

# NEWCOURT



# NEWS

Edition 15 • December 2019

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 Green • The Rydons



In this edition: Christmas events in Newcourt • St Bridget's Christmas tree advice  
Sweet tooth? • Local businesses could help you • Getting involved in the community  
Train times change! • Resident-run activities • News from Sandy Park

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).

NCA Trustees:

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NCA Officers:

Ken Cretney *Treasurer*  
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To contact Trustees:  
[trustees@newcourtca.org.uk](mailto:trustees@newcourtca.org.uk)

**Newcourt Community Association (CIO)**

[newcourtca@gmail.com](mailto:newcourtca@gmail.com)  
[www.newcourtca.org.uk](http://www.newcourtca.org.uk)  
Facebook • Newcourt Community

**SIGN UP FOR REGULAR EMAIL UPDATES ON ISSUES RELEVANT TO LIVING HERE. Contact [newcourtca@gmail.com](mailto:newcourtca@gmail.com)**

**Newcourt Community Centre**

Bookings: 01392 873560  
[info@newcourtcommunitycentre.com](mailto:info@newcourtcommunitycentre.com)  
[www.newcourtcommunitycentre.com](http://www.newcourtcommunitycentre.com)  
F • Newcourt Community Centre

Newcourt News Editor:  
Kate Arkell

**Newcourt News is printed by Acanthus Press**

## Chairman's letter

December 2019



Dear Newcourt resident

Welcome to the December edition of Newcourt News. And a special welcome if you have recently moved here. I am sure you will find the content informative and helpful.

Newcourt is an expanding community. It's hard to believe that in the beginning of 2012 there were just 250 houses here. There was no transport, no shop, no community garden, no play-park and nowhere to meet.

It was then that a group of residents decided to start a community association as a way to work together to help build community and solve some of the challenges.

This year, young mum, Emma Kain is one resident who has done just that in helping Newcourt to get a defibrillator. Emma initiated the *Feel Good Festival* in September. There was live music and good food. Health and exercise specialists gave their time free to give residents hands-on taster sessions.

Dentist, Andrew was there to 'talk teeth', and on page 6 you can 'taste' some of his advice!

Many residents give time week in, week out, to organise and help run community activities; others sort hanging baskets, or flowers on the station platform.

Newcourt now has 1600 homes. If you would like to help build our community, there are plenty of opportunities to be grasped. Some specific areas are listed on pages 5 and 7. Please let me know *your* ideas.

Will you join me and many other residents in helping to make Newcourt a great place to live?!

With best wishes for Christmas and 2020

**Richard**  
*NCA Chairman*

[trustees@newcourtca.org.uk](mailto:trustees@newcourtca.org.uk)

## Defibrillator for Newcourt!

We are now able to purchase the public access defibrillator for the Community Centre - thanks to generous donations.

The defibrillator will be freely available to be used in the unfortunate event of a cardiac arrest happening nearby.

Defibrillators are able to deliver a shock to restart a heart. The quicker they are used, the higher the chance of success. Having our own defibrillator will allow life-saving treatment to be given, before an ambulance arrives.

The NCA has been fundraising through community events this year, including the new **Feel Good Festival** which raised over £780. Generous donations have been received from the local Lions Club (£1000)

and the Friday Coffee Club (£200).

Once the defibrillator is installed, there will be a FREE training session for anyone, on basic life support and how to use the defibrillator. Come and learn how to save a life!

We are continuing to fundraise for the installation and ongoing costs of the defibrillator and also hope to provide some subsidised first aid courses for residents.

