

Wellbeing Exeter

Community Builders

Newtown and St Leonards – Jayne Leaver



What is Community Building?

- Community building is all about ***building relationships in communities, mobilising people to take action and supporting projects which make a difference to people's lives.***
- Community builders have no agenda and do not lead or do things on behalf of people – ***they help people to do things for themselves.***

Asset based community development

- ASSOCIATIONS – PEOPLE DISCOVER EACH OTHER'S GIFTS.
- INSTITUTIONS – PEOPLE ORGANISED AROUND ASSETS.
- PLACE BASED ASSETS – PEOPLE LIVE HERE FOR A REASON.
- CONNECTIONS – INDIVIDUALS CONNECT INTO A COMMUNITY.



Asset based community development: ABCD

Asset Based Community Development (ABCD) builds on the assets that are found in the community and mobilises individuals, associations, and institutions to come together to realise and develop their strengths.

My role

- Asset Mapping
- Working with individuals
- Meeting community organisations/institutions
- Supporting action

Groups and projects

- Crochet group
- Quiz group

- Litter pick
- Community gardening

Future plans

- Free movement
- Netball group

Connecting groups – Goldies, Ripple, students

What's going on in your neighbourhood?



ST LEONARDS COMMUNITY CEILIDH

Saturday 1st April 2017
8-10.45pm
Cardinal Newman Hall
Wonford Road, St Leonards, Exeter EX2 4PF



Purpose:
Fun!

Some simple folk dances
Live music provided by the Folk Orchestra of Torbay, with caller Hugh Edwards
Helping develop community wellbeing. All ages welcome.

Raising funds for:
Youth Arts and Health Trust (an Exeter based charity which provides arts opportunities and arts therapies for children and young people, especially those experiencing mental health difficulties) www.youthartsandhealth.org
and
Wren (a Devon based charity delivering all aspects of community music) www.wrenmusic.co.uk

Adult tickets £8 in advance, £10 on the door
Children, students £4 in advance, £5 on the door

Don't delay, book today! Further details from: Event organizer, stleonardscommunityceilidh@gmail.com or Facebook: St Leonards Community Ceilidh



NCA Social Cafe



We are involved with a project called Community gardening with Food Glorious Food at the May and June cafes.

Local children from the Newtown and Polsloe areas are coming to our cafes to grow food with us, talk about food, make food and find out what others cook and grow. We hope to grow herbs that the community can enjoy using in their cooking too.

at NCA Social Cafe 10.30 – 12 noon
Free cafe (the 2nd Wed of each month)
hot drinks, cakes and biscuits
Belmont Hut, Belmont Park, Exeter
Wed 10th May + 14th June

<http://www.newtowncommunity.org.uk> Charity number 299529
<https://www.facebook.com/NewtownCommunityAssociationCommunityGarden/>
Sponsored by ECC, DCC, Wairose and Exeter Community Safety Partnership



Last Swap for 2017 - do come

Bring almost anything...
that's clean, undamaged & easily carried

BUT NOT: adult clothing, bedding or mains electric

SWAP CAFÉ – BELMONT PARK HUT
SUNDAY 17th Sep 2 – 4:30

For best swapping, come early & stay on
For decluttering, bring things early

Challenges and possible solutions

- **Lack of awareness**

- Not everyone is on the internet and it is difficult to navigate
- Lack of and under utilisation of noticeboards / places to advertise events
- Solutions?

- **Time**

- Slow process
- Only one community builder per area – “where do I start?”
- Limited time
- Solutions?

“What would you like to do to contribute to the wellbeing of your community?”

- Tell us what matters to you.
- Let me/your local builder know what's going on – groups, events, action projects etc.
- Talk to your neighbours – raise awareness what is going on locally, talk about what's important to you in your street.

“What could you do to contribute to the wellbeing of your community?”

- Organise something in your street?
- Share your skills with others – everyone has a gift or a skill.
- Get involved in a local project – Salmon Pool Lane Play Area, Friends of Belmont Park
- Join in with your local PPG or neighbourhood association
- Accompany me/your local builder door knocking in your street.

Thank you for listening

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