

NEWCOURT



news

Edition 12 • June 2018

For residents of: Great Woodcote Park • Greenacres • Holland Park
Old Rydon Ley • Old Rydon Lane (east) • Rydon Lawns • Rydon Place
Seabrook Orchards • The Fairways • The Rydons



In this edition: Summer community events • School update • Gardening tips
Jobs board • Local business • Newcourt's dangerous bend • Co-cars

Newcourt Community Association is an affiliation of residents who want to help make Newcourt a great place to live. And if you live here, you qualify to be part of it!

The NCA is a charity (CIO).

Trustees:

- Chris Sampson *Chairman*
- John Arkell *Legal Secretary*
- Paul Brady
- Joanne Brown
- Judy Cretney
- Lawrence Clinton
- Jonathan Draper
- Maiteth Jones
- Jenna Hamilton-Pursglove
- Emmanuelle Regrain
- David Russell

NCA Officers

- Ken Cretney *Treasurer*
- Kate Arkell *Minutes secretary*

To contact Trustees:

trustees@newcourtca.org.uk

Newcourt Community Association (CIO) 01392 248615 (message only)
newcourtca@gmail.com
www.newcourtca.org.uk
 Facebook • Newcourt Community

You can receive regular email updates on issues relevant to living here. To get your name on the e-mailing list, contact newcourtca@gmail.com

Newcourt Community Centre

The Centre opened 4 years' ago. Hayley Toy is Centre Manager and there is a small staff team. The Centre is owned by the Council & leased to the NCA who ensures it pays its way.

Bookings: 01392 873560
 info@

newcourtcommunitycentre.com
www.newcourtcommunitycentre.com
 F • Newcourt Community Centre

Newcourt News
 Editor: Kate Arkell

Printed by IKEA

From the NCA Chairman

June 2018

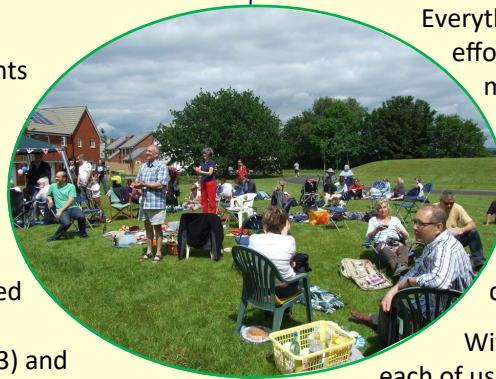


Dear Resident

If you have recently moved in, **welcome to Newcourt!** I hope you will find this edition of Newcourt News helpful and informative.

The community association was started by a few residents in January 2012, when there were about 250 homes. With nowhere to meet, we were very grateful to St Bridget Nurseries for allowing us to use the Plantsman's Café for residents' meetings.

Any community events run by residents were held outside; like this 'bring your own picnic' for the Queen's Jubilee.



Residents campaigned for the J-Bus, (which started in January 2013) and for the playpark by the station.

Newcourt is continuing to grow with almost 1500 houses occupied. This year, we have seen Newcourt's primary school open; a relationship developing with IKEA; a wholesale review of the Centre conducted to support the staff; policies and contracts put in place to make us employment and charity compliant; a weekly Community Hub set up and run by YMCA, ECI, Newcourt residents and

volunteers from Trinity church.

At the April AGM, six new trustees were elected - all of them are Newcourt residents who want to make a difference to community life here.

Everything seems to take effort and time. But that means there is plenty of scope for **you** to get involved! Have a look at the **JOB'S BOARD** on the back page. Is there something you could do?

Without the efforts of each of us acting with each others' interests in mind, this is just a housing development with lots of individuals, and not the positive, considerate and caring community that it has potential to be.

Will you join me in working together to help make Newcourt a great place to live?!

Chris Sampson
 Chairman NCA

www.newcourtca.org.uk

Trinity School Summer Fair
Saturday 21st July

Come & see round the school!
Look out for more details!

Trinity School
 Vernon Crescent
www.trinityprimaryexeter.co.uk

Residents celebrate as the first J Bus arrives in January 2013 following residents' campaign.



Cover Photograph: Thank you to Neale Abbott for taking the aerial photograph on the front cover. If you would like to purchase a framed photograph of this aerial view, please contact neale@airplaneviews.co.uk



FREE!

Community Hub

Newcourt

Thursdays 10am – 12 noon
Check www.newcourtcommunitycentre.com
for details during school holidays

Refreshments • Board Games • Craft Activities
Facilities for children (accompanied by adult) •
Computers for job search • Chat to community builder
and other local support agencies

@ Newcourt Community Centre
Blakeslee Drive, Exeter EX2 7FN • 01392 873560



HOLIDAY CLUB 2018

At CLYST HEATH SCHOOL
EX2 7QT
Monday 30th July
to Thursday 2nd August
10am-12.30pm
& Sunday morning special
5th August 10.30am



For all primary school age children and a pre-school group for those starting school in September.

games • sports • craft • drama • silly jokes & more!

