NEWSLETTER

CULLOMPTON COMMUNITY BUILDER NEWSLETTER

WELCOME



Hello.

My name is Charlene. I am a community builder working for Involve, a charity located in Mid Devon. My primary responsibility is to assist in the creation of a more confident and connected neighbourhood community.

This includes identifying community assets, listening to the concerns of local residents, and helping them develop their ideas.
Additionally, I work towards strengthening the connection between local groups, services, initiatives, and the community to promote more community activity. If you require assistance with a community project, feel free to contact me.

I am really excited to introduce the first ever Cullompton Community Builder Newsletter, designed to keep you informed about the latest opportunities to improve your health and wellbeing with information about low-cost or free clubs, groups, activities, and services available in and around Cullompton.
As more readers participate, I hope to expand the newsletters coverage and offer even more valuable insights into what the local area has to offer.

If you have any information about local groups, clubs, activities, services, or volunteering opportunities that you would like to feature in the next edition, please don't hesitate to get in touch.

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What you told me.

A big part of my role is about listening to your ideas and suggestions.

"It would be good to have a men in sheds."

"I miss things that are posted on social media"

"I would like to find out more about what I can do in Cullompton"

"I want to find out about volunteering roles"

Meet the Community Builder



I wanted to say a big thank to both the Hayridge Centre and The Steamer Coffee House, for allowing me the opportunity to hold " Meet the Community Builder" events at their premises.
These events were the perfect opportunity to listen to your thoughts and ideas and share information about existing opportunity to support your health and wellbeing in the community.

Many Cullompton residents said how nice it was to speak to someone in person, and they would like more opportunities to see me in person and have more information in leaflet or newsletter form.

Taking on board this feedback, I will be holding lots more regular "Meet the Community Builder" opportunities in different venues across Cullompton in the future. In addition to the introduction of the new Cullompton Community Builder Newsletter, you're reading right now!

These two actions will hopefully provide a greater opportunity to listen to more of your ideas and share more information about what clubs, groups and services are available in Cullompton to support your health and wellbeing.

If you have an idea to start something positive in the Cullompton Community, from a community garden, to a support group, or even a litter pick Then please do get in touch.

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/

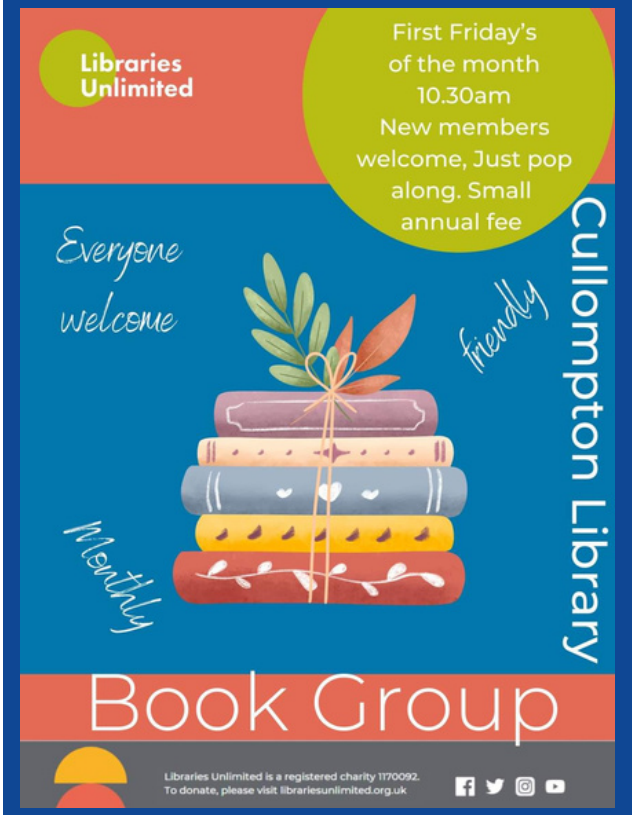
Craft & Cuppa
The Hayridge (Cullompton Library)
Tuesday 10:30 am till 11:30 am

Please check with venue hosts before attending an event to ensure events are still taking place.

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

Do you have a local coffee morning or social group that you would like to share or would like to set one up? Please get in touch.

