

INVOLVE
VOLUNTARY ACTION IN MID DEVON

CULLOMPTON
Summer 2025

I joined the team in June and am absolutely delighted to be supporting my local community. Cullompton has always been home for me, so I know first-hand what a vibrant, caring, and inspiring place it is to live and work.

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 - Cullompton Community Builder CARLA

Email: CullomptonCB@involve-middevon.org.uk
Telephone: 07902 744810
facebook.com/cullomptoncommunitybuilder

CULLOMPTON COMMUNITY FRIENDS

I will be focusing on the development of the Cullompton Community Friends website with the aim to create a central, welcoming space where our community can stay connected, informed, and supported.

Cullompton Community Directory

The 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.

What can you do?

We need your support - register your group or activity so we can ensure you are included.

https://cullompton.involve-middevon.org.uk/#contact or pop me a message, I would love to hear from you.

cullomptoncb@involve-middevon.org.uk

WALK & TALK



I launched a 6 week trial of beginner level 'Walk and chat' sessions at the Cullompton Community fields (CCA fields). Each session lasts approximately 45 minutes, with flexible options for participants to be able to leave the route earlier if needed.

These walks have been introduced to promote physical and mental health and social connection within our community. They also provide me with a valuable opportunity to engage with local residents and better understand what people would like to see in Cullompton, and of course, what we already have in Cullompton.

I have received comments that the participants want to carry on with the walks after the 6 week trial... watch this space.

IMPACT SNAPSHOT

6

Initial sessions planned

16

Attendees in first 2 weeks

1

Walk leader course booked to continue support

COMMUNITY CONNECTION

LISTENING EVENTS

My first listening event is on Saturday 16th August where I will have a stall at the CCA fields alongside the Inflatable fun day provided by Cullompton Town Council.

I will be at the stall to talk with you from 9.45am - 11.45am. On the same day, there is also a Fun Day to raise funds for the Cullompton Ace Majorettes, so there will be a lot going on at the CCA fields on this date and I am looking forward to seeing lots of people there.

Cullompton Community Association

This event is 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.

Do let me know if you would like to be involved in future listening events.

COMMUNITY CONNECTION

THE COMMUNITY QUESTION



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

Be part of the conversation.

FUTURE PLANS

GET INVOLVED

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

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.

Who can support the launch of The Cullompton Community Fridge?



FUTURE PLANS

FRIENDSHIP BENCH

I am currently in the early stages of developing a Friendship Bench initiative. The aim is to source a pre loved garden bench - ideally one that requires a small amount of refurbishment, such as sanding or painting - to create a meaningful, community driven project.

The first phase will involve working with volunteers to restore the bench, providing 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 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.

We are still looking for the bench to work on, so if you can help, ple. se contact me.

The bench must be sturdy and safe for public use.



SUMMER FUN

School is out for summer! 🌞
I've been looking for activities in Cullompton for the children coming up over the next six weeks for less than £5 a child and this is what I've found...

Book quest at Cullompton Library any day that the library is open throughout the summer 📕📖

Visit the fairy garden at the CCA fields every day 🧚 🧚‍♀️ 🧚‍♂️ 🌳 🌷 Cullompton Community Association

HAF holiday club various dates. Free for children in receipt of benefit related free school meals (See their Facebook page for more details) Healthyappetiteandactivities 👧 👴 👦

31st July Printmaking at Cullompton library ages £2 per child plus online booking fee

3rd August Pizza making £5 per person The Steamer Coffee House & Kitchen

4th August Ice cream and Slovakian dessert making Cullompton Youth Club juniors group 🍦

6th August paper plate jellyfish craft £1 per child at Cullompton library age 3+ 🪼🌊

11th August Sports on the Astro and ice cream Cullompton Youth Centre Junior group 🍦

13th August Chill out zone Cullompton Youth Centre senior group 😎

14th August Lego club at Cullompton library Free

SUMMER FUN

15th August Paper fish craft at Cullompton library ages 3-12 Free 🐟 🐠

16th August
Inflatable fun event at the
CCA fields hosted by
Cullompton Town Council
free entry and free to use inflatables
(other stalls and refreshments are chargeable)



20th August Shell hanging mobile craft at Cullompton library age 6+ £2 per child 🐚

27th August Summer celebration Cullompton Youth Centre Senior and Junior groups 🥳 ☀️

DATES FOR THE DIARY

5th August - Involve. Walk and Talk
CCA Fields, Cullompton. 10 - 10.45am

12th August - Involve. Walk and Talk
CCA Fields, Cullompton. 10 - 10.45am

16th August - Involve Listening event
CCA Fields 9.45am - 11.45am

16th August - Summer Inflatable Event
FREE - Cullompton Town Council - Fun Day for the whole family. CCA Fields 10am - 4pm

19th August - Involve. Walk and Talk
CCA Fields, Cullompton. 10 - 10.45am

1st September - Involve Devon People First
Cullompton Community Centre
Friendship Group - 11am - 1pm

8th September - Involve
The Waldrons 12pm - 2pm
Communities that Can Launch

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