Parents! - stop for a drink in the Xcite Café after dropping off your children.

Book online at www.trinityexeter.com
run by members of Trinity Church

* There is no charge for Holiday Club *

If you are on the receiving end of any anti-social behaviour or see anything suspicious **PHONE 101** or email: 101@dc.police.uk You can also report ASB on ECC website www.exeter.gov.uk

Editorial



Co-operation helps build community

The aim of Newcourt News is to be a resource to help grow our community in this part of Exeter. This edition includes input from two residents (i) *Can I store things in my attic/loft?* on page 10, and (ii) a *mini broadband update* on page 4. Another resident has taken an initiative to bring change to the dangerous corner at Omaha Drive and River Plate Road (see the details on page 8).

Several businesses also occupy the 'Newcourt' area. We want to co-operate with them to help build community. One of IKEA's values is to do just that (see page 5), and we are grateful to them for funding the printing of Newcourt News. St Bridget Nurseries have supported our community from the start, and their managing director, Tammy Falloon gives us some helpful gardening tips on page 8. We hope we can see other Newcourt-based businesses contributing in future.

As residents, we are grateful to organisations who are investing time and effort to serve us here. This includes Trinity church, Trinity School, the YMCA, DCH and Exeter Community Initiatives.

It's encouraging to see this sort of co-operation as we work together to help make Newcourt a great place to live!
Kate Arkell *Editor*



NEWCOURT'S TABLE-TOP SALE
SATURDAY 18th AUGUST 1pm-4pm

£5 per table

- **Barbecue**
- **Refreshments**

To BOOK: email judy.cretney@talktalk.net

Proceeds to Community Arts Newcourt (CAN)






K@TCH
Tuesdays
6.15pm-7.15pm
during term time
Clyst Heath School
Royal Crescent
for children -
school years 3-6

provided by
Trinity Church




Newcourt's Summer Party!

Saturday 14th July
12 noon - 3pm
at **Newcourt Community Centre**
Bouncy Castle • BBQ
Children's activities
Face Painting
Pop-up Café • & more!

If you can help man a stall, run a game or serve refreshments, contact judy.cretney@talktalk.net

Mini Broadband update



During January and February we emailed out updates to residents as extra fibre capacity was added to both cabinets 1 and 2. Many residents were able to sign up as soon as capacity was available.

To register for emails, for updates on all sorts of things between printed newsletters, you can subscribe via the website:

<https://newcourtca.wixsite.com/newcourtca/subscribe>

In January, **Cabinet 2** (by Ikea) finally got fibre, following a payment to Openreach by Barratt/David Wilson Homes. After a hesitant start, it now appears to have adequate capacity. Shortly afterwards **Cabinet 1** (by the Community Centre) received a capacity upgrade.

Everyone should now be able to access fibre broadband either for the first time or be able to change suppliers. Both Cabinets are reporting

available capacity. If you have trouble getting fibre from one supplier on an Openreach cabinet, try another supplier - they appear to have allocations.

Copper wire connections give you 'up to 17Mbps' - for many in Newcourt that is less than 2Mbps. Entry level fibre via Openreach is typically up to 38Mbps, the next price band is 76Mb which is currently the maximum. Virgin Media has its own offerings in Holland Park Phase 2 and the new Phase 3 of 50/100 /200/300Mb.

If you thirst for more speed, Gigaclear will be installing their fibre to the premises network around March-June 2019, offering

0/100/200/1,000Mb (1GBps).

They are also planning some community events. You can register with Gigaclear on their website to be kept up to date: www.gigaclear.com click on *Get Gigaclear*, enter your postcode, select your address, then click the 'Register interest' button.

More fibre capacity means you can shop around: as an example, standard (slow) broadband deals, including phone line rental, start at equivalent £10.24/mth (Plusnet) with fibre from £21/mth (Vodafone)

- source Moneysavingexpert.com

Thanks to resident, Chris Pope for this update.

Even fools are thought wise if they keep silent, and discerning if they hold their tongues.

Don't miss out on the Newcourt residents' email circulation!!
newcourtca@gmail.com

To Wellness and Beyond

Kevin Burnham: Founder of The Workplace Wellness Company

Living in the heart of Devon we often beat the UK averages around quality of life, in part because we live in such beautiful surroundings; but our health is something we can't just take for granted.

Many of us realise that it's down to us to take responsibility for our own personal health and wellness.

Instead of just measuring lifespan, experts on longevity are now focusing on improving your 'health-span' or the years that you live free of the major diseases of lifestyle, such as Type 2 Diabetes, Cardio-vascular Disease and Dementia.