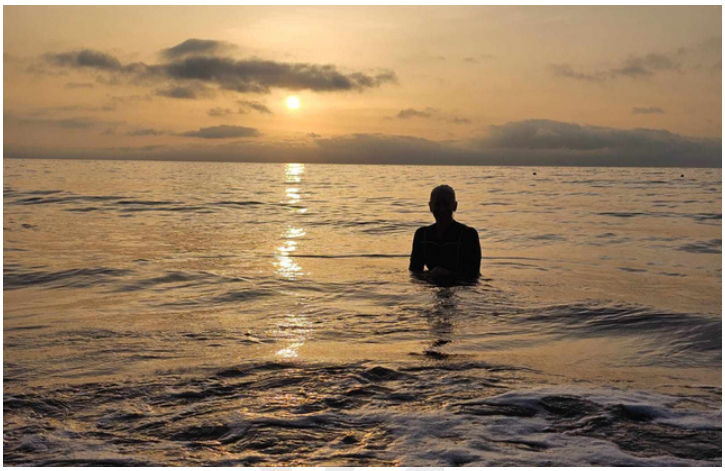
Spotlight Feature

Cullompton (& Near) Open Water Swimmers Network

Have you ever wanted to take part in open water swimming? Well, I caught up with the Cullompton (& Near) Open Water Swimmers Network to find out more about the 500 + growing network.

The Cullompton (& Near) Open Water Swimmers (or The C. O.W.S for short) is an informal network of people who meet up, to share open water swims at a variety of locations.
Together we benefit from carshares to the beach, a real sense of camaraderie on the colder days and a good pinch of adventure! No two swims are ever the same!
Sometimes a kingfisher will fly by, other times, fish will jump. On an early winter morning, nothing beats watching the sun rise over a monochromatic landscape, whilst steam rises from the water on a frosty morning - and you're witnessing it all from the water!

Open water swimming is a fun and exhilarating 'extreme sport', but you don't need to be an extreme athlete to do it! You don't need fancy, expensive kit, your swimmers, a towel and a 'have a go' mindset are a great place to start. Some swimmers have wetsuits, others do not. Some people even swim whilst wearing a bobble hat! There are no hard and fast rules about what to wear, and as a network or swimmers, there's a lot of experience and ideas to tap into. We are a very friendly bunch and happy to share.



Picture courtesy of: (Cullompton Open Water (&near)Swimmers Network)

The network is inclusive, so everyone can benefit physically and emotionally from an open water dip and it should remain free and open to all, at all times.
Everyone always swims at their own risk and swimming in pairs (or more) adds an extra layer of comfort, fun and safety.

It's an informal network and no one person is in charge of it, everyone organises and shares swim dates and times to suit themselves, and then invites the network either by Facebook or Whats App, to see who's around and can join. After a while, you'll find your own tribe of swimmers.
If you'd like to learn more about The COWs, please find us on Facebook - search for The Cullompton Open Water Swimmers. Swim meet-ups happen all week and at several different times.

Thank you to the Cullompton (& near) Open Water Swimmers Network for this fantastic article.

Spotlight Feature

Spotlight is a feature of the Newsletter, that provides the opportunity to shine a light on some of the fantastic opportunities to support health and wellbeing in and around Cullompton.

Walking for Health





I had the pleasure of meeting the **Walking for Health** group for one of their 30 minute Friday walks.

The walking for health group offers the opportunity to meet other local residents and take part in some gentle exercise around Cullompton. We finished off our walk at the Cullompton Community Centre, with a cuppa and a chat.

If you would like to attend one of the walking for health sessions, pop along to one of their sessions.

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.

Please check out www.westbank.org.uk/walking-for-health for more information.

Everyone is Welcome!



