheme?

We can offer:

- Reduced hire cost at Newcourt Community Centre for volunteer led groups linked to Newcourt.
- Reimburse of costs for equipment and resources for the community

For more information and how to apply please email the Trustees:  
[trustees@newcourtca.org.uk](mailto:trustees@newcourtca.org.uk)



## New Little Library!

Plans and groundwork are well underway to move the Library from inside to outside.

This will make the library more accessible to everyone. Keep a look out for the installation at the front of the building soon!

## A fond fare well and a new welcome.

We say fond fare well to Gill Westcott and welcome in Sarah Barnett to our board of Trustees.

## Would you like to become a NCA Trustee?

Do you have an interest in making the community a better place to live?  
Have enthusiasm for community events?  
Would you like to have oversight of community buildings?  
Or knowledge of local planning applications?  
Then the NCA would love to have you as part of the team.

There is a minimum commitment of attending trustees meetings which are on average once every two months. There is also the opportunity to get involved with other community initiatives. The trustees are also supported by a paid charity manager.

If you are interested please email [community@newcourtca.org.uk](mailto:community@newcourtca.org.uk)

# VOLUNTEER



## Seabrook Orchards Community Building

As part of the next stage of building, Bloor will be constructing a community building in Seabrook Orchards. Under the terms of the Section 106 agreement The building will then be transferred to a community group or charity. The Newcourt Community Association (NCA) in collaboration with the Seabrook Orchards Residents Group (SORG) are looking to form a working group who can take this project forward. We will need volunteer support to get that up and running. If you would be willing to support this venture then please get in touch with SORG by visiting their website [www.seabrookorchardsresidents.co.uk](http://www.seabrookorchardsresidents.co.uk)

## In the community.

### Exeter City Council have installed two new table tennis tables!



Lakeside Avenue Play Area, Countess Wear, collect your bats from Cafe 24  
Liberty Way Play Area in Newcourt collect your bats from Spar shop in Newcourt  
The staff will be glad to let you use them, but please return them when you are done with your game so that others in the community can play.



Contact: ☎ 07902 119083 ✉ [emma.wonnacott@eci.org.uk](mailto:emma.wonnacott@eci.org.uk)

Facebook.com/countesswear.cb



# What's New to the area



## Come and exercise your brains grey matter at Exeter Bridge Club

Players and visitors of all skill levels are welcome. Tuition and further support is available for less experienced players. The Club is affiliated to the English Bridge Union and is one of the leading clubs in Devon. You can be assured of a friendly greeting as we are so pleased you chose to visit us.

📞 **Jeremy : 07969 297 633** 🌐 [www.bridgewebs.com](http://www.bridgewebs.com)

### When

**Tuesdays** 6pm  
**Wednesdays** 1.15pm  
**Thursdays** 1:30pm

### When

#### Thursdays

10:30am - 11:15am  
 11:30am - 12:15pm  
 (3 months - 18 months)

## Signing Babies gets you and your little one signing

Babies as young as five months old can learn to use their hands to express their needs and emotions, just as a baby learns to wave bye-bye. Teaching your baby to sign is as easy as this! We teach you the signs and you then use the signs with your baby at home or out and about.

📞 **Annabel: 07728 907 623** 🌐 [www.annabel.thesigningcompany.co.uk](http://www.annabel.thesigningcompany.co.uk)



## A sacred space to rest, reconnect, and tune into your heart and the magical energy of the full moon

This event is a special opportunity to connect with nature, release negative energy, and set intentions for the upcoming month. Our ceremony will include **meditation, rituals, and community bonding**. Whether you're a seasoned practitioner or new to moon ceremonies, all are welcome to participate. Don't forget to bring a **blanket or yoga mat**.

### When

**17th October**  
**14th November**  
**12th December**  
 8pm - 10pm

**DOORS OPEN 7.45pm**  
 \*No ceremonies held between June & August

Donation-based event open to everyone of any creed and age (under-18s need to be accompanied)

**BOOKINGS & INFO:**  
 📧 [greenacaduceo@fastmail.com](mailto:greenacaduceo@fastmail.com) | 📞 +4477 07010421

## Pregnancy Yoga class

Designed to support you throughout your pregnancy journey. This calming and nurturing class focuses on gentle stretches, breathing techniques, and mindfulness, helping you to connect with your changing body and growing baby.

### When

#### Pregnancy

**Wednesdays**  
 7:15pm - 8:15pm

#### Mummy & Baby

**Fridays**  
 10:00am - 12:00pm

## Mummy & Baby Yoga class

Designed to strengthen the bond between you and your little one. This gentle class offers a blend of postnatal yoga for mums and calming baby massage for your baby.