Our genes are a factor, but so is our lifestyle, and that is something we can take steps to improve. When working with companies to help them promote and encourage great health decisions, I look at four key areas and offer advice and motivation.

Activity - many of us now have activity trackers such as Fitbits, these can be used to help work-groups or friends to encourage each other to move more.

Diet - there is a wealth of new scientific research pointing to changes in guidelines for what is a healthy diet. Fat is now not the villain it once was (well at least healthy fats such as olive oil and avocados). Sugar and refined carbohydrates are now something we might want to limit, so guidance is changing, and I help the people I work with to be better informed and make better choices.

Stress - is a necessary process but chronic ongoing stress is really harmful; so I teach methods that aid relaxation, such as mindfulness apps and breathing exercises that can really help.

Sleep - new evidence shows that we only get around 6½ hours a night, whereas we need

between 7-8 hours ideally to help clear out damaged proteins that could lead to issues such as dementia in later life.

If you focus on these four areas, you will be better equipped to increase your own health-span.

If you would like to find out more about how we help your company and staff take positive steps towards better health, please drop me a line at kevin@thewwc.co.uk or call me on 07920 788065.



www.thewwc.co.uk



IKEA

* IKEA Way (Newcourt Way), Exeter, is IKEA's 21st store in the UK

* The store has created 370 jobs, with over 85% of co-workers recruited from the Exeter & Devon area

* Local school children from Trinity CofE Primary school cut the ribbon at the opening ceremony.

Our new store brings IKEA's extensive range of high quality, affordable products to Exeter and the South West.



The store features IKEA's popular range of inspirational room sets, along with a crèche, restaurant, bistro, a Changing Places toilet facility and carpark with over 1,000 free spaces.

We are really proud that IKEA Exeter has some new and exclusive features, including the retailer's first greenhouse in the UK, which houses a pit-stop coffee shop.

We have created 370 jobs in a wide range of roles. Over 85% of the new team has been recruited from the Exeter and Devon area as part of IKEA's commitment to being a good neighbour and a true partner in the local community.

The store is also IKEA's most sustainable store to date, and has achieved a BREEAM 'excellent' accreditation. The store will aim to achieve 100% renewable energy, and in-corporates a number of green technologies, such as Solar PV panels on the roof, rainwater harvesting and ground source heating.

IKEA Exeter provides 50 bicycle spaces, six electric bike spaces and six electric vehicle charging points. Electric vans are available as part of the home delivery service.

"We are delighted to be opening our doors to the city of Exeter and the wider region. My team of

talented co-workers and I have been looking forward to welcoming the people of Newcourt, Exeter and the Southwest to IKEA, where guests will be able to enjoy a fun day out, and discover inspirational solutions to make their lives at home that bit more wonderful.

"We're proud to be part of such a fantastic community and are excited to play an active role in the area, by building long-lasting relationships with local partners and charities - which includes everyone living in Newcourt."

Nick Earle
Store Manager IKEA Exeter

NEWCOURT'S COMMUNITY GARDEN PRODUCE SALE/SWAP SATURDAY 1st SEPTEMBER from 10am until 2pm

- in the community garden
- access through the car park behind the community centre
- Fresh fruit & vegetables to buy
- Free refreshments
- If you grow your own, bring yours to sell or swap!

For more details email judy.cretney@talktalk.net

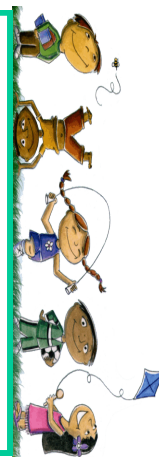
NEWCOURT babies & toddlers



...a safe & friendly place to meet and play at the heart of our community

Wednesdays 10-11.30am during term time
£1 per family

Newcourt Community Centre
For more information, to book a place, contact Judy at judy.cretney@talktalk.net
organised & run by local parents



Christians in Newcourt

Different months, different activities • could be a Sunday lunch • an early morning or evening hour to pray for our community • or Sunday afternoon tea. If you live here and would like to come along, whatever church you go to, you would be very welcome.

contact Alex 875933
paulandalexandra@live.co.uk

NEWCOURT'S COMMUNITY LITTER PICK

Last Saturday of every month
Meet at the Community Centre at 11am

Come for a short while or longer... Litter picks, bags, children's hi-vis vests & gloves provided. Children welcome with parent. Followed by cake, biscuits and drinks at 12.30pm at the Centre.

HELP KEEP NEWCOURT TIDY!

Email: judy.cretney@talktalk.net

School Report

This time last year I had just been appointed headteacher of Trinity School. We had no school building, no pupils, no staff, and no temporary building either!

A year on, we are in this fantastic new school building, in the south of Newcourt.

We are so grateful to the NCA trustees who allowed us to use the community centre for two terms as a temporary school: office, kitchen, garden and classroom. This meant we grew roots at the heart of Newcourt and have been able to build many relationships.

