INVOLVE

COMMUNITIES that can

CULLOMPTON NEWSLETTER SPRING 2026



MESSAGE FROM YOUR COMMUNITY BUILDER

Since joining Involve as Cullompton Community Builder in June 2025, I feel like I've barely stopped. I've been so busy meeting organisations and members of the public, hosting events, working on projects and new groups. I've honestly been loving it! It's so great to hear peoples ideas on what they'd like to see in Cullompton and I'm looking forward to some of the plans we've got coming up this year.

As a Community Builder, my role is all about encouraging action, fostering connections, and making sure everyone hears about the fantastic things happening across our town. Whether it's local events, new initiatives, or simply bringing people together, I'm here to help support and grow the incredible community spirit we already have.
If you're involved in something exciting or have an idea you'd love to get off the ground, I'd love to hear from you.

Carla

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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 are currently in the works coming 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



A community fridge is a shared, publicly accessible refrigerator where local residents and businesses can donate and collect surplus food that would otherwise be wasted. It's a way to reduce food waste, address food poverty and community connections.
We would like to start this initiative in Cullompton.
We are currently looking for a venue to host the fridge.
We will then be looking for a team of volunteers to support with the launch and day to day running of the community fridge and of course once we have a venue, we will be looking for a fridge itself.
Please get in contact if you can help with any of the above.

FRIENDSHIP BENCH



A BIG THANK YOU GOES TO NOAH'S ARK PRE SCHOOL IN CULLOMPTON WHO HAVE DONATED A SECOND HAND BENCH TO THIS PROJECT.

In the last newsletter, I told you about the friendship bench initiative that I have been planning. We put out a plea for a second hand bench and it took a few weeks, but we have now found our bench.
We would like to gather a team of volunteers to help sand and paint the bench and make it look beautiful. We would like to start working on the bench within the next few months, so if you can lend a hand, please do get in contact.

This provides an opportunity to promote teamwork, communication and social interaction. This collaborative effort not only enhances community spirit but also encourages sense of ownership and pride.
We would then like to gift the friendship bench to the town and promote the purpose of the bench. The friendship bench is designed to promote connection, emotional support and mental wellbeing. It will serve as a welcoming space where individuals can sit if they're feeling lonely or in need of someone to talk to, encouraging others to approach and offer companionship. The idea is that if you sit on the bench, you are letting people know that you are open to conversation. We would also love for a business to sponsor an engraved plaque to attach to the bench, explaining the concept.

WHAT HAVE WE BEEN UP TO?
CULLOMPTON

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CULLOMPTON PEER TO PEER CANCER SUPPORT GROUP

I've been busy working on setting up a peer to peer cancer support group.
This group is held on the first Tuesday of each month, 10am-11am. The group is held at The Steamer Coffee House and Cafe at Five Bridges, between Willand and Cullompton. If you or someone you know is currently or has previously been affected by cancer, please feel free to join us or get in touch.



WHAT HAVE WE BEEN UP TO?
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COMMUNITY COOKERY SESSIONS

In Winter 2025, I applied for funding and teamed up with The Walronds and The Keystone project to run some community cookery sessions. These started in November 2025 are they were initially meant to last 6 weeks. As of May 2026, we have held ten sessions and we currently have four more sessions planned. The sessions were aimed at anyone who would like to learn to cook on a budget, increase confidence in the kitchen, feel uninspired with cooking the same recipes all the time or would like to cook and socialise in a small group (maximum of 8).



We're really proud of how well the sessions went and what the participants gained from them and we'd love to run some more in the future if there is further interest from members of the public, so do get in touch if this is something you'd like to see us repeat.

COMMUNITY CRAFT SESSIONS

In early November, we held some community craft sessions at Killerton where we asked the community to join us in making some Christmas tree decorations to decorate our charity Christmas tree at Killerton. In Decemer, some of our staff members went over to Killerton to decorate the tree which was located in the beautiful chapel over the festive season.