*If you have other ideas for fundraising projects to make Newcourt a healthy community, contact Emma. [emmalouisekain@gmail.com](mailto:emmalouisekain@gmail.com)*





# CAROLS at IKEA



**Tuesday  
17<sup>th</sup> December  
6pm in the restaurant**

**Carols accompanied by  
The Salvation Army Band**

including special carols from  
Trinity Primary School Choir and the  
Digby & Newcourt Community Choir

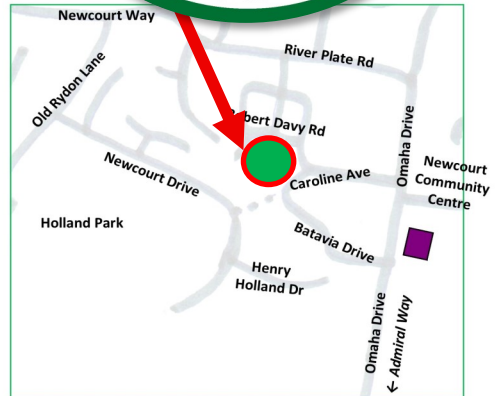
organised by local residents

# CHRISTMAS PARTY!

**SATURDAY  
14<sup>th</sup> December**

**1pm-4pm  
Newcourt  
Community  
Centre**

**refreshments  
Father  
Christmas  
seasonal fun  
for all  
the family**



## Celebrate Christmas with Trinity at Trinity School, Vernon Crescent

**Sunday 22<sup>nd</sup> December**

9am • Morning Carol Service  
6.30pm • Carols by Candlelight  
*with Digby & Newcourt Community Choir  
followed by mince-pies & mulled wine*

**Tuesday 24<sup>th</sup> December Christmas Eve**

2.30pm • *Carols for all ages*

**Tuesday 25<sup>th</sup> December Christmas Day**

9am • *Celebration for all ages  
with short communion*

## FREE CAFE THURSDAY

**EVERYONE WELCOME**

Every week **10am-12noon**

**5<sup>th</sup> Dec • Christmas tree decorations**

**12<sup>th</sup> Dec • NO CAFÉ THURSDAY**

**19<sup>th</sup> Dec • Christmas flowers & garlands**

**26<sup>th</sup> Dec & 2<sup>nd</sup> Jan • CLOSED**

Newcourt Community Centre  
EX2 7FN

\*Children must be accompanied by an adult



**SHOP!**

## McColl's Shop in Newcourt!

...opposite the Community Centre in  
Blakeslee Drive - and scheduled to be  
open in December!

## OLD RYDON LANE CONTRAFLOW coming mid-December



The section of Old Rydon Lane (east)  
between Oaklea and Sandy Park Lodge  
will be made one-way, with contra-flow  
cycle lane in readiness for the Sandy  
Park Hotel build.

Check for local planned roadworks here:  
<https://devon.roadworks.org>

## One of us...?

**“How can they possibly understand when they haven’t been in my situation?”**

Politicians and professors get a hard time. However fair or unfair, the public perception is often of remote figures in their ‘ivory towers’, divorced from the reality facing the rest of us day by day.

Wouldn’t we like those who make decisions which affect us (including teachers, doctors, the emergency and social services, pastors, etc.) to live among us and experience everyday life? Then they would understand how their decisions affect us.

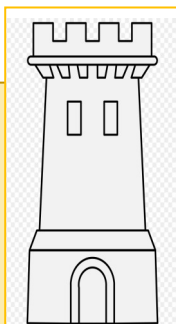
The message of Christmas is that God wrote himself into our story and walked onto the stage of human history in Jesus. As John’s gospel puts it, “the word of God became a human being and lived among us”. God is not

in some distant ‘ivory tower’, looking ‘from a distance’ (as the song says) at the world, unable or unwilling to get his hands dirty.

Because Jesus lived among us he understands us, sympathises with our weaknesses and is able to help us in our time of need.

I hope the coming year will be one in which we can stand alongside each other as a community. But more than that, it’s my prayer that we will know the reality of God living among us each day.

