NEWSLETTER

CULLOMPTON COMMUNITY BUILDER NEWSLETTER

February/April 2024 Edition



Welcome to the 2nd Edition for the Cullompton Community Builder Newsletter. How are we already at the end of January! This Edition of the Cullompton Community Builder Newsletter is jam packed with lots of community activities and up and coming community events, many of which are supported by local volunteers that dedicate their time to great local community causes.

Thank you to everyone that supported the first edition of Community Builder Newsletter. It was fantastic to share lots of information about local clubs, groups and activities that are going on, in and around Cullompton.

Over the last 6 months I have had the pleasure of meeting and getting to know lots of local community groups, organisations and services in and around Cullompton. I just wanted to say how grateful I am for your warm welcome and I am so excited to be helping to support the development of several new community initiatives in Cullompton. One of which is the New Cullompton Community Friends website and Cullompton Community Online directory. Please see **page 3** for more information.

I hope you enjoy the 2nd Edition of the Community Builder Newsletter. If you would like to feature your non-profit or low-cost community group, activity or service in the next edition or would like more information on how be included on the new **Free Cullompton Community Friends online Directory** please get in touch.

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Litter Picking at the CCA

Community Litter Pick

On Saturday the 26th of November myself and a group of volunteers took part in a Community Litter pick at the CCA fields in Cullompton. We managed to clear an impressive 9 bags full on rubbish in under 2 hours. I wanted to say a huge thank you to all the volunteers and the CCA for making this happen. I am looking forward to supporting many more little picks in Cullompton this year.

What are the benefits of Litter picking?

- **Getting outside and moving about.**
- **Helping the community.**
- **Helping to Keep Cullompton Tidy.**
- **Helping protect nature and wildlife**
- **Meeting others in the community.**

Just a few great reasons to get involved!





Exciting news -

I am delighted to share that the Cullompton Town Council will soon have a community litter picking kit available free to hire.

Information on how to hire the litter picking kit will be available on the Town Council website shortly.

If you would like to plan a community litter pick and need some help with promoting or arranging this event, please get in touch.

Become a Cullompton Community friend?

Cullompton Community Friends is about the power of our community to support one another and share information about local non-profit or low cost community groups, organisations and services that are available in the Cullompton community to help promote health and wellbeing.

The concept of Cullompton Community Friends was inspired by the success of the Health Connections Mendip, a collective of GP practices that identified the importance of connecting members of the community with information about local free or low-cost community resources and services, that aim to support positive health and wellbeing.

As part of the Cullompton Community Friends initiative we have created a free online Cullompton community directory. The online directory will provide the opportunity for the community to find out about non-profit or low-cost groups, organisations and services available in Cullompton and the surrounding areas, to support positive health and well-being.

We will also be running regular Cullompton Community Friends information workshops, accessible to anyone who would like the opportunity to become a 'Cullompton Community Friend'. This doesn't involve volunteering, but instead means that they will have the ability to signpost their friends, family and colleagues to the online Community directory during their everyday conversations to support an even more connected Cullompton community. Please call 07842025352 or email charleneinvolve-middevon.org.uk to book onto a Free Cullompton Community Friends workshop.

There is no charge to be included on the online Cullompton Community Directory. Please visit **www.cullompton.involve-middevon.org.uk** to find out more information about how to add your local non-profit or low cost community group, activities, and services.

INVOLVE
VOLUNTARY ACTION IN MID DEVON

SOCIAL GROUPS & COFFEE MORNINGS



Coffee Morning
Cullompton Community Centre
Friday Morning
10:00 till 11:30 am.

Drop in Coffee Morning
Culm Valley Surgery
Community Life Hub
Friday 10:00 am till 12pm
For more visit:
https://www.communitylifehubgroup.co.uk/

Memory Clickers
2.30pm—4pm 1st and 3rd Tuesday of the month.
Community Life Hub room
College Surgery 2:30pm - 4pm
For more visit:
https://www.communitylifehubgroup.co.uk/

Craft & Cuppa
The Hayridge (Cullompton Library)
Tuesday 10:30 am till 11:30 am

Walking for Health
Fridays, 10.20am, for a 30-60 minute grade 1- 2 walk. Station Road, Car Park.
2nd and 4th Tuesday of the month, 9.50am for a 60 - 90 min grade 3 walk.
Meet at Culm Valley Sports Centre.

