INVOLVE

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CULLOMPTON NEWSLETTER WINTER 2025



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MESSAGE FROM YOUR COMMUNITY BUILDER

I can't believe we're already coming to the end of 2026! It's been another busy few months here in Cullompton, with lots of exciting projects, events and activities taking place across our community.

It's been lovely to see so many local people getting involved, sharing their ideas, volunteering their time and helping to bring new initiatives to life. From our growing Cullompton Green Group to community cookery sessions, clothes swaps and much more, there's been plenty happening!

We've also been busy supporting local people to set up new community groups and charities, offering help with everything from governance and funding applications to general advice and guidance. If you've got an idea for something you'd love to see in Cullompton but don't know where to start, please do get in touch. You don't need to have everything figured out before coming to us!

As we head into winter, I'm looking forward to continuing to build on what we've achieved so far, working alongside local residents, groups and organisations to make Cullompton an even better place to live.

Whether you'd like to get involved in an existing project, have an idea of your own or just want to find out what's happening locally, I'd love to hear from you.

Wishing you all a lovely festive season and a happy New Year!

Carla - Cullompton Community Builder

Carla

Proudly funded by COMMUNITY FUND

CONTACT

07902 744810

CullomptonCB@involve-middevon.org.uk

www.involve-middevon.org.uk

@cullomptoncommunitybuilder

FUTURE PLANS CULLOMPTON

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We're Listening – And Building Together

We've been hearing your feedback, and it's been invaluable in shaping what we do next together.
Several ideas currently in the works come directly from your requests and suggestions.

Whether you've got skills to share, ideas to grow, or just loads of enthusiasm, we'd love to have you on board.
So get in touch, tell us what you'd like to do, and let's make it happen.

COMMUNITY FRIDGE - CAN YOU HELP?

We would love to bring a community fridge to Cullompton, but we're struggling to find a suitable venue to house it.
Do you have a space available and would be happy to host a community fridge? If you think you could help, please get in touch with Carla at cullomptoncb@involve-middevon.org.uk.



FRIENDSHIP BENCH



We're excited to be making progress with our Friendship Bench initiative, which aims to bring people together and help tackle loneliness in Cullompton.
The idea is simple. If you're feeling lonely, would like someone to talk to, or just fancy a friendly chat, you can take a seat on the bench. It's a way of letting others know you're open to conversation, helping to create new connections and a stronger sense of community.
We're really grateful to Noah's Ark Preschool, who have kindly donated a bench for the project. We're now in discussions with the Town Council to decide where the bench will be located.
We'll also be looking for volunteers to help us give the bench a makeover, making it colourful, bright and welcoming for everyone to enjoy. If you'd like to get involved, we'd love to hear from you!
We're looking forward to bringing this lovely initiative to Cullompton.
More updates coming very soon!

COMMUNITY BUILDER EVENTS CULLOMPTON

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CULLOMPTON PEER TO PEER CANCER SUPPORT GROUP

Our Peer to Peer Cancer Support Group continues to meet on the first Tuesday of every month, 10am to 11am, at The Steamer Coffee House and Café at Five Bridges, between Cullompton and Willand.

The group provides a friendly, informal space for anyone who has been affected by cancer, whether personally or through a loved one, to meet others who understand what they may be going through.

Whilst our cancer support groups in Crediton and Tiverton have been popular, unfortunately attendance at our Cullompton group has been low, and we'd really like to understand why.

We need your feedback!

If you or someone you know has been affected by cancer, we'd love to hear your thoughts. Is the location difficult to get to? Is the day or time inconvenient? Is the cost of refreshments a concern? Or is there something else putting people off attending?

We're really keen to make this group work for the people of Cullompton, so please share your thoughts with Carla at cullomptoncb@involve-middevon.org.uk.

More than just a coffee and chat!

Once we have a regular group of attendees, we'd love to explore funding opportunities to introduce some activities and outings too. These could be shaped by the interests and ideas of group members, giving everyone something to look forward to and opportunities to make new connections.

Help us keep this group running!