*Jonny Elvin  
Vicar : Trinity Church*



**FREE CAFE THURSDAY**

**EVERYONE WELCOME**

Every week **10am-12noon**  
games - crafts - free refreshments -  
IT - job support - kids play area \*

**9<sup>th</sup> Jan • Bird Feeders**  
**16<sup>th</sup> Jan • Making Cotton/Linen Bags**  
**23<sup>rd</sup> Jan • Comic Panelling - Part 1**  
**30<sup>th</sup> Jan • Comic Panelling - Part 2**

Newcourt Community Centre  
EX2 7FN

*\*Children must be accompanied by an adult*

**Sundays**  
**TRINITY CHURCH**  
9-10.15am Trinity School  
Vernon Crescent EX2 7GB  
...  
6.30-7.45pm Newcourt  
Community Centre  
EX2 7FN

**Newcourt Community Centre** opened 5 years’ ago. It is owned by Exeter City Council, and leased to the NCA who ensure it pays its way. Centre Manager is Hayley Denham, and there is a small staff team.



If you are thinking of starting a new activity or group, or want to book a room, phone **01392 873560** or email: [info@newcourtcommunitycentre.com](mailto:info@newcourtcommunitycentre.com) To book, go to the tab ‘Hire the Centre’ on: [www.newcourtcommunitycentre.com](http://www.newcourtcommunitycentre.com)

**Weighed down by DEBT??**

CALL FREE 0800 328 0006  
[capdebthelp.org](http://capdebthelp.org)  
**Free debt counselling in our community from an award-winning charity.**

**CAP**

Get a bell for your cat and save little bird deaths by a third.

 **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 contact Judy at [judy.cretney@talktalk.net](mailto:judy.cretney@talktalk.net)  
*[waiting list for non-Newcourt residents] organised & run by local parents*

**SING WITH THE COMMUNITY CHOIR!**

If you live here and love singing, you are warmly invited to come to the choir! **It’s fun!**

**Wednesdays 8pm - 9.30pm** during term time.  
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 six years’ ago.

**The Orangery,  
MS Centre, Clyst Heath  
EX2 7EY**

Interested? Contact  
John **07930 348210**

  
**DIGBY and NEWCOURT  
COMMUNITY CHOIR**

# Choosing a Real Christmas Tree?

**There is nothing quite like the aroma of a real Christmas tree, giving that magical Christmas feeling we love.**

Before choosing your tree, measure the space in your home, remembering that the tree stand could add to the height. If your real Christmas tree doesn't quite fit into the corner of the room, just grab your secateurs and do some trimming. Use the offcuts to decorate elsewhere.

If you are worried that the tree you want to buy isn't fresh, do a simple test; simply hold the inside of a branch and gently pull your hand towards you. The needles should stay on the tree. (Wear gloves when doing this as the sap can irritate some skins.)

The most popular tree in the UK is the **Nordmann Fir** with its soft, dark green foliage and excellent needle retention. However, it is being chased for the number one spot by the **Fraser Fir**, often leaner in shape, but with denser fragrant foliage with great needle retention.

The most traditional and

cheapest tree on the market is the **Norway Spruce** with its pyramid shape and lovely fragrance. Finally, there is the **Blue Spruce** - an elegant tree with natural blue foliage.

To keep your tree fresh; keep it upright, well watered and away from direct heat. Ideally keep it outside for as long as possible.

Whatever tree you choose this year, **St Bridget Nurseries** has a wide selection of top quality deluxe

trees and own grown, standard grade trees for you to choose from. Available freshly cut or pot grown and all from the UK.

Tammy Felloon

*St Bridget Nurseries  
Old Rydon Lane*



**ST BRIDGET**  
EST 1925

The perfect place to get your magical real Christmas tree.

Old Rydon Lane EX2 7JY • 01392 873672  
[www.stbridgetnurseries.co.uk](http://www.stbridgetnurseries.co.uk)

## Plantsman's Café

Enjoy coffee, tea or a meal.

