INVOLVE

COMMUNITIES that can

CULLOMPTON NEWSLETTER WINTER 2025



MESSAGE FROM YOUR COMMUNITY BUILDER

I joined the team in June and am absolutely delighted to be supporting my local community. Cullompton has been home for me for nearly two decades, 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

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CONTACT

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www.involve-middevon.org.uk

@cullomptoncommunitybuilder

Proudly funded by COMMUNITY FUND

OUT AND ABOUT IN CULLOMPTON

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WALK & TALK

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

These walks were introduced to promote physical and mental health and social connection within our community. They also provided 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. If you are interested in training to be a walk leader and running your own sessions, please let me know.



IMPACT SNAPSHOT	6 Sessions Held	52 Attendees	3 Walk leader courses booked

CULLOMPTON COMMUNITY FRIENDS WEBSITE

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.

We need your support - register your group or activity so we can ensure you are included:
https://cullompton.involvemiddevon.org.uk/#contact
or pop me a message, I would love to hear from you:
cullomptoncb@involve-middevon.org.uk

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 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.
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 we will be looking for a fridge itself.
Please get in contact if you can help with any of the above.

FRIENDSHIP BENCH



I am currently in the early stages of developing a Friendship Bench initiative. 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.

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.

If you can help with any of the above, please contact me (Contact details on page one)

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

FUTURE PLANS
CULLOMPTON

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COMMUNITY COOKERY SESSIONS



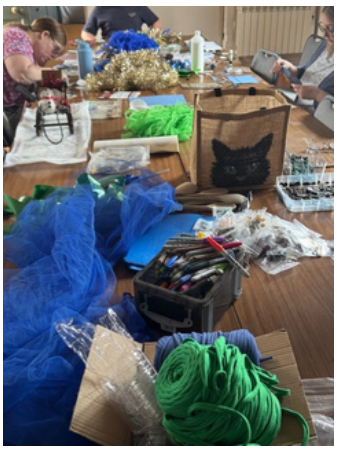
I recently applied for funding and teamed up with The Walronds and The Keystone project to run some community cookery session. These started this month (November 2025). The sessions are aimed at anyone who would like to learn to cook on a budget, increase confidence in the kitchen, feel uninspired with cooking the same recipes all the time or would like to cook and socialise in a small group (maximum of 8).
The 6 weeks of sessions started on 10th November with the last session being on Monday 15th December, so if you are interested in taking part and you are reading this between those dates, there may still be spaces available. Contact me if you'd like to join in.

This will be a trial, with the possibility of further sessions in the future.

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 which will be on display at Killerton over the festive period. We had a lovely time, crafting and chatting. We can't wait to see the finished result when we visit Killerton to decorate in Mid November. Special thanks to everyone who attended to help with the crafting and to Killerton who provided us the venue to do our crafting sessions free of charge.











FUNDING NEWS FOR A NEW 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.

BE PART OF THE CONVERSATION

COMMUNITIES that can

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



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

I spoke with 30 people who attended the event about what is great about Cullompton and what needs there are in the local community for new groups.

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.



My second listening event was held at Cullompton library in October. I spoke to 8 members of the public about their ideas for the town.