Unfortunately, if attendance doesn't improve, we may have to consider closing the Cullompton group, which is something we'd really like to avoid.

Please help us spread the word by sharing the group details with friends, family and anyone who might benefit.

Let's work together to keep this valuable support available in our community.

FREE COMMUNITY COOKERY SESSIONS



COMMUNITY COOKERY SESSIONS

For over a year, we've been working alongside The Keystone Project to deliver free community cookery sessions in Cullompton.

The sessions have been a fantastic opportunity for local residents to learn new cooking skills, prepare tasty meals on a budget, build confidence in the kitchen and meet new people in a friendly, relaxed environment.

We've welcomed people with a wide range of cooking abilities, from complete beginners to those simply looking for fresh ideas or an opportunity to socialise.

After a successful year, we're now taking a break from the cookery sessions, but we're hoping this isn't goodbye!

We'll be exploring further funding opportunities with the hope of bringing a new batch of community cookery sessions to Cullompton in 2027.

Keep an eye on our Facebook page for future updates!

COMMUNITY BUILDER EVENTS CULLOMPTON

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FESTIVE COMMUNITY CRAFT SESSIONS



We're delighted to be working with the National Trust at Killerton again this year to create handmade Christmas decorations for our charity Christmas tree.
We have held our first session and we'll be holding a second free community craft sessions, where everyone is welcome to come along and help us make beautiful, nature themed decorations. These will then be displayed on our Christmas tree at Killerton over the festive season.

There are still spaces if you'd like to attend the second session.

Session Two
Wednesday 18th November, 1.30pm to 3pm
Killerton

The session is completely free, with free parking available. Those attending the Killerton session are also welcome to explore the grounds afterwards free of charge.
Come along, get creative, meet new people and help us bring a little festive cheer to Killerton!
Booking is essential. To reserve your place at one or both sessions, please contact Carla at cullomptoncb@involve-middevon.org.uk or call 07902 744810.

CULLOMPTON GREEN GROUP

COMMUNITIES that can

It's been a busy few months for Cullompton Green Group since receiving National Lottery funding earlier this year. We've been working with volunteers and local organisations to develop projects that reduce waste, encourage sustainability and bring our community together.

Clothes Swaps
Our clothes swaps have been a great success, with local residents donating and exchanging pre-loved clothing. These events help reduce textile waste while also saving families money. We're looking forward to organising more!

Pre Loved Prom
We've also developed our own Pre Loved Prom initiative, offering students the opportunity to find beautiful pre-loved dresses and suits for their school proms. Following a successful trial event in Tiverton, working alongside SASSY Sustainable Tiverton, we're hoping to expand the initiative into Cullompton in 2027.

Repair Café
We're working towards launching a Repair Café in Cullompton, where volunteers will help residents repair broken household items rather than throwing them away. We're particularly keen to hear from anyone with repair skills who would like to volunteer.

More exciting plans!
We're also developing plans for seed swaps, surplus food initiatives and cycling activities.

Get involved!
Cullompton Green Group is all about local people coming together to make a difference. Whether you'd like to volunteer, share your skills or suggest a new project, we'd love to hear from you!
Contact Carla at cullomptoncb@involve-middevon.org.uk to find out more.

Cullompton Green Group







INVOLVE CANCER AWARENESS AND PREVENTION PROJECT

COMMUNITIES that can

It's been a busy few months for our Cancer Awareness and Prevention Project. We've been out and about across Mid Devon, raising awareness of cancer symptoms, prevention and the importance of attending routine screening appointments.

We've attended community events, including the Mid Devon Show and partnered with Active Devon to host community open days in Tiverton and Crediton. We've also delivered awareness talks to a variety of groups, including carers, expectant parents and rural communities through Vintage Farmers events.

We've worked to make cancer awareness information accessible to as many people as possible, including delivering a talk for a talking newspaper supporting people with sight impairments and sharing important awareness messages through social media.

We still have more activities planned before the project comes to an end, including a Christmas craft session with a cancer awareness theme.