BOOK CLUBS



Tuesdays Afternoon 3:30pm until 5:30pm
or
Evening session - 6:00pm until 8:00pm



Want to start your own book club?
Did you know you can loan sets of books for your book club from Cullompton library via their choice reading service.

Please visit for more information:
www.devonlibraries.org.uk/web/arena/discover-readinggroups

Please check with the venue before attending an event to ensure to avoid disappointment.

Cullompton Youth Club



Junior Sessions

For young people in years 7 & 8

Mondays

6.30pm-8.30pm

Senior Sessions

For young people in year 9 to 18 years old

Wednesdays

6.30pm-8.30pm

Chill out, play games, chat, meet friends!

At The John Tallack Youth and Community Centre

/CullomptonYouthClub

@cullomptonyouthclub

Cullompton Youth Club provides locally run, sustainable and collaborative youth work at the John Tallack Youth and Community Centre in Cullompton. The youth club has been developed in partnership with Involve Mid-Devon, Cullompton Town Council, John Tallack Youth and Community Centre and Culm Valley Youth Forum.
We currently offer two youth club sessions; Juniors (for young people in years 7 and 8) on Mondays, 6.30pm-8.30pm, and Seniors (for young people in year 9 to 18 years old) on Wednesdays, 6.30pm-8.30pm. Our youth club offers young people a safe space to engage in activities, increase their confidence, explore their identity, and develop inter-personal skills.

We are on the lookout for volunteers to help support sessions. If you are friendly, enthusiastic, and interested in working with young people aged 11 to 18 years,
please get in contact with Sophia at **sophia@involve-middevon.org.uk**

For more information about what is happening at Cullompton Youth Club, check out our social media:

facebook.com/CullomptonYouthClub
instagram.com/cullomptonyouthclub

Regular Events at the Hayridge - Cullompton Library

Cullompton Library and The Hayridge Centre are located in the heart of the town. It is a warm, welcoming space open to everyone.

Cullompton Library is open 6 days a week and includes a wide selection of books (including large print and audiobooks) to borrow, a well-stocked children's library, photocopying and public computers, free to use for up to 2 hours per day for members. Membership of the library is completely free and also gives access to our online library of ebooks, audiobooks and emagazines. Free Wifi is available throughout the building. There are various spaces where you can come to work or study.

The library hosts a regular programme of events for all ages. Some of the events on offer are Bounce & Rhyme, Baby Self-Weigh facilities, Under 4's storytimes, adult and young adult colouring sessions, Craft & a Cuppa, Job Club run by Keystone, Lego Club, Chess Club and Code Club. There are reading groups for all age groups - adults, young adults and children.

Children can join our Secret Book Quest or Bear's Reading Adventure, collecting stickers and finding new ways to keep their love of reading growing.

We have a cafe - Splash Cafes @ The Hayridge - which is open 6 days a week for drinks, snacks and lunches. There is a lovely library garden shared between the cafe and library with tables, chairs and a covered awning, where you can sit outdoors and enjoy the space whatever the weather.

Regular Events @ the Hayridge Centre - Cullompton Library

Tuesday

- Craft and a Cuppa - 10:30- 11:30 am

Wednesday

- Play Reading Group - Last Wednesday of month 10:30- 11:30 am
- Baby Bounce & Rhyme - 2:30pm -3:00pm
- Baby Weigh - 2:00pm - 4:00pm
- Teen Book Group (1st Wednesday of month) 4:00pm - 4:45pm

Thursday

- VIP Book Group (Thursday's Monthly) - 11:00am - 12:00pm
- Adult Colouring - 2:00pm -3:00pm
- Teen colouring 3:30pm-4:30pm
- Under 4 Storytime - 10:00 am - 11:00am

Friday

- Reading Group - First Friday of the Month - 10:30am

Saturday

- Reading Group - First Friday of the Month - 10:30am
- Chess Club - 10:00am - 12:00pm (Under 8's must be accompanied by an adult)
- Art Club (Last Monday of the month) 3:45pm -4:30pm
- Baby Bounce & Rhyme 10:30am - 11:00am
- Baby Weigh 10:00am - 12:00pm
- Code Club (1st & 3rd Saturday of the month) 10:00am - 12:00pm
- Lego Builder 10:00am - 12:00pm

Please contact Cullompton Library directly for any further information about their events and for any chances to the services detailed above.