With just 17 children, we moved into our brand new school in March. Being one small class in a

building for 450 is a big change.

We will be welcoming a new intake of children in September, as well as a nursery intake. The school is growing!

Come and visit us! Put the date of our **School Summer Fair** in your diary: **Saturday 21st July**. Look out for details.

Thank you for your support.

Owen Wilder
Head Teacher



Trinity School

CofE VA Primary & Nursery School



Vernon Crescent, Exeter EX2 7GB 07455 988978

admin@trinityprimaryexeter.co.uk www.trinityprimaryexeter.co.uk

Devon and Cornwall ALERT
Keeping our communities in the know

Devon and Cornwall Alert is a two-way community messaging system operated by Devon & Cornwall Police

ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040

NEIGHBOURHOOD WATCH

Devon & Cornwall CRIMESTOPPERS
0800 555 111
Call anonymously with information about crime

neighbourhood ALERT
Informing & Listening to Communities

Register online at alerts.dc.police.uk

Devon & Cornwall Police

Devon and Cornwall Alert helps us to connect with our communities.

It tells you what is happening in your area and allows you to respond directly with information for the police.

...the wrongness of being right...

Men's Circuit Training

Thursdays 6.30pm - 7.30pm

Newcourt Community Centre

£3 per session

Contact John 07930 348210

Join Exeter's Electric Revolution!

Co-cars 'hire by the hour' car club launched its first electric vehicle at Albatross Road, Newcourt on Wednesday 16th May. The Renault Zoe has a range of up to 190 miles in the summer and 140 miles in winter. It is easy to drive and charge, blissfully quiet, comfortable, with zero emissions as it is powered from 100% renewable energy.

The hire rate for residential members will be £4.75 per hour and £30 per day with **FREE** mileage, provided the **Co-cars'** on-site EV charger is used.

You can become a residential member of the Co-cars Club for as little as £25 per year for an Individual or Household membership (two

adults at the same address). You can also have access to any of the 25 hybrid or manual Co-cars in the South West, including those in King Avenue and Beatty Avenue. www.co-cars.co.uk/locations

Co-cars offers its cars for hire to members by the hour with pick-up and return to the specially reserved parking bays. Members can book 24/7 online or via a smartphone and use a smartcard and PIN to open the car.

You get a smart card - used to open the car - type in your PIN and go! Every new member is given a short, free training session on the 'in-car' computer and how to use the car.



How to join

Complete the online application form for either Individual or Household membership at www.co-cars.co.uk/join

Sign up for Co-cars! You can use a car that you don't have to service or maintain; that doesn't cost you a penny for fuel, insurance, tax or breakdown recovery and even has its own dedicated parking space!

Parking, yellow lines, speeding traffic...

Last autumn, following a residents' survey, a working group of the NCA submitted a set of proposals to Devon County Council related to adoption, parking and yellow lines. This is the summary of the response from Chris Rook, DCC Traffic Management Team Officer. 6th April 2018.

Proposals 1 & 2: Parking Restrictions at Junctions

No Waiting At Any Time (double yellow lines) will be considered as part of 2018-2019 review, with a view to implementing agreed restrictions in year. Bus stop clearway will be ordered, and introduced by mid-year 2018/2019.

Proposal 3: Reduced Speed Limit on All Newcourt Roads; and Proposal 5: Additional Speed Control Measures on lower Admiral Way

Currently a reduced speed limit to 20mph would not be supported. However, concerns over current driver behaviour will be investigated.

Proposal 4: Weight Limit on All Newcourt Roads

This proposal is not currently supported.

Proposal 6: Access Only Status on All Newcourt Roads

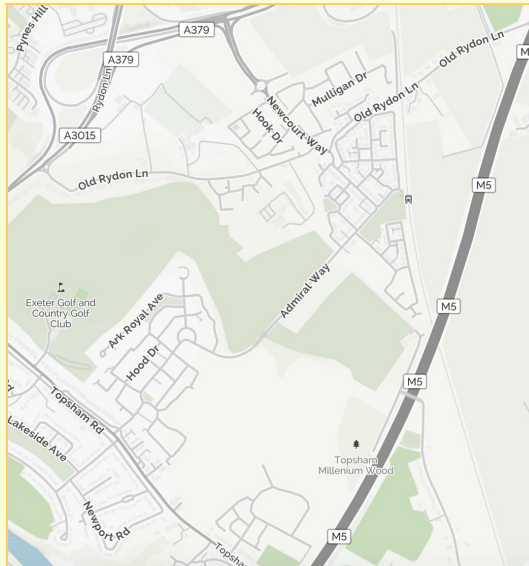
This proposal is not currently supported.

Proposal 7: Residents Parking Schemes for upper Newcourt Roads

Initial consultation on residents parking will be carried out in 2018-2019.