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

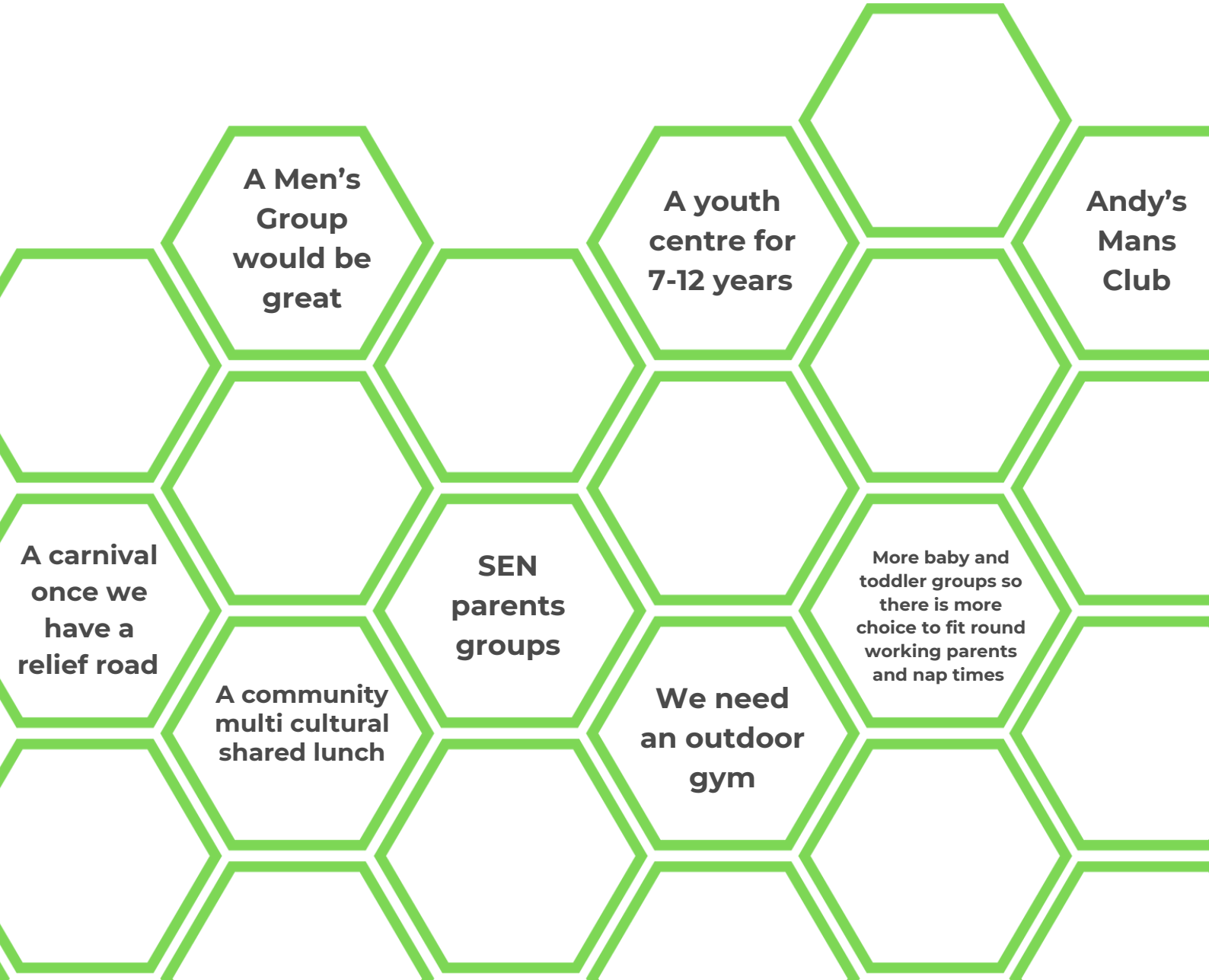
Every month, we ask a question on social media to spark conversation, gather ideas, and make sure lots of different voices are heard. This helps us really understand what matters most to the community. As the project moves forward, we'll show how your feedback shapes what we do next.I also gather ideas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



SPOTLIGHT ON OUR LEARNING DISABILITY GROUP

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FRIENDSHIP GROUP

Did you know that - We have a friendship group for adults with learning disabilities which we run in partnership with Devon People First and Keystone Project.

This group meets in person on the first Monday of each month at Cullompton Community Centre 11am-1pm. If you or a family member would like to join or if you would like to find out more, please contact Laura Williams

Email - lauraw@involve-middevon.org.uk
Phone/Text - 07856 901027





DISABILITY AWARENESS TRAINING

We are thrilled to be offering a dynamic training opportunity. Our 'Disability Awareness and Confidence' training sessions are open to anyone who wants to refresh their understanding of what it means to live with a disability, or become more aware of how to be inclusive within your local area. It is also a wonderful opportunity to network with like-minded people, share learning, and understand more about your wider community.

We love to hear from people with lived, voluntary and professional experience, all are welcome.

If you are interested in coming along the next session is Thursday 27th November, 10-11.30 over teams. Contact Laura Williams at lauraw@involve-middevon.org.uk to book in!

SPOTLIGHT ON OUR YOUTH CENTRE

COMMUNITIES that can

CULLOMPTON YOUTH CENTRE

Cullompton Youth Club offers two universal access, open door sessions per week during term time, to young people aged 11 to 18 years, at the John Tallack Youth and Community Centre in Cullompton. Sessions offer young people a safe space to engage in activities, explore their identity, increase their confidence, and develop interpersonal skills. Activities are planned and, where possible, led by young people. Junior sessions, for young people in years 7 and 8, take place on Mondays, 6.30pm 8.30pm. Senior sessions, for young people in year 9 to 18 years, take place on Wednesdays, 6.30pm - 8.30pm.





"I love going to youth club because everyone comes together and has a great time"
Maisie

"Youth club gives children a safe space and helps people to socialise"
Grace

INVOLVE
VOLUNTARY ACTION IN MID DEVON

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



What's On:
10am – 4pm: Craft Market at Cullompton Community College (organised by the PFTA)
10am onwards: Community Tree Planting at Upcott Field – all ages welcome!
From 2pm – 6pm: The High Street & The Walronds come alive with festive cheer!