Baby & Toddler Groups Cullompton & Surrounding areas



Monday
St Andrew's Toddler Group
Cullompton Community Centre.
9:15 am - 10:30 am
or
11:00 - 12:15

Monday
Rockers Willand
Baby and Toddler Group
9:15 am - 11:00 am
St Mary's Church Hall
Willand

Tuesday
10:00 am till 11:30 am
Beautiful Feet and Tiny Toes

Bradninch Baptist Church, Millway.

Tuesday
Uffculme Baby and Toddler Group
St Mary's church, 18 the square
Uffculme
9:15am - 11am

Tuesday
Puddle Ducks Baby & Toddler Group
9.30am - 11.30am
in term time, at the Clyst Hydon Village Hall

Tuesday
10 am - 12 pm
Baby Self - weigh Station
Culm Valley Children's Centre,
Meadow Lane. Cullompton EX15 1LL

Cullompton Feeding and Carrying Support
2nd & 4th Tuesday
@1:30-2:30
Culm Valley Integrated Centre For Health
Willand Road, Cullompton.

Bounce & Rhyme
Wednesday
2:30 pm - 3pm
Cullompton Library

Country Tots
Plymtree Village Hall
9:30 am - 11:30 am
Thursday
(During Term Time only)

Cullompton Family Centre
from 9:30 am
Meeting at Cullompton Library

Under 4's Story Time
Hayridge Centre
Cullompton Library
10 am - 11:00 am
Thursday



Bounce & Rhyme
Saturday
10:30 - 11:30
Cullompton Library



Involve Mid Devon have created a list of groups that we are aware of, and the list is not finite. These are not endorsed by Involve and ask that you check with groups before attending any group detailed.

Spotlight Feature

Spotlight provides the opportunity for local community groups, organisations and charities to share more information about the community services and activities provided in and around the Cullompton area. If you would like to feature in the next Spotlight edition, please get in touch.

Devon Healing Horsemanship is one of the newest charities in Mid-Devon.

Louise, founder, explains how Devon Healing Horsemanship helps people who are struggling and for whom other more mainstream therapeutic approaches not be working.

"We work with people where all else has failed – when talking isn't working. That is to say, the people we work with either can't or won't engage with more mainstream talk-based therapies such as counselling, behaviour programmes or other kinds of support, or they have engaged with a talk-based therapy but this hasn't led to long-term changes for them."

"Our participants are all referred by statutory agencies or other charities - NHS mental health teams, social services, schools and charities supporting people with complex needs. If you are involved with such an organisation and have people to refer, do get in touch as we've recently been awarded a grant for 70 hours of sessions so we can help more people."

"We use a style of horsemanship where there is no riding involved. The easiest way to describe it is that our participants learn to be a horse whisperer. Our horses are very carefully trained to respond to body language and are very sensitive to the emotional state of the person giving them instructions. With the aid of highly trained facilitators, participants can learn to guide the horse – to get it to kick a ball, jump over an obstacle, turn or stop – all with no physical means of control other than their body language."



Photo of Devon Healing Horsemanship's founder Louise and her highly trained equines.

We are currently looking to expand our volunteering opportunities and would like to welcome new volunteers that could help us develop our services in the following areas;

- **Volunteer Community Ambassador** - We are looking for volunteers that can help increase community aware of our charity, help with planning and organising events to help raise valuable funds to support and develop our services.

- **IT - Website Volunteer** - We are also looking for a volunteer with IT skills to help develop our current website.