Experimental Traffic Orders

The use of an experimental traffic



regulation would not be appropriate for a number of these proposals as not permitted by law (namely Residents' Parking and Speed Limits) or is not legally allowed for the proposals.

Full details of Phase 1 proposals, and DCC's response can be found on the NCA's website at www.newcourtca.org.uk

NEWCOURT DADS & TODDLERS

once-a-month opportunity for dads to spend time with your children (0-4) over a breakfast bag & meet other dads

1st Saturday of the month
9am till 10.30am

Newcourt Community Centre

£3 per family

More information:

Jon 07719 923831

run by Newcourt dads



Newcourt Community Association

All residents are invited to the **RESIDENTS' MEETING** Thursday **22 NOVEMBER**

Prompt start 7.30pm
Newcourt Community Centre
Blakeslee Drive

Updates • Questions
Refreshments

Hear how you can be part of helping to make Newcourt a great place to live!



Newcourt Community Centre



Available for Hire

Sunday to Thursday 8am-10pm
Friday & Saturday 8am-11pm

The Centre Office is open
Mondays to Thursdays
9.30am-1.30pm
and Fridays 1pm-4pm

01392 873560

info@newcourtcommunitycentre.com
www.newcourtcommunitycentre.com

Booking Forms and Terms of hire are available in the Community Centre or online. Different rates apply for residents, regular events or business.

BE VIGILANT & DETER BURGLARS
Keep your property locked: garage doors, cars, bikes, front & back doors, etc



STREET DANCING Classes

at Newcourt Community Centre on Wednesdays

3.45pm-4.45pm Age: 4-7 years
4.45pm-5.45pm Age: 8 and above
...during term time...

£2 per class includes drink.

Waiting list for both classes!

Please email judy.cretney@talktalk.net

Sponsored by CAN & DCH

If you live here and love singing, you are warmly invited to come along to the choir! Don't worry if you can't read music, or have never sung in a choir before. There's no audition. We sing 'easy-listening' songs, and even won a Charity Sing-Off 4 years' ago. It's fun!



Rehearsals are on **Wednesdays 8pm till 9.30pm** during term time in **The Orangery, the MS Centre, Clyst Heath EX2 7EY**



DIGBY and NEWCOURT COMMUNITY CHOIR

Interested? Contact John or Kate on 07930 348210

Concept Proposal for safety treatment on River Plate/Omaha Junction

Thank you to Newcourt resident, Rob Petts for drawing on his professional expertise and taking this initiative that will help bring change to this dangerous corner.

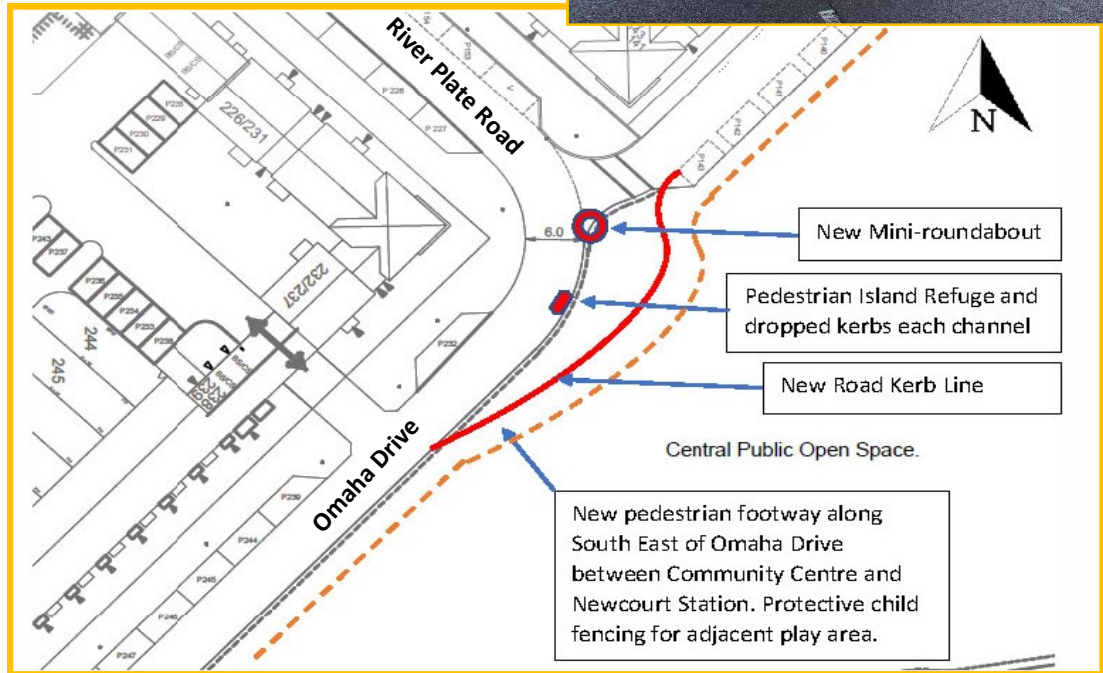
Rob Petts says: "The new layout would substantially improve safe circulation and crossing for children, disabled, baby buggies and other pedestrians, as well as reducing vehicle conflicts at the junction."