*The NCA thank Tammy Felloon & Rita at Plantsman's Café for their support.*

**All residents invited to**

**Newcourt Community Association  
AGM**

**Tuesday 21<sup>st</sup> April  
2020 at 7pm**

**Newcourt Community Centre**  
**Community information,  
questions, input**

**NEWCOURT COMMUNITY**

**LITTER PICK**

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

Litter picks, bags, children's hi-vis vests & gloves provided. Children welcome with parent. **Followed by cake, biscuits, drinks at 12 noon.**

*For residents of Greenacres,  
Great Woodcote Park, Seabrook Orchards:*

Want to cover your area?

contact [judy.cretney@talktalk.net](mailto:judy.cretney@talktalk.net)

## CAN YOU HELP with planning Newcourt events??

Join the **Events Planning Team** on:  
**Thursday 5th March 10.30am** in Newcourt  
Community Centre as part of Café  
Thursday to plan Easter Crafts & Games.

**Ideal project for Duke of  
Edinburgh or Community Work students**

Contact

[info@newcourtcommunitycentre.com](mailto:info@newcourtcommunitycentre.com)

Mark the subject

'for attention of Hayley - EVENTS'

## Rail Timetable CHANGE 15<sup>th</sup> December

- 1 Most train times from Newcourt station will change
  - 2 All trains on the Exmouth branch will go to Exmouth, Paignton or Exeter St David's
  - 3 For Barnstaple: you'll need to change trains at Exeter Central
  - 4 Customers travelling longer distances should be aware that mainline timetables will also change significantly
- [www.gwr.com/plan-journey/timetable-2019](http://www.gwr.com/plan-journey/timetable-2019)

*'It will no longer be possible to connect from Avocet Line services into the High Speed service which reaches London at 0900, despite best efforts by ALRUG officers to try and correct this fault before the timetable was finalised. Some of the current problems with evening connections from London services also remain. We know how inconvenient this will be for some passengers and are working with GWR and Network Rail to resolve these in readiness for the May 2020 timetable change.'* ALRUG



# SWEET TOOTH?!

Andy Robertson



**Did you know that tooth decay is currently the number one reason children are admitted to hospital in the UK?**

We all know that sugar and teeth do not get along well, and tooth decay is all too often the end result. As parents we have to take action, because **tooth decay is entirely preventable.**

Following the interest generated by my dental health stall at the recent **Feel Good Festival**, here are my 'top tips' for keeping your kids' teeth healthy (and your own!):

**1 Be aware of 'hidden' sugars** - it may astonish you how much sugar is in your everyday

favourites. Fruit juices and many yoghurts are surprisingly sugary.

**2 Reduce the amount and frequency of sugary foods** - aim to have no more than FOUR sugar exposures per day – simply put, this will often mean breakfast, lunch, dinner and ONE sweet snack per day. Any more and your teeth are at increased risk. Dried fruits are a particular problem because they stick in the fissures (grooves) in our teeth.

**3 Use a fluoride toothpaste** -

the recommended strength varies depending on the age of your child – the NHS has a great webpage on this topic if you are unsure.

**4 Visit your dentist regularly** - the NHS website also has a useful guide to accessing routine and emergency dental services.

Happy Christmas, and good dental health for the year ahead.

*Editor: Thanks to Andy, Newcourt resident and dentist.*

Photograph : Nick Postlethwaite



**Display at Feel Good Festival.** The little bags underneath each item show the sugar content. **TOP OF CENTRE PANEL** shows recommended daily sugar intake - **left: children 4-6yrs = 19gms;** **middle: children 7-10yrs = 24gms** and **right: adults = 30gms**

## Community Garden

Potatoes, raspberries, lettuce, Swiss chard, beans, carrots, parsnips and much more were grown this year. Produce was sold at the *Feel Good Festival* towards the community defibrillator.

There are ten FREE plots behind the Community Centre for residents to grow vegetables, fruit and flowers. There is now a waiting list. If you are interested, please get in touch.  
judy.cretney@talktalk.net



## NEWCOURT DADS & TODDLERS

**1st Saturday of the month**  
**9am-10.30am**  
**Newcourt Community Centre**  
**£3 per family**

**More information**  
**Jon 07719 923831**  
**run by Newcourt dads**

*Once-a-month opportunity to spend time with your children (0-4) over a breakfast bap and meet other dads.*

## Pregnant and worried?

Confidential, caring support for those facing a crisis because of pregnancy. Contact our dedicated team of advisors for further information & appointments.