/CullomptonYouthClub

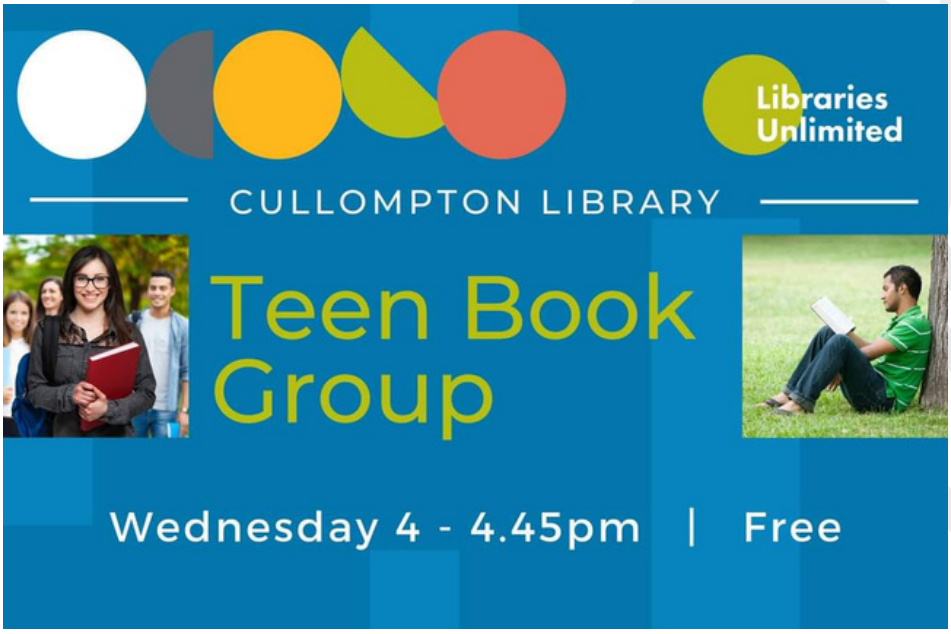
@cullomptonyouthclub

Cullompton Youth Club is supported by:

The Youth Club is running regular Junior and Senior sessions again from the 6th of November at the John Tallack Centre.

Junior Sessions : 3:00pm - 5:00pm
Senior Sessions: 6:30pm - 8:30pm

This is a great opportunity for young people to play games and meet new friends. If you would like more information please contact sophia@involve-middevon.org.uk



Lego Club

Lego Club is a family friendly club for young people based at the Hayridge Centre Saturdays 10:00am till 12:00 pm.
Please contact the Hayridge for more details.

Community Events

- **4th November**

Creative Cullompton

Creative Cullompton are having an Arty Party to celebrate the community artworks popping up in our Historic High Streets and the Hayridge Library this Autumn.

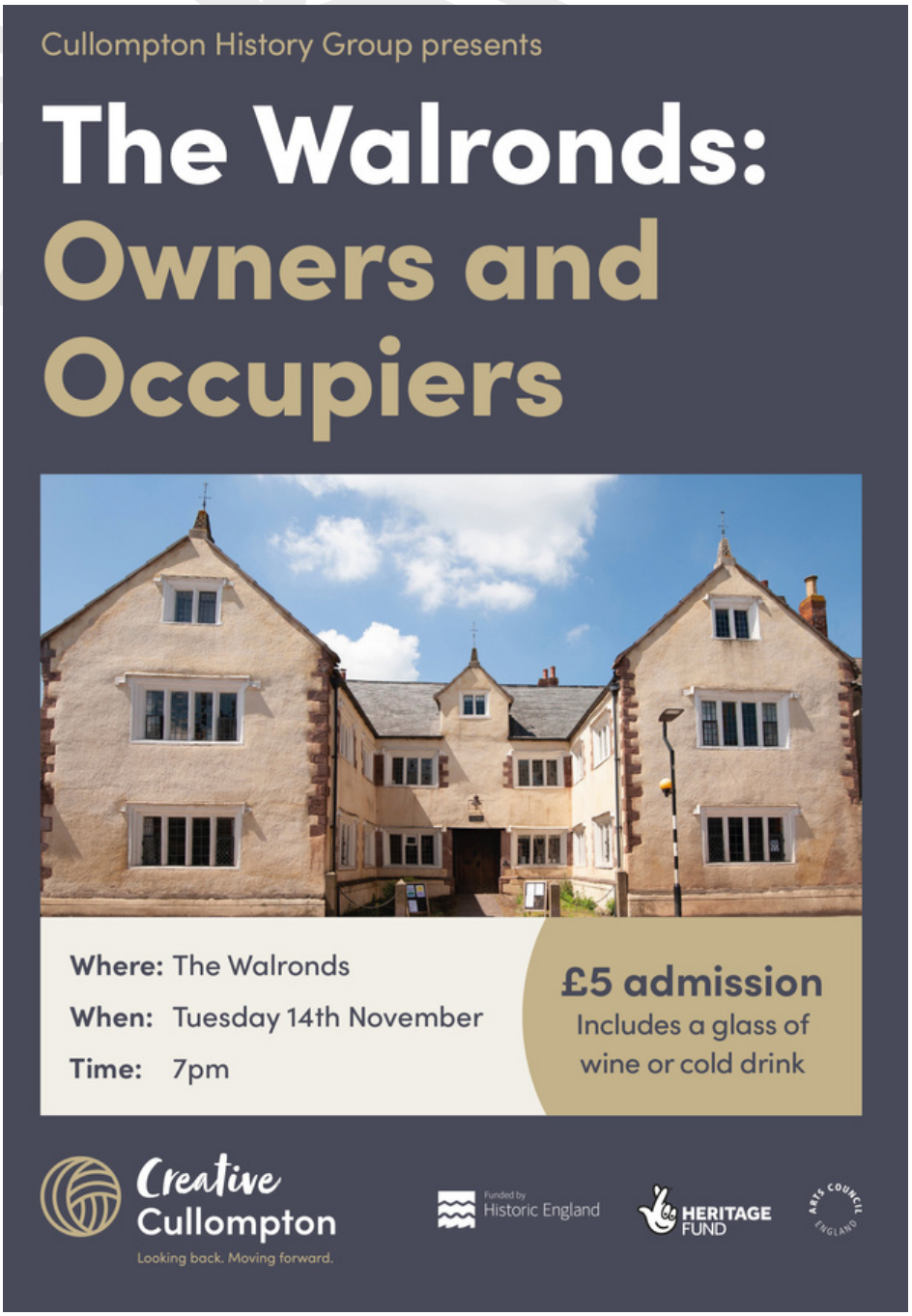
Join us on Saturday 4th November between 10am-12pm for a morning of fun and creativity including free family art activities with Weird Sticks and drumming workshops led by Drum Devon.