Councillors Rob Newby and Andrew Leadbetter met Rob Petts and John Arkell with Devon Highways on the River Plate Road / Omaha Drive junction in March to talk through the proposal.

Cllr Andrew Leadbetter has indicated his support for this proposal, and that money must be found for DCC to do this essential work as soon as possible.



This photo shows how the bus has to use the whole road as the driver negotiates the corner.



St Bridget Nurseries Spring Gardening Tips



There is lots you can do to brighten your outdoor space at this time of year, no matter how big or small your garden is. Simply add a colourful pot or hanging basket.

My top tip for a stunning display is to ensure you include at least three plants: a thriller, a spiller and a filler - and if you have space - a pillar!

The thriller should be the 'WOW' plant, the more brash the better. The spiller is a trailing plant that will cascade over the edge and soften the edges. The filler literally bridges the gap and fills the space in a mound and the pillar is a tall structural plant to give height.

There are lots of plants to choose from and really it comes down to taste and interests. For a classic

flower Power, go for summer flowering pot and basket plants. These are annuals, so will only last until the end of Summer, but they pack a lot of flowers in that short time! My favourites include Bidens, Lobelia, and trailing petunias.

For those who prefer a more edible pot, I recommend herbs, fruit or vegetables. Tomatoes are perfect for hanging basket if you choose tumbling varieties, and so are strawberries.

Whatever you choose, don't forget a good moisture control compost and just check on your pot

each evening to see if it needs a little water. Pinch off any dead flowers and you should be rewarded with more in its place soon.

If you don't enjoy getting your hands dirty, we have a lovely selection of ready planted pots in our garden centres.

Tammy Falloon
Managing Director
 St Bridget Nurseries
 Old Rydon Lane
 EX2 7JY



The NCA are grateful for St Bridget Nurseries for supplying a Christmas Tree for the Centre; and to Plantsman's Café for letting us use the café before the Centre was usable. Our first two residents' meetings were held there.

Trinity Church

On May 19th, Prince Harry married his bride, Meghan Markle, at the chapel of Windsor Castle. If they came on a royal visit to Exeter, we can be sure that crowds would flock to see them. But what if they came unannounced?

Would people treat them differently if their true identity was hidden?

Over the past few months, we have got used to seeing people walking through Newcourt in those distinctive blue and yellow uniforms. We know straight-away that they are working at IKEA. If one of them was actually Prince Harry in disguise, he might just pass by and we'd not even notice.



Historical eye-witness accounts of 2000 years ago proclaim that there was a prince who walked the streets of Palestine disguised as an ordinary man. His miracles, his authority and

his teaching demonstrated something unique that caused people to question, 'Could this man Jesus be the 'Prince of Peace' that God had promised to send?'

Whether Prince Harry, or Jesus - knowing someone's true identity will surely change the way we relate to them.

The question is - how can we know if Jesus really is God? And is it important to find out? After all, we can't witness his miracles first hand, or sit at his feet and listen to his voice.

Our aim as Trinity Church is to be *a church in the community for the community*; helping people build relationships with each other and with God. For that reason, we have

begun a Sunday service at 9am in Trinity School. There we look at what God has to say in the Bible, and discover if it make sense.

If you've never been to a church, you may be nervous about what you might find. You don't have to be 'religious' to come. At Trinity, you will be sure of a warm welcome and a relaxed atmosphere.

As well as meeting others in the community, you might end up relating to God in a new way. History tells us that millions of people have done just that.

Rev. Jonny Elvin
Vicar: Trinity Church

Trinity Church is the Anglican Parish church for residents in Newcourt, Digby and Bishops Court.

Monthly Arts Drop in Evening

Newcourt Community Centre

Last Friday each month • 7pm-9pm



We need your ideas for

NEWCOURT'S FABRIC COLLAGE

crafters - knitters - sewers - needle-felters



Bring your **PHOTOS** to be framed - *Devon coast - Avocet line - Topsham - Dartmoor*

Email: judy.cretney@talktalk.net

You don't have to be an 'artist' to take part!

Community Arts Newcourt



CAN, with Devon & Cornwall Housing (DCH), subsidises the **Wednesday street-dancing classes** for children.

CAN has produced a **timeline of Newcourt** with old prints, maps, photos and photo montages, all of which are on display in the community centre.

We are currently creating frames with residents' **photos of Newcourt, Topsham and Devon**, and preparing canvases and material for **Newcourt's fabric collage** in the centre. *Judy Cretney*

Come to the Cabaret!