WHAT HAVE WE BEEN UP TO? CULLOMPTON

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CULLOMPTON GREEN GROUP

In Spring 2026 we were delighted to receive funding from the National Lottery to launch a new Green Group in Cullompton. The group brings together volunteers who are interested in running small projects that support the environment and encourage more sustainable choices in our community. One of our first events was a very successful clothes swap, helping people refresh their wardrobes without buying brand new items. This not only helps reduce textile waste and the environmental impact of clothing production, but also supports residents with the cost of living. The event received fantastic feedback and we are already planning more clothes swap events in the future.



Building on this success, the Green Group is now developing a range of new environmentally focused projects. Plans include launching a repair café, where residents can bring along broken household items to be fixed by volunteers, helping to reduce waste and avoid the need to buy new. The group is also working on a prom reuse project, collecting donated dresses and suits to offer an affordable hire service for local students in Mid Devon. . This will help families save money while encouraging reuse, with a small hire fee reinvested back into sustaining the project and supporting further environmental initiatives.

We trialled the Pre Loved Prom initiative in Tiverton, working with Sustainable Tiverton and their 'Sassy' project. The event saw local students (some from Cullompton) attending, having drinks and sweets whilst browsing the rails to find an outfit they can wear to prom. They were then able to take the outfit away with a return date being agreed.

We are very pleased with the outcome of the event and we are looking to make this event bigger, better and in Cullompton next year as well as Tiverton, so keep your eyes on our social media (Cullompton community builder) for more details of this event early in 2027.

If you would like to be involved with Cullompton Green Group or you have any ideas of any environmentally friendly projects, please do get in contact.







WHAT HAVE WE BEEN UP TO?
CULLOMPTON

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We are excited to be working with CAG Devon and Libraries Unlimited to host a children's clothes swap (up to age 10 years). This event will be held at Cullompton Library, Wednesday 10th June, 2pm-4pm.

It is free to attend and free to take items of clothing.

We would welcome donations of good quality childrens clothing and footwear, which can be given to the library staff during library staffed opening times from 3rd June.



WHAT HAVE WE BEEN UP TO?
CULLOMPTON

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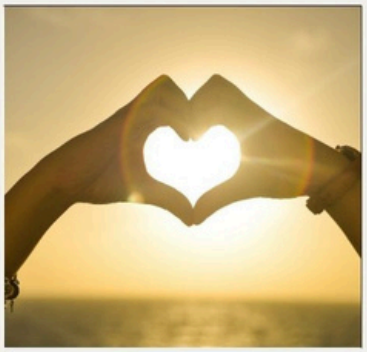
CULLOMPTON GREEN GROUP

LAUNCH EVENT

FREE ENTRY
EVERYONE
WELCOME

Join us to hear about our new plans for CULLOMPTON GREEN GROUP

- Meet with local environmental groups
- Share your ideas for the Green Group
- Find out how to get involved
- Sign up as a volunteer



Your Ideas, Your Future, Your Community

Location: The Walronds, Fore Street, Cullompton

Date: Wednesday 1st July 2026

Time: Drop in any time between: 6.30pm - 8.30pm

Refreshments Provided

INVOLVE

COMMUNITY FUND

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CANCER PREVENTION AND AWARENESS PROJECT

COMMUNITIES that can





CANCER AND SCREENING AWARENESS PROJECT

We have recently been lucky enough to be awarded some funding from Peninsula Cancer Alliance. As part of this funding, we will be working to raise awareness of the symptoms of gynaecological, skin, bowel and lung cancer as well as awareness around the screening available to test for breast, cervical and bowel cancer. We are planning multiple events as part of this work which we really hope will make a difference in prevention and early diagnosis in our communities.





WHAT HAVE WE BEEN UP TO?

COMMUNITIES that can

NIHR RESEARCH READY COMMUNITIES



Recently worked on a piece of research funded by NIHR about understanding how communities could be better prepared and respond to being involved in medical and clinical research. Community organisations could be instrumental in linking researchers to members of the community to carry out research.