Our aim is simple: to encourage conversations about cancer, help people recognise possible symptoms and promote the importance of early diagnosis.

Early detection can save lives!



NOVEMBER IS LUNG CANCER AWARENESS MONTH

Did you know that lung cancer can affect anyone, including people who have never smoked?

Know the signs and symptoms:

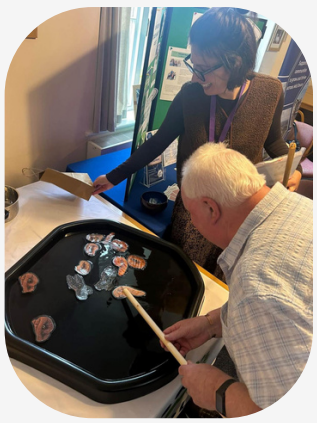
- A cough lasting more than 3 weeks
- Persistent breathlessness
- Repeated chest infections
- Unexplained weight loss or tiredness
- Coughing up blood
-

These symptoms don't necessarily mean cancer, but it's important to get them checked by your GP.

If you're coughing up blood, seek urgent medical advice.

Finding cancer early can make it easier to treat. Don't ignore the signs!

Find out more at www.nhs.uk/conditions/lung-cancer/







CULLOMPTON EVENTS

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LET'S GET PLANTING!

Celebrate National Tree Planting Week



Saturday 21 November 2026

10am - 12 noon Drop in session

Upcott Field EX15 1HU (Next to St Andrews Primary School)

- Bring a spade if you have one – limited spares available.
- Wear clothes & footwear suitable for getting muddy!

Everyone welcome!

Children must be supervised.

projects@cullomptontowncouncil.gov.uk

Community Craft Sessions

Help us to create nature themed, handmade decorations to decorate our charity Christmas Tree at Killerton. Everyone welcome, sessions are free of charge

National Trust

Session One

Tuesday 10 November
6.15pm - 7.45pm
Cullompton Community Centre
Free Park available on site

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Session Two

Wednesday 18th November
1.30pm - 3pm
Killerton
Free Park available on site (Please register your vehicle when booking your session)
Attendees at this session are welcome to enter Killerton Grounds following the session, free of charge

COMMUNITIES that can

COMMUNITY FUND

To book your free place at one or both sessions, please contact Carla - Cullomptoncb@involve-middevon.org.uk 07902744810

KEYSTONE Building Lives Stronger

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Free to Attend



Cooking on a Budget Sessions for Adults

Cullompton Community Centre

Session Dates - Fridays from 11th September 2026 - Friday 18th December 2026

12.30pm - 2.30pm

Contact

CullomptonCB@involve-middevon.org.uk

07902 744810

facebook.com/cullomptoncommunitybuilder

Do you want to
- **Learn to cook tasty meals on a budget?**
- **Pick up new cooking skills?**
- **Meet new people in your community?**