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



✉ [erin\\_ogrady3@hotmail.com](mailto:erin_ogrady3@hotmail.com)

## Classes to enhance flexibility, reduce stress, and provide an hour of dedicated self-care.

My yoga classes are suitable for beginner to intermediate students. The type of class is a vinyasa style, which focuses on breath and movement.

### When

**Tuesdays**  
 6pm - 7pm



### When

#### Fridays

6:30pm - 7:30pm

## Mixed level Taekwondo class

For flexibility, Agility, Physical Health, confidence  
 Book your place for free tester session!



📞 Message Exeter Lion Taekwondo on Facebook

📞 **07962340120**

✉ [exeterlionaekwondo@outlook.com](mailto:exeterlionaekwondo@outlook.com)

# UPCOMING EVENTS

## Newcourt Community Centre



**HALLOWEEN PARTY**  
31. 10. 2024  
5:30pm-7:30pm  
Tickets £4 EACH  
Newcourt Community Centre

Scan to book

**Animal Encounters**  
At Newcourt Community Centre

Scan To Book

All attendees MUST have a ticket. All children MUST be accompanied by a responsible adult.

Chris Johnson  
All tickets £4.50

All attendees MUST have a ticket

**Tuesday 5th November**  
1st Session 10am - 10:45am  
2nd Session 11am - 11:45am



Come and Join us for a selection of fine local makers, bakers, crafters and so much more!

**23rd November**  
1pm-5pm

**FREE ENTRY**



### Vendors

£5 a table  
Contact:

[community@newcourtca.org.uk](mailto:community@newcourtca.org.uk)

Fill out our online form

Or

Collect a form from Newcourt Community Centre

Newcourt community centre  
Blakeslee Dr, Exeter EX2 7FN

**Angel Heart & Rattlebox Theatre**  
**Sam O'Shanty**  
December 15th  
Doors open at 11:45am  
Show starts at 12pm  
Fabulous Funny Family Fun!

All Tickets £5  
ALL Attendees Must have a ticket



# ROOM HIRE

Green Room

## At Newcourt Community Centre

At Newcourt Community Centre we have a range of rooms, in different sizes, to meet a multitude of needs.

All our rooms come with access to a kitchen area with a kettle and a fridge for your convenience. Parking available on site.



Orange room



Scan to see our rooms

**Green Room:** 150 max standing / theatre. 60 max boardroom / classroom. 100 max cabaret.

**Orange Room:** 115 max standing / theatre. 60 max boardroom /classroom. Approx. 90 max cabaret.

**Red Room:** 30 max theatre /classroom. 15 max boardroom. 24 max cabaret.

**Blue Room:** 30 max theatre /classroom. 15 max boardroom. 24 max cabaret.

**Latte Room:** Set up for working / consultation but can be rearranged. Maximum occupancy for the room is 6.

01392 873560

infor@newcourtcommunitycentre.com

www.newcourtcommunitycentre.com

### Address

Newcourt Community Centre, Blakeslee Drive, Newcourt, Exeter, EX2 7FN



Free Parking

## Volunteer with us

The Newcourt association needs your help.

Without our wonderful volunteers we would not be able to run events or deliver the Newcourt News. If you would be interested in volunteering your time to help the community, please email:

[community@newcourta.org.uk](mailto:community@newcourta.org.uk)

With the following information to register your support.

Name, Contact details and what you are able to help with.

All Volunteers who help with events are welcome to bring their children free of charge as long as there is a supervising adult.

# VOLUNTEER



# What else is in Newcourt Community



## LYN Love Your Nambour



Find us on Facebook  
LYN Newcourt, Exeter



“LYN (Love Your Neighbour) is what we call our community food boxes in Newcourt, which the lovely volunteers keep topped up with surplus food from local supermarkets.

There is a collection almost every day!

You can find the boxes at the side of Newcourt Community Centre and by the front entrance to Trinity CofE primary.

Our goal is simply to help minimise food waste, by sharing the surplus with our community. “

### Where we collect from and when.

**M&S** Sunday & Monday evenings

**Aldi** Tuesday, Thursday and Friday

**Sainsburys** Wednesday & Friday

We also get **Pret** from time to time.

**Food is no always guaranteed. Some times the stores have no surplus . Which I wonderful as this means there is no waste!**

## Catering vans



Come and enjoy a delicious coffee and snack at Bean & Gone Coffee, outside the front of the building.  
Open daily from 9am to 2pm.  
Best coffee around.