Friday 20th July 7.30pm
Newcourt Community Centre

A fun evening with sing-along

with songs from
Digby & Newcourt Community Choir
Daz & Dave and friends

* Refreshments * Raffle

In aid of the MS Centre, Digby

LOOK OUT FOR MORE INFORMATION!



Can I store things in my attic/loft?

Yes, if you know the weight of what you wish to store, the method of distribution, the impact upon insulation 'R' value * and, very importantly, the roof has been installed with all of the correct bracing.

Your roof space is made up of a series of ready made timber frames, called ROOF TRUSSES. They are engineered items that assist in the whole strength of your house and provide the shape and support for the roof finish.

You should NEVER CUT any part of a roof truss without a structural engineer completing detailed calculations. Your roof is likely to collapse if you do, so be warned... people have done it and paid the price.

Installed trusses are designed to hold a weight factor of approximately 25kg/m². Timber boarding is approximately 5kg/m², so you have no more than 20kg/m² left for storage. **This is the same as a full holiday suitcase, so it's not a lot.**

You MUST distribute weight and if you are unsure, don't do it. Too much weight can bow ceilings below and/or make the

roof finishes sag. You don't want this to happen.

Better to have a roof that meets your insurance requirements than one that will void it!

Compressed insulation is less efficient, but the use of 'risers', available locally and online, gets over this issue. The boarding sits on top of the risers and the insulation 'R' value isn't affected.

You can change the insulation for another type, with minimum 'R' value, or use insulation boarding, (flooring with insulation pre-attached), available locally and online.

If you have more questions, email Paul at pf@snagaroo.co.uk Snagaroo Snagging Surveys That Get Results

* The **R-value** depends on the type of **insulation**, its thickness, and its density.

Summer/Autumn Rugby matches at Sandy Park

19th May: Premiership Final

7th & 8th July:
Rugby 7s tournament

July/August: Autumn match dates & venues announced

Saturday 1 September:
Rugby season begins

www.exeterchiefs.co.uk

Sundays at Trinity Church

9am at Trinity School
Vernon Crescent

10.45am at Clyst Heath School
Royal Crescent, Digby

6.30pm Newcourt Community Centre, Blakeslee Drive

6pm (3rd Sunday only) Trinity Unplugged for ages 11-15 at Clyst Heath School

For enquiries about baptisms, bans of marriage or funerals: contact Jonny Elvin (vicar) 363627
Trinity is the Anglican parish church for Newcourt

What do I do if ... ?

The grass & shrubs need cutting!!

For grass on the verge: if the road is adopted (see below under 'street lights' for your road), contact DCC. If road not adopted, contact the developer. (phone nos below)

For areas of grass/shrubs: Phone ECC 01392 77888 and ask for 'Public Realm', or email: customer.services@exeter.gov.uk

The street lights aren't working!

Adopted streets: For Robert Davy/Batavia/Omaha Drive/River Plate/Caroline Ave; Admiral Way from Topsham Rd to lower end of Vernon Crescent:

contact DCC - 013451 551004
or <https://new.devon.gov.uk/roadsandtransport/street-lighting/>

Please say

1. what the fault is
2. the road or street & the postcode
3. the number painted on the street lighting column



Roads 'under agreement':

For higher numbers of Blakeslee Drive/Jack Sadler/Seebee/Liberty Way/Resolution Rd/

Carnegie/Rhode Island Dr/Hardy/Somerville/Nile/Ark Royal/Bounty/Endeavour Ave/Mount Batten/King/Beatty/Vernon/Trafalgar/Victory/Admiral Way from Vernon Crescent (south) to Endeavour Ave:
contact **Persimmon 252541**

Holland Park & Newcourt Drive/Montagu Cl/Dukes Walk/Henry Holland Dr:
contact **Heritage Homes 822066**

Newcourt Way & roads off it both sides:
contact **Barratt/David Wilson Homes 826750**

No agreement: Admiral Way between Endeavour Ave and Batavia Dr:

contact **Persimmon 252541**
All roads in Seabrook Orchards:
contact **Bloor 875556**

The play-park equipment is damaged ... litter/dog bins are over-full ... anti-social behaviour ... graffiti

Phone ECC 01392 262630 Or email: parks@exeter.gov.uk or report on line at <https://exeter.gov.uk/leisure-and-culture/parks-and-open-spaces/report-a-problem-in-a-park/>

Local information

Newcourt Community Association (NCA)
newcourtca@gmail.com <http://newcourtca.org.uk>

NHS Direct T: 111 www.nhsdirect.nhs.uk
 Devon Doctors (on-call) 0845 671 0270
 Glasshouse Lane Medical Centre, EX2 7BT 874646
 Topsham Surgery, Holman Way, Topsham, EX3 0EN 874646
topshamadmin@nhs.net www.topshamsurgery.gpsurgery.net
 Pharmacy: Countess Wear 877000 and Topsham 873063