Drop in and have a go, there is a free drink from Splash Café for the first 100 people who take part in one of our Arty Party workshops.

The Arty Party and Artworks have been supported by Historic England, Mid Devon District Council, Devon Country Council and Libraries Unlimited.

Here are some Cullompton community events to add to your calendar.

- **14th November**



Festive Celebrations

- **11th November**

Join Weird Sticks to help make a giant moon lantern which will be displayed at The Walronds Christmas Night of Lights.
Saturday 11th November 10am – 12pm in The Hayridge Garden.
Drop in and have a go, no booking required.
Project funded by Mid Devon District Council – Love Your Town Centre Fund and supported Cullompton Walronds Preservation Trust, Cullompton Town Council and Cullompton Town Team.

There is a wonderful weekend of Christmas Celebrations on Saturday 25th November and Sunday 26th November, organised by Cullompton Town Council, Cullompton Town Team and Cullompton Walronds Preservation Trust and funded by Mid Devon District Council – Love Your Town Centre Fund.

- **25th November**

- Santa will be in his Grotto at The Walronds
- Star decorating workshop in the Town Hall (bring your illuminated and decorated willow stars along to the Night of Lights Celebration on Sunday evening)
- Craft Market and Farmers Market
- Christmas Craft drop-in sessions at The Hayridge 10am – 12:30pm
- Christmas themed Stories & Books at The Hayridge
- Films at the Library – family cinema afternoon 1pm – 3pm at The Hayridge
- Splash café open all morning for teas/coffees/all-day breakfast and light lunches at The Hayridge.

Community Events continued...

- **26th November**
  - Christmas Light Switch on in the Higher Bullring at 6pm by Santa organised by Cullompton Town Council.

Then everyone is invited to the Walronds garden for Night of Lights

- Fire Performers
- Glow Show
- Samba Band
- Illuminated Stilt Walkers
- Giant community moon lantern and more!
- Hot and cold tasty treats

6pm – 8pm

The Walronds Garden, 6 Fore St, Cullompton EX15 1JL.



Whilst this information may be correct at point of print, events, dates and times may be subject to change by the organiser. Please check with event organiser for confirmation.

Local Volunteering Opportunities

Each quarter the Newsletter will feature local volunteering opportunities. Please contact the organisation or advertiser directly for more information about each volunteering opportunity.

If you have a local volunteering opportunity and would like to feature please get in touch.

Community Gardening Volunteer

The Community Life Hub at college surgery are currently looking for gardening volunteers to assist in the maintenance of the Anton Chekhov Garden and the Physic garden. If you would like more information about this opportunity please contact them
via their website https://www.communitylifehubgroup.co.uk/



Please get in touch


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