How about an authentic Neapolitan pizza at Il cornicione Pizza. Located at the front of the building.  
There from 5pm every Wednesday  
Very Friendly staff and amazing pizza!



Keep your eyes out for 'Yummy Kebab' in the Community Centre car park at the front of the building, weekly on Tuesday's, 17.00 - 22.00  
Their menu looks amazing.

## Allotments

Did you know Newcourt Community Centre Has 10 Allotments?  
Would you be interested in growing your own food or just tending to your own plot of land?

If you would like to join our allotment waiting list please email :  
angelmv@newcourtca.org.uk

Or pop in to the centre and ask for Angel



Bra Bank in the lobby

### It's time to bin your bra!

Our bra recycling scheme takes your unwanted bras and to raises vital funds for pioneering breast cancer research.

Together with our recycling partners, our textile recovery project prevents these bras going into landfill before giving them a new lease of life.

Successful ventures like this provide employment and an income for people living in the UK.

# Useful information



Talkworks - Free confidential support service for over 18s to improve mental & physical wellbeing.  
Tel: 0300 555 3344  
[www.talkworks.dpt.nhs.uk](http://www.talkworks.dpt.nhs.uk)

Domestic Violence Splitz Devon Helpdesk  
Tel: 0345 1551074.



Mental Health Mind charity  
Tel: 0300 123 3393

The Moorings @ Devon - Out of hours mental health support for 16+.  
Tel: 07990 790 920



Andy's Man Club - Talk through issue and problems that men face.  
Monday evening 7pm [www.facebook.com/andyManClubExeter/Remote](http://www.facebook.com/andyManClubExeter/Remote)

Age UK Exeter  
Tel: 01392 202092



Care Direct Adult social care  
Tel: 0345 1551 007

NHS Chat Health - Health Visitor confidential text messaging service [www.chatline.nhs.uk](http://www.chatline.nhs.uk)



Home-Start - Support for families with young children  
Tel: 0345 1551074. Out of hours Tel: 01720 422699  
[www.homestart.org.uk](http://www.homestart.org.uk)



Devon & Cornwall Police

**Date**  
Friday 20th December  
10am—12pm

**Devon & Cornwall Police Open Surgery**  
All welcome to come and talk to our local PCSO  
At Newcourt Community Centre



childline

Child line  
Tel: 0800 1111

## Meet our Councillors and MP



**City Councillor**  
Joshua Ellis-Jones  
Topsham  
Labour



**City Councillor**  
Gemma Rolstone  
Topsham  
Labour



**City Councillor**  
Matthew Williams  
Topsham  
Labour



**County Councillor**  
Andrew Leadbetter  
Topsham  
Conservative



**MP for Exeter**  
David Reed  
Conservative



trainline

Scan me  
for train times  
at Newcourt Station



Stagecoach

Scan me  
for Bus times  
at Newcourt Centre

# What's on regularly at Newcourt Community Centre



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:30 - 14:40 Starbubs	10:00 - 10:45 Adventure Babies	10:00 - 11:30 Newcourt Babies & Toddlers	10:30 - 12:15 Signing Babies	09:30 - 11:30 Coffee Club	09:00 - 09:45 Supa Strikers Mini (2-3y)
	11:15 - 12:00 Adventure Babies	13:15 - 15:30 Bridge Lessons	13:15 - 15:30 Bridge Lessons		09:50 - 10:35 Supa Strikers Mega (3-4y)
	18:00 - 19:00 Yoga wit Erin				10:40 - 11:25 Supa Strikers Maxi (4-5y)
	18:30 - 21:45 Bridge				10:30 - 12:00 Community Litter Pickers! <small>Last Saturday each month</small>
18:15 - 19:15 Beginners Pilates	18:00 - 22:00 Topsham Flower Arranging	18:00 - 19:00 Pilates		18:30 - 19:30 Exeter Lion Taekwondo	 <b>COMMUNITY LITTER PICKERS</b> <i>love where you live</i>
19:15 - 20:15 Zumba	19:30 - 21:00 Aurora Tap Dance	19:15 - 20:15 Zumba	18:00 - 19:30 Seido Karate	18:40 - 20:40 Line Dancing	
19:30 - 20:30 Topsham School of Dance	19:30 - 21:30 Women's Institute 3rd Tues day of the month		18:30 - 19:30 Men's Only Circuits		

If you want to get in touch please feel free to drop us an email [info@newcourtcommunitycentre.com](mailto:info@newcourtcommunitycentre.com)  
Or call us on 01392 873560 The reception is manned Mon-Fri 08:30 - 14:30