FREE to attend
Booking essential

CULLOMPTON EVENTS

COMMUNITIES that can















HAPPY CHRISTMAS FROM ALL AT INVOLVE

INVOLVE
VOLUNTARY ACTION IN MID DEVON





BE PART OF THE CONVERSATION

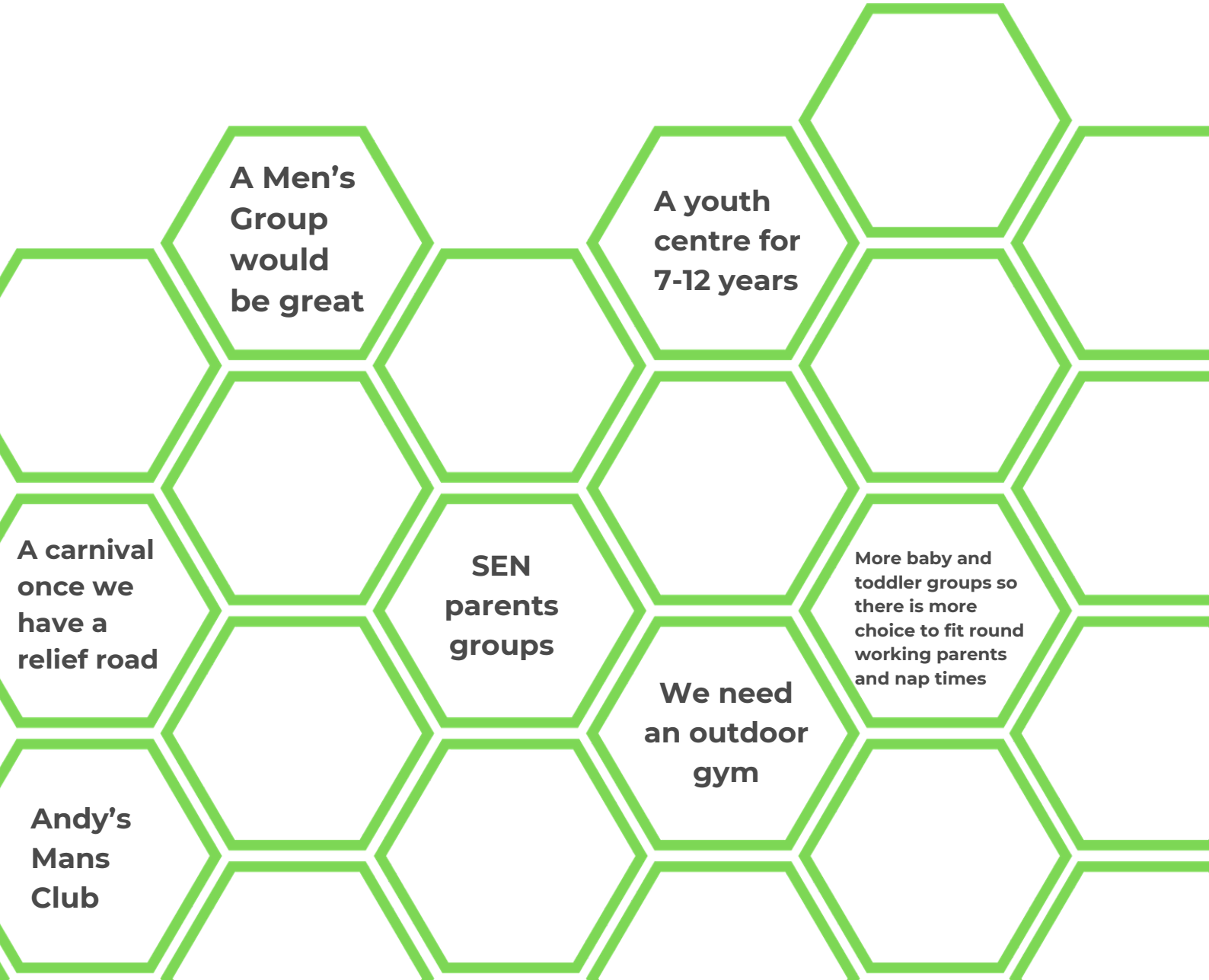
COMMUNITIES that can

WHAT THE COMMUNITY IS SAYING

Every month, we ask a question on social media to spark conversation, gather ideas, and make sure lots of different voices are heard. This helps us really understand what matters most to the community. As the project moves forward, we'll show how your feedback shapes what we do next.

I am really keen to listen to your ideas on Volunteering opportunities, the local community and the types of community groups and organisations you would like to see in Cullompton. Come and talk to us - every great adventure starts with the first step.

https://www.facebook.com/cullomptoncommunitybuilder



CULLOMPTON NOTICE BOARD

COMMUNITIES that can



DEVON CONNECT

Devon Connect is an online platform for communities across Devon. Members can use it to find or add events, services and volunteering opportunities.

There are over 5,000 members signed up on the platform so it is a great place to advertise any volunteering opportunities in the area.

https://devonconnect.org/

KEEP UPDATED ON ALL THE LATEST NEWS AND EVENTS

to find out more about what is coming up in your community please follow us on Facebook:

@cullomptoncommunitybuilder

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