This piece of research (conducted at the start of 2026) involved a group of people who knew their groups and communities well, taken from the Community Wellbeing Alliance contact list.

It involved two workshops; one was a role play session about a researcher new to the town. They explored who they might meet, how they access services, what the demographic is and where the challenges were for those people around joining in with research. The kind of things researchers might want to think about if they want to do research in market towns in Devon.

The second workshop involved reviewing and critiquing two existing publications; one for the researcher and one for a member of the public. Attendees were asked to review these documents to see what was good, what was missing and what would be useful.

The result of the research was to show just how important the voluntary sector can be to the researcher when community based research is required.

BE PART OF THE CONVERSATION

COMMUNITIES that can

CULLOMPTON COMMUNITY FRIENDS WEBSITE

Cullompton Community Directory

I have been working on an online directory for Cullompton. This is a directory of non-profit and low-cost community groups, organisations and services in and around Cullompton. We want to be championing our fantastic community, and ensure we create a focus for the sharing of information to enable our community to thrive.

We need your support - register your group or activity so we can ensure you are included:
cullomptoncb@involve-middevon.org.uk

LISTENING EVENTS



Your voice matters!

I hold regular listening events in Cullompton where you can drop in to chat to me -

Join us at these friendly drop-in sessions to share:
- What you'd love to see in your community
- Ideas for activities, spaces, or events
- What's most important for making Cullompton a great place to live

Over the last year, I have held 3 listening events around Cullompton, speaking to 37 individuals about what is great about Cullompton and what needs there are in the local community for new groups.

These events are part of our ongoing commitment to ensuring that community development is shared by the people who live here. It's a chance for me to listen, learn and gather invaluable insights that will help inform future initiatives and support services.

I advertise my upcoming listening events on my Facebook page (Cullompton community builder) as well as on hard copy posters around the community (Library, GP surgeries, community centre and Tesco) or you can email me (cullomptoncb@involve-middevon.org.uk) to check the next listening event date