Phone **07826 715377** or [choicespregnancyexeter@gmail.com](mailto:choicespregnancyexeter@gmail.com)

## Newcourt WI

Newcourt Community Centre  
Third Monday 7.30pm-9.30pm

**16th December** Christmas party, carols bring & share supper, games

**20th January** Pelvic Health – how to avoid those ‘embarrassing moments’

**17th February** Decorated Eggs – learn a skill ready for Easter?

*First 3 meetings free before deciding to become a member.*

[newcourt@devonwi.org.uk](mailto:newcourt@devonwi.org.uk)

The truth is incontrovertible.  
Malice may attack it, ignorance may deride it, but in the end, there it is.  
Winston Churchill

## Newcourt's Arts Evenings Last Friday of month 7-9pm



**Special Christmas Workshop - Friday 6<sup>th</sup> December: Painting a Silk Scarf.** £10 for materials & equipment. *Booking essential*

27<sup>th</sup> December: No Arts' Evening

**Friday 31<sup>st</sup> January: Drawing Demonstration** from local artist, with materials for you to have a go. Donations to CAN

**Friday 28<sup>th</sup> February: Conversational/Holiday German Workshop** with experienced language teacher. Donations for CAN

**Friday 27<sup>th</sup> March: (proposed) Watercolour Painting** Art teacher's workshop: £10  
Please get in touch to book: [judy.cretney@talktalk.net](mailto:judy.cretney@talktalk.net)

## Christians in Newcourt

Occasional get-togethers • could be lunch on a Sunday • a 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](mailto:paulandalexandra@live.co.uk)

## Want advice?

Your local Health Visiting Team are available 9-5pm weekdays. For advice & information or to book a Health Visitor phone **03332 341902** or text via our Chat Health service **07520 631721**



## Road updates

**River Plate/Omaha bend** - Following last year's residents' petition,\* Devon County Council performed a Video Survey and Conflict Study to see whether improvements were required. They determined that, as there is no significant risk, and other junctions in Devon take priority, no carriageway works will be carried out.

However, a new dropped kerb facility **will** be installed at the top of River Plate Road, with a follow-up survey to see whether increased pedestrian flow merits an upgrade to zebra crossing. Fencing around this junction will be repaired with funds from DCC & Councillor Andrew Leadbetter.

**Omaha Drive-Blakeslee** - a new raised crossing on Omaha Drive to the new shop and Community Centre will make it easier for pedestrians to cross.

Improvements are also in hand to make crossing **Admiral Way** safer for parents, school children, toddlers & pushchairs.

**All these road issues have been raised and moved forward by residents.**

\* [www.change.org/p/devon-county-council-vote-for-community-safety](http://www.change.org/p/devon-county-council-vote-for-community-safety)

## CAN YOU HELP WITH NCA FINANCES??

### 1 As PAYROLL OFFICER for Newcourt Community Centre (NCC) Staff

*approximately 1-2 hours per month.* Includes:

- 1)Preparing payroll data for processing by the external payroll service provider
- 2)Providing payslips to staff
- 3)Processing payments to HMRC (PAYE + NI) and Pensions provider.

### 2 As NCA TREASURER

*approximately 3-4 hours per month.* Includes:

- 1)Liaison with NCC Finance Administrator & Manager

(including Contracts, Sales, Purchasing, Petty Cash/ Banking etc)

- 2)Attending meetings and monthly status reporting to the NCA Operations Committee & NCA Trustees
- 3)Annual preparation of NCC budgets and sales forecasts and monthly tracking
- 4)Preparation of End of Year Accounts for the Charity Commission and liaison with external Auditor
- 5)Grants applications & liaison with Exeter City Council, Devon County Council, etc.