Enjoy:
- **Santa's Grotto**
- **VoiceWorx Choir & local performers**
- **Light-up stilt walkers & fire acts**
- **Circus skills workshop**
- **Penny farthing rider**
- **Elf with Nutmeg the baby reindeer**
- **Jugglers & aerialists**
- **Delicious food stalls**
- **'Christmas on Us' prize draw winner announcement**

...and much more throughout the day!
Free & full of family fun!
Come along, get into the Christmas spirit, and make magical memories in Cullompton.



CULLOMPTON NOTICE BOARD

COMMUNITIES that can



Festive Events in Cullompton and Surrounding Areas







WHAT'S ON IN CULLOMPTON
BABY AND TODDLER GROUPS

COMMUNITIES that can

St Andrews Baby & Toddler Group

Mondays during term time
E: enquiries@cullomptoncommunitycentre.org.uk



Pop it Play

w: www.pop-it-play.co.uk
Facebook: Pop it play



Cullompton Library

Bounce and rhyme, Wednesdays 2.30pm-3pm (FREE)
Baby weighing scales available Wednesdays 2pm-4pm
Stay and play (for children under 5), Thursdays 10.30-11.30am

E:cullompton.library@librariesunlimited.org.uk
T: 01884 824555

Libraries Unlimited
Cullompton

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
CHILDREN AND TEENS

COMMUNITIES that can

Cullompton Youth Club
John Tallack Centre

Monday for years 7 & 8
Thursday from year 9 until age 18
Facebook - Cullompton Youth Club
T: 07842022942 E: sophia@involve-middevon.org.uk

Science Club
Pop it Play, 31 Fore Street
Fortnightly club will be held every Tuesday and Wednesday from 4.15pm-5.15pm.
Both sessions will be the same, so you can choose the day that suits you best!
W:pop-it-play.co.uk



Willand Youth Club
Primary School Sessions Thursdays 6pm-7.30pm
High School Sessions Thursdays 7.30pm - 9pm



Cullompton Scouts & Girlguides

Cullompton Scouts
Beavers (age 6-8)
Cubs (age 8-10.5)
Scouts (age 10.5-14)
W: www.scouts.org.uk

Cullompton Girlguides
Rainbows (age 4-7)
Brownies (age 7-10)
Guides (10-14)
Rangers (14-18)
+volunteering opportunities for adults
W: www.girlguiding.org.uk

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WHAT'S ON IN CULLOMPTON SPORTS CLUBS FOR CHILDREN

COMMUNITIES that can

Cullompton Rangers FC Under 8's



Willand Tennis Club

Junior coaching Tuesdays and Wednesdays (Term time only)
E: Willandtennisclub@outlook.com

Accelerate Trampoline Club

Willand
W - www.acceleratetrampoline.co.uk
E- info@acceleratetrampoline.co.uk

Culm Valley Hornets Hockey Club

Age 5+
Facebook - Culm Valley Hornets Hockey Club

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WHAT'S ON IN CULLOMPTON
CREATIVE FOR CHILDREN

COMMUNITIES
that can

ACTiv8 Theatre

Theatre group for 8-18 year olds in Kentisbeare
W: www.activ8theatre.org

Cullompton Library

Lego Club Every Saturday 10.00-12.00. All ages welcome
Coding Club First & Third Saturday of the month 10.00-12.00 Drop in
E: cullompton.library@librariesunlimited.org.uk
T: 01884 824555
W: discover.librariesunlimited.org.uk

Aura Performing Arts

Classes from ages 5 – 16 between the times of 3.45pm – 6.45pm every Thursday at Culm Valley Leisure Center. The prices vary dependent of which class the children are in. This can range from £45-£65 per month (in a 4-week month).
E: APAPerformingArtsExeter@outlook.com

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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

DEVON PEOPLE FIRST



The voice of learning disability

DISABILITY AWARENESS AND CONFIDENCE

TRAINING WORKSHOP







Learn how to help your community be more inclusive, disability friendly and accessible. Hear from those with lived experience. Network with other organisations. Free to all voluntary sector & NHS staff & volunteers.

NEXT ONLINE COURSE:

27th November 2025 - 10-11.30AM

TO BOOK CONTACT LAURA::

07856 901027 lauraw@involve-middevon.org.uk

Devon County Council

DeVA Devon Voluntary Action

A Devon-wide partnership building vibrant, healthy communities

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VOLUNTARY ACTION IN MID DEVON