BE PART OF THE CONVERSATION

COMMUNITIES that can

WHAT THE COMMUNITY IS SAYING

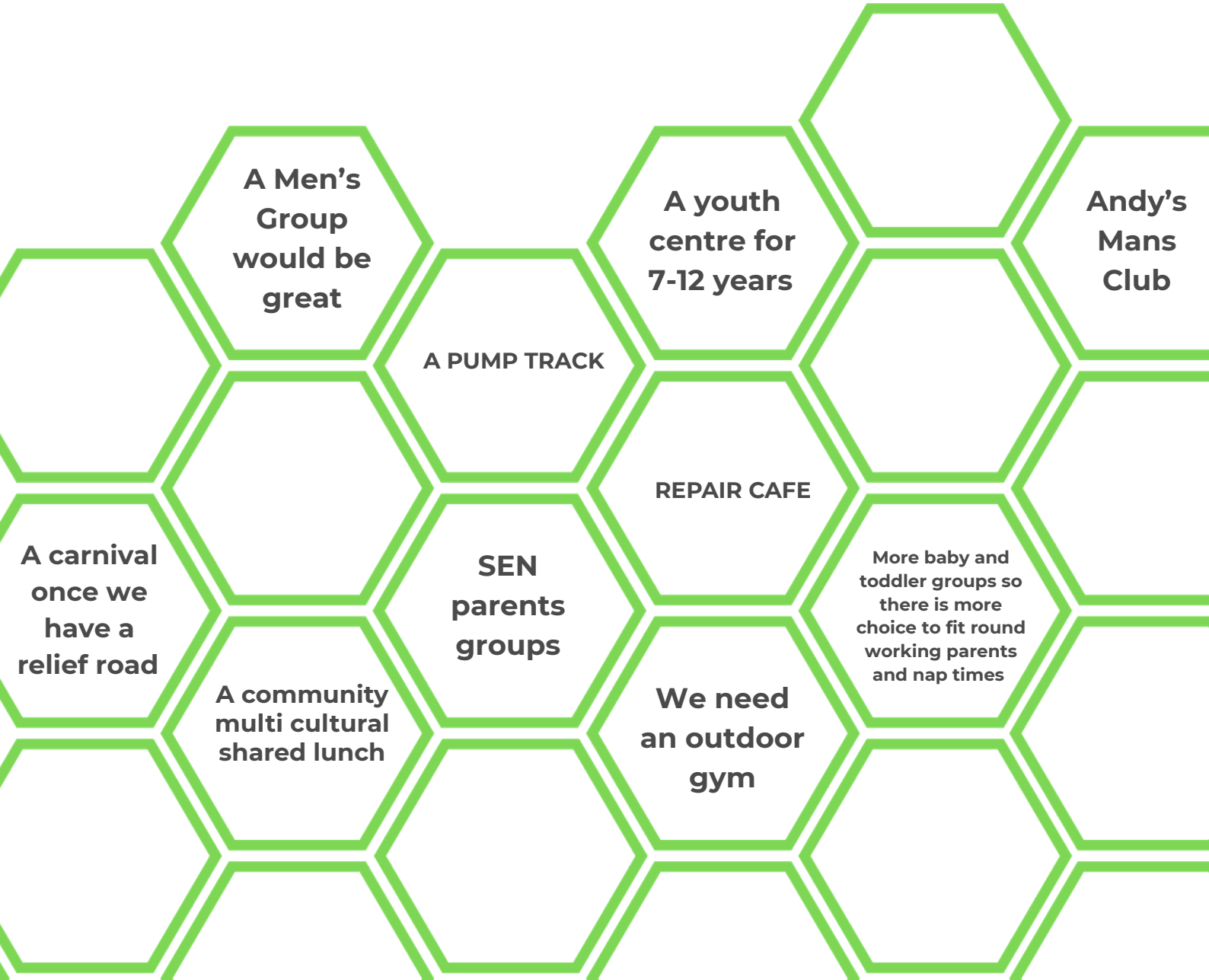
Every month, we ask a question on social media to spark conversation, gather ideas, and make sure lots of different voices are heard. This helps us really understand what matters most to the community. As the project moves forward, we'll show how your feedback shapes what we do next.I also gather ideas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

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

Below are some ideas that have been passed to me recently by members of the Cullompton Community



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





CULLOMPTON NOTICE BOARD

COMMUNITIES that can





33rd ANNUAL SHOW
MID DEVON SHOW
25th JULY 2026

KIDS GO FREE!

SCAN HERE!
TO PURCHASE TICKETS

MID DEVON SHOW
UNITE CARERS
SUPPORTING UNPAID CARERS
2026 SHOW CHARITY

Main Sponsor

WALTER H. SQUIRES & SON
3rd Generation Family Funeral Directors, Est. 1933

Mid Devon Show

President: Mr William Heathcoat Amory

Hosted by the National Trust in the beautiful grounds of Knightshayes

Saturday 25th July 2026

The Showground, Knightshayes/Chettiscombe, Tiverton EX16 7PP



Advance Tickets ~~£23~~ - £20*

FREEParking - Kids15&UnderFREE

Park & Ride and you could WIN £100!**

MID DEVON SHOW
A DOG FRIENDLY EVENT

*Advance Ticket price valid until 24th July 2026 **See Website For Details

www.middevonshow.co.uk T: 01884 820859
Mid Devon Town and Country Show Society Ltd. Charity No. 1029231 E: office@middevonshow.co.uk

WHAT'S ON IN CULLOMPTON
OLDER ADULTS

COMMUNITIES
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Move it or Lose it



Exercise classes for over 60's
Cullompton Hayridge Centre
Mondays 1.30pm or 2.45pm
T: 07939 717212
E: sue.jackson@moveitorloseit.co.uk

Age UK

We offer a free and confidential service for older people, their families and carers. We can support with benefit entitlement, social care information, staying safe and warm at home, and scams awareness advice plus signposting to other useful services.