Exeter City Council www.exeter.gov.uk
Environmental Health Issues/ ASB/Fly Tipping /Dog fouling/ Recycling 665024 **Abandoned vehicles** 265147
Graffiti/Wheelie Bins (missed collections) 665010
Bin collections <https://exeter.gov.uk/bins-and-recycling/bin-collections/when-is-my-bin-collected/>

Police/PCSO emergency 999
(non-urgent/Force Enquiry Centre) 101 101@dc.police.uk
 Textphone **18001 101** for hard of hearing or speech impaired

Developers
 Barratt/David Wilson Homes 826750; Bloor 875556;
 Heritage 822066; Persimmon 252541

Devon & Cornwall Housing Call-Centre 03001 238080
 Community Development Worker - Lesley Browne 814433
lesley.browne@dchgroup.com

City Councillors
Rob Newby - 676471 cllr.rob.newby@exeter.gov.uk
Catherine Pierce 07580 647999
cllr.catherine.pierce@exeter.gov.uk

Devon County Councillor
Andrew Leadbetter 876322 Mob: 07815 967989
andrew.leadbetter@devon.gov.uk
MP Rt Hon Sir Hugo Swire MP hugo.swire.mp@parliament.uk

Local facilities
 Topsham Library www.devon.gov.uk/topsham_library
 Recycling at Tesco, Glasshouse Lane, Pinhoe and Marsh Barton
 Glasshouse Lane shops - One-stop, Post Office, 'chippy',
 MS charity shop, hairdresser
 Digby Retail Park - incl. Tesco, PC World/Currys, Halfords, KFC,
 Costa, Pizza Hut, Pets at Home, B&M.
Abandoned Tesco Trolleys (Exe Vale Store) 0800 505555
 Aldi, Exeter Road, Topsham

Advertising: Newcourt residents who run a local business can advertise in Newcourt News for £7.50 (small) or £15 (large)
 Non-resident business - £15 (small); £30 (large) Charities free. Circulation around 1500 homes.
 Contact newcourtca@gmail.com NCA cannot guarantee or endorse services advertised



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Estuary House, Peninsula Park, Rydon Lane, Exeter EX2 7XE.

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 ✉ info@vanmanexeter.co.uk
vanmanexeter.co.uk

ECI Play & Baby weigh with health visitors on hand (no appointment needed)
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 Newcourt Community Centre
Free for parents/carers & children 0-5yrs

CALL FREE ON **0800 328 0006**
or 01274 760839 may be cheaper from a mobile

Weighed down by debt?



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capdebthelp.org

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www.estuary-league-of-friends.co.uk
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The NCA thank Mrs Flinn at St Bridget & Rita at Plantsman's Café for their support.

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the Island Trust



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- ♦ DofE Gold Residentials
- ♦ RYA courses
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 - Competent Crew
 - Watch Leader
 - Day Skipper Practical
 - Yachtmaster Preparation & Exam

www.theislandtrust.org.uk

The Island Trust, 10 Manston Terrace, Exeter EX2 4NP. Registered charity no. 1049722

Volunteer JOBS BOARD • Newcourt Community Association • June 2018

Could you be part of a **COMMUNITY EVENTS TEAM?**

Would you like to help develop a **SOCIAL MEDIA STRATEGY** for the NCA and the community centre?

Could you **DISTRIBUTE** twice-yearly Newcourt News in your street?

Could you coordinate a campaign for a **MUGA (Multi-Use-Games-Area)** adjacent to the **IKEA** store?



Would you like to take part in the next phase of the **ADOPTION PROCESS**, to look at issues in the local residential streets?

Would you help with **MONTHLY LITTER PICKS?**

Could you represent Newcourt residents on **EXETER COMMUNITY FORUM?**
exetercommunityforum@gmail.com

Would you consider being a **TRUSTEE?**

Could you initiate 'please do not park here' parking stickers for visitors' cars parking for rugby matches or Ikea?

Do you have any **MARKETING EXPERIENCE** that could help in the community centre marketing plan?

Could you represent Newcourt residents at Exeter Green Spaces Network?
exetergreenspace@gmail.com

Do you have **SECRETARIAL** or **ADMIN SKILLS** that could help the NCA?

Would you like to co-ordinate, and/or participate in **DOG POO PAINTING?**

Newcourt could do with a **CONTACT PERSON** for each of these: (i) Devon County Council (ii) Exeter City Council (iii) Developers

Could you help in putting together **Newcourt News?**
Two editions/year.

Would you like to offer your leadership or management expertise to support the operations committee?

For more information:
newcourca@gmail.com

Thank you to **IKEA** for sponsoring and printing this edition of Newcourt News