Please contact Ken, the current treasurer, with any questions  
[treasurer@newcourtca.org.uk](mailto:treasurer@newcourtca.org.uk)

## Sandy Park

### Don't miss a game - with an Exeter Chiefs' 2019/20 Half-Season Ticket!

By signing up to an Exeter Chiefs' half season ticket, not only are you showing your support to Rob Baxter and his squad in their quest for honours, but you will be part of the famous match-day Tribe, experiencing every pivotal moment in the Gallagher Premiership, Heineken Champions Cup and Premiership Rugby Cup.

With an increase again in supporters purchasing season tickets at Sandy Park this season, there really is no easier way to guarantee your place for every home game, during what promises to be a compelling second half to the season.

#### What are the benefits of being a Half Season Ticket Holder?

- Most cost-effective way to attend fixtures at Sandy Park - and the only way to guarantee a space
- Starts from 18th January 2020 with

the Heineken Champions Cup fixture against La Rochelle

- Priority access to all progression games
- Free access to all Exeter Braves & Academy fixtures
- Club Shop and Bar discounts
- Access to the Exeter Chiefs Season Ticket Holder Advantage Scheme

**Thinking of getting a half-season ticket Christmas gift for a friend or loved one?** Prices start from as little as £195 (there is an interest free instalment plan available).

New half season tickets can be purchased by clicking on the official Exeter Chiefs' website [www.exeterchiefs.co.uk](http://www.exeterchiefs.co.uk) For ticketing queries, please contact [ticketing@exeterchiefs.co.uk](mailto:ticketing@exeterchiefs.co.uk)



**LIVE FOR MATCH-DAY**  
**HALF-SEASON TICKETS FROM £25 PER GAME**  
[WWW.EXETERCHIEFS.CO.UK](http://WWW.EXETERCHIEFS.CO.UK)




### BUMPS & BABIES

For mums-to-be

Thursdays 1-2.30pm

**nct** Newcourt

Community Centre  
 £1.50 per family

### Community Arts Newcourt

provides a variety of art.

#### CHILDREN'S STREET DANCING

sessions are subsidised and very popular.

#### MONTHLY ARTS' EVENINGS

began in January 2018, and this year, have included pastel artwork, 3D needle felting, and pottery workshops.

#### PEBBLE PAINTING

has continued each school holiday since 2018. Decorate a pebble and hide it in Newcourt. The person who finds it can take a photo of it, post it on 'Newcourt Pebbles' Facebook Group. Then keep or re-hide.

Looking ahead: at the station, we want to put **POETRY ON THE PLATFORM**, and a poster **TELLING THE STORY OF NEWCOURT**.

*If you are interested in any of these projects, please contact:*  
[judy.cretney@talktalk.net](mailto:judy.cretney@talktalk.net)



## Bendy Swords TRADITIONAL ENGLISH DANCES FROM THE NORTH-EAST & THE COTSWOLDS Clashy Sticks

More info. & advance booking 01392 660444 [mikepainter25@gmail.com](mailto:mikepainter25@gmail.com)  
 - or just turn up on the night!

### WORKSHOP

Newcourt

Community Centre

FRIDAY 24th JAN.

7.30 pm

An opportunity to try something different !

All welcome-it's free

#### PROFESSIONAL AND RELIABLE SERVICE

- Painting & Decorating
- Tiling
- Flooring
- Resealing Showers & Baths
- Plasterwork repairs
- Flatpack furniture assembly
- Wall hangings/shelving
- Exterior cleaning



**CONTACT BEN**  
**07966 383533**  
**FOR FREE QUOTE**





**The South West MS Centre in Clyst Heath offers therapies that can help people with other health conditions as well as MS.**

Oxygen therapy has been shown to be effective in accelerating healing broken bones and damaged ligaments. This was the recent experience of a footballer and cricketer - both treated at the MS Centre - who got back on their feet faster than normal. Oxygen therapy can also help conditions such as cancer, fibromyalgia, migraine, neuralgia and stroke.