0333 241 2340

info@ageukdevon.org.uk

Cully Singers



Small, friendly group who enjoy singing and would welcome new members. No auditions necessary! We meet at The Walronds in Cullompton on Wednesdays, 7.30-9.30pm, during term time.
T: Jane Sattary on 07720 661849

We can add to these pages on each newsletter release, so please let us know the details of your group if you would like to be featured. All information has been provided to us by members of the public or organisations and is correct to the best of our knowledge. Please reach out to the individual organisation to confirm the details are correct before attending. Please let us know if something needs correcting or updating.

WHAT'S ON IN CULLOMPTON
OLDER ADULTS

COMMUNITIES
that can

Culm Valley U3a

We are part of a UK-wide movement of locally-run interest groups that provide a wide range of opportunities to come together to learn for fun. Members explore new ideas, skills and activities together.
All u3a members draw upon their knowledge and experience to teach and learn from one another just for the pleasure of learning.
It's all voluntary; a typical u3a will be home to many interest groups covering a wide variety of different subjects - from art to walking and everything in between.

Various groups and activities available - More details on https://culmvalley.u3asite.uk/





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WHAT'S ON IN CULLOMPTON
OLDER ADULTS

COMMUNITIES
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The groups on this page are all run by the community life hub group - contact admin@communitylifehubgroup.org.uk

https://www.communitylifehubgroup.co.uk/

Clickers Memory Café

2.30pm – 4pm 1st and 3rd Tuesday of the month.
lots of cognitive fun using: discussions, art, word games, music, bingo, poetry, jigsaws etc. to bring back memories.
Community Life Hub room at College Surgery

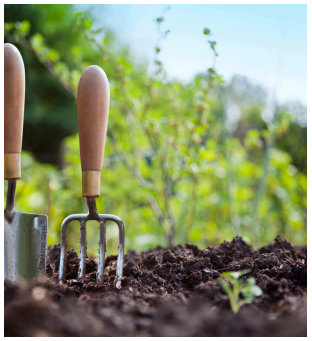


Drop-in Friday morning group

Friday Mornings - 10am-12pm

We offer a warm welcome to anyone who feels lonely and isolated or perhaps just looking for some company and friendship. We offer activities such as dominoes, puzzles and other games, or you can just come along for a friendly chat.
Community Life Hub room at College Surgery

Gardening Group



Monday Mornings - 10am-12pm
A small group of volunteers come together on Monday mornings between 10am – 12noon to look after the herb gardens. We maintain the Physic Garden, Chekhov Community Garden and currently working on a project to create a new sensory garden at the entrance to College Surgery. Green spaces and gardening are known to have a good effect on various forms of health, from physical health, mental health and wellbeing, to resilience and recovery from illness. Everyone is welcome to join in helping us with anything from: digging, planting, weeding, watering, making small wooden items or talking to people about our herbs and plants.
Community Life Hub Group

We can add to these pages on each newsletter release, so please let us know the details of your group if you would like to be featured. All information has been provided to us by members of the public or organisations and is correct to the best of our knowledge. Please reach out to the individual organisation to confirm the details are correct before attending. Please let us know if something needs correcting or updating.

Cullompton Friendship Group

For adults with learning disabilities and their carers.
With Devon People First and the Keystone Project.



Come and see us for a warm drink and a chat.



This is a place where you can make friends, and talk about things that are important to you.



We are here to listen to you. We can also talk about other support to help you feel well and happy.



We meet at Cullompton Community Centre, on the first Monday of every month, 11-1pm.

VS VICTIM SUPPORT

Devon County Council

KEYSTONE Building Lives Stronger

INVOLVE VOLUNTARY ACTION IN MID DEVON

DEVON PEOPLE FIRST The voice of learning disability