Please get in touch if with Devon Healing Horsemanship if want to know more, or if you can support them in any way. **Devonhealinghorsemanship@outlook.com** or call on **07876 220150.**

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The Waldron's Gardening Group



Many of us have had the pleasure of enjoying the Waldron's garden. Whether attending a community event, enjoying a coffee on one of the park benches, or just taking in the scenery and fresh air on a stroll into Cullompton town. We can probably all agree this a absolutely, beautiful Cullompton community asset.

I was a delighted to catch up with the wonderful Waldron's Gardening Group volunteers, to find out about the garden and how they dedicate their time to keep the gardens looking splendid all year around.



The Waldron's Gardening group has been established since 2014 and is comprised of a team of 7 gardening volunteers, who dedicate their time and skills to volunteer every Thursday morning between 10:00am -12:00pm. They carryout out a variety of gardening tasks that vary throughout the different seasons and can involve gardening activities, such pruning, weeding, clearing paths, litter picking, maintaining existing plants and shrubbery, and planting new carefully considered additions to the garden.

If you are keen gardener and want to share these skills then pop along to one of the regular gardening sessions on Thursday Mornings 10:00 - 12:00, meeting at the Waldron's Garden.

Cullompton Foodbank

PEOPLE
Cullompton Food Bank - St Andrew's Church
MATTER

Cullompton foodbank is run by St Andrews Church and is available to anyone who is struggling to afford food.



We are based in the community centre by St Andrews Church and open on Friday mornings between 9.30am and 11.30am.

If you have any questions the best way to contact us is by email on **pm@standrewscullompton.com**

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If you'd like to donate to the foodbank we have a collecting box in Tesco (the large white box by the checkout) and one in the community centre.

To find out what we need you can follow our Facebook page People Matter-Cullompton Foodbank or download the BanktheFood App on your smartphone.

If you'd rather make a monetary donation then please email us for details

Culm Valley Retired Farmers Group

Are you a local retired or semi-retired farmer? If yes, please pop along for a cuppa and chat at our next meet up.

Free refreshments provided



Wednesday 7th of Febraury 2024

10:30am – 12:00 noon

Room CH4

Community Life Hub Group, Culm Valley Centre for integrated Health, Willand Road, Cullompton EX15 1FE

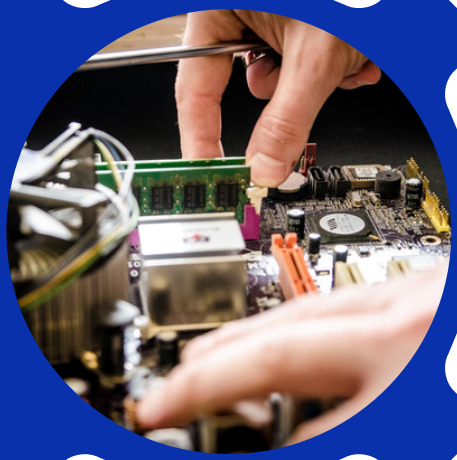
For more information

email:jane@communitylifehubgroup.co.uk
or call 07707491569

COMMUNITY LiFE HUB GROUP
• Listening • Inclusion • Friendship • Education

INVOLVE
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CULLOMPTON POP-UP REPAIR CAFÉ



HOSTED BY Uffculme Repair Café

SATURDAY 6TH APRIL 10:00 TILL 12:30 CULLOMPTON TOWN HALL



POP -ALONG TO SUPPORT THIS EVENT OR BOOK A REPAIR SLOT BY EMAILING A DESCRIPTION OF YOUR ITEM AND REPAIR.

FREE TEA, COFFEE AND BISCUITS AVAILABLE.



EMAIL: uffculmerepaircafe@outlook.com

reduce re-use recycle repair
UFFCULME GREEN TEAM
Everybody can do something

Uffculme Repair Café

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Please note: Involve - Mid Devon does not endorse any of the groups, organisations or services featured in this newsletter, unless otherwise stated. Please contact the group, organisation or service directly to obtain more information. Information is subject to change from original date of publication.

Please get in touch

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