The Centre provides massage, physiotherapy, reflexology, reiki, counselling and crystal therapy, as well as yoga, tai chi and

pilates. To access these treatments you can sign up for annual membership which goes towards subsidising the therapies.

The Centre is run by a small staff with support of volunteers, and is completely self-funding, running a range of fundraising events each year. They are always looking for volunteers: people who could help as drivers, oxygen operators, maintenance/gardeners, welcomers, event support, raffle prize coordinators and trustees.



If you have any time to spare, and think you could help, the MS Centre would love to hear from you.

To find out more or pop in for a tour, phone 01392 447411 email [admin@southwestmscentre.co.uk](mailto:admin@southwestmscentre.co.uk) or visit [www.southwestmscentre.co.uk](http://www.southwestmscentre.co.uk)

**Martin Bartnicki**  
*Wedding Portrait Elopement*  
**PHOTOGRAPHY**

[www.MartinBartnicki.co.uk](http://www.MartinBartnicki.co.uk)  
 07871 441 090  
[info@martinbartnicki.co.uk](mailto:info@martinbartnicki.co.uk)

**FRIDAY COFFEE CLUB**  
*For senior citizens*

9.30-11.30am  
 Newcourt Community Centre  
 Chat over tea/coffee & biscuits  
 Weekly Cost £1.50

- Occasional speakers
- outings - usually Wednesdays
- Weekly raffle (50p)

**Join, book, unlock & drive**

Go electric for **£4.75/hour** or **£34/day** & **NO mileage!**

Hire our cars by the hour or day from over 20 locations in Exeter. In **Newcourt**, choose from our electric Renault Zoe in **Albatross Road** or hybrid Toyota Yaris in **King Avenue**. Book 24/7 online or by smartphone. Costs incl. fuel, insurance & roadside assistance.

☎ 0345 345 2544  
 🌐 [co-cars.co.uk](http://co-cars.co.uk)  
 🐦 @CoCars

**CoCars**

£25 annual membership fee applies.

**Do you have furniture or electric appliances you no longer need?**

We can collect. Everything must be in good, clean condition; electrical items in working order; upholstered items must have fire labels stating compliance with 1988 (or later) Furniture Reg.  
**E: [info@turntable.org.uk](mailto:info@turntable.org.uk) T: 01392 202032 W: [www.turntable.org.uk](http://www.turntable.org.uk)**

**ESTUARY LEAGUE OF FRIENDS**  
*working to improve the quality of life of those in need of care, comfort and support in the Community:*

providing services to help you lead an independent active life; support at home; a hand with shopping; or a chance to get out and make new friends. **01932 879009**

**MEN'S CIRCUIT TRAINING**

**Thursdays**  
**6.30pm - 7.30pm**  
 Orange Room, Newcourt Community Centre  
**£3 per session**  
 Contact John  
 07930 348210

**Street Dancing Classes**  
 Newcourt Community Centre

on **WEDNESDAYS**  
**3.45pm-4.45pm**  
 Age: 4 at school - 7  
**4.45pm-5.45pm**  
 Age: 7 +  
*...during term time...*

**£2 per class** includes drink.  
**Waiting list for younger class**

Email [judy.cretney@talktalk.net](mailto:judy.cretney@talktalk.net)

Sponsored by CAN & NCA

# Trinity School

Dear Friends of Trinity and Newcourt Neighbours,

As the school continues to grow, our small beginnings of 16 pupils in 2017 has rapidly increased to over 180 Nursery to Year 2 children this term. We finally feel like a real school!

The support we have had from our parents and the Newcourt community has been overwhelming, and the school is proud to be at the heart of this new area of Exeter.

As a community Church school, we recognise the importance of building strong links with our neighbours. And our fantastic PTA

are working hard to put on lots of events that are open to everyone in Newcourt. Please take the time to look at our newsletters and PTA events' pages on the school website and come and join us.

The next event is our Christmas Fair on Saturday November 30<sup>th</sup> 12noon-3pm.

Thank you for your continued encouragement and support.

Owen Wilder  
Headteacher

Vernon Crescent  
EX2 7GB  
01392 790151

[www.trinityprimaryexeter.co.uk](http://www.trinityprimaryexeter.co.uk)



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correction to improve  
your life, you will live  
among the wise.

FAMILY FOCUS & SELF WEIGH  
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Newcourt Community Centre

**Mondays 9.30-11am**

Self-weigh scales -  
Community  
Health Worker  
Last entry 10.45am



## LEGS BUMS & TUMS!

Newcourt Community Centre  
**Thursdays  
at 7.45pm**

First class **£1**. Then **£5**.

Contact: Laura Salt  
**07540 188561**

[lauramolent@gmail.com](mailto:lauramolent@gmail.com)

## Helping well-being

The Community Builder role involves listening to residents, finding out what matters to them and to raise awareness of local opportunities to support well-being. CBs also try to link people to others with similar interests and support residents' ideas for our neighbourhood.

**Helen Moore** has made a great contribution to residents in her role as CB here. She has recently stepped down to take up a job closer to home.

Thank you  
Helen!

**Ed Shaw** has been working with Helen, and is taking over the role. He is looking forward to meeting more residents as he attends events, visits groups and knocks on doors.

You can contact Ed via  
[newcourtcbb@gmail.com](mailto:newcourtcbb@gmail.com) or

**07902 119083**



Wellbeing  
EXETER

## Five ways to well-being! \*

- 1 Connect
- 2 Give
- 3 Keep learning
- 4 Be active
- 5 Take notice

\* according to research and expert opinion.

[www.wellbeingexeter.co.uk](http://www.wellbeingexeter.co.uk)



**Advertising:** Newcourt residents who run a local business can advertise in Newcourt News for £7.50 (small); £15 (large). Non-resident business/organisations can advertise for £15 (small); £30 (large). Circulation 1600 homes and rising! Contact [newcourtca@gmail.com](mailto:newcourtca@gmail.com) NCA cannot guarantee or endorse services advertised



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WEB: [www.TheMDecor.co.uk](http://www.TheMDecor.co.uk) E-mail: [info@themdecor.co.uk](mailto:info@themdecor.co.uk)

[www.theIslandTrust.org.uk](http://www.theIslandTrust.org.uk)

**Sailing for...**

- School & Youth Groups
- Teenagers
- DofE
- RYA courses
- Adults

*get up, get out, and do something amazing!*

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

**BOX CIRCUITS**

Newcourt Community Centre

**Tuesdays**  
**7.45pm**

First class **£1**. Then **£5**.  
Contact: **Laura Salt**  
**07540 188561**  
[lauramolent@gmail.com](mailto:lauramolent@gmail.com)

LAUREN ELLIOTT VINCENT  
COUNSELLING & PSYCHOTHERAPY

**07598 986920**

[WWW.ELLIOTTCOUNSELLING.COM](http://WWW.ELLIOTTCOUNSELLING.COM)

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Daytime and evening availability  
Mulligan Drive **07786 554462**

# Events in Newcourt - December 2019 to Spring 2020

<b>Friday 6<sup>th</sup> December</b> • Christmas movie night at Trinity School. FoTS <a href="mailto:fotsexeter@gmail.com">fotsexeter@gmail.com</a>
<i>More info on Friends of Trinity School at <a href="http://www.pta-events.co.uk/fots">www.pta-events.co.uk/fots</a></i>
<b>Saturday 14<sup>th</sup> December</b> • Christmas Party 1pm-4pm at Newcourt Community Centre*
<b>Tuesday 17<sup>th</sup> December</b> • Community Carols at IKEA 6pm-7pm in IKEA restaurant
<b>Saturday 21<sup>st</sup> December</b> • Newcourt 'Carols on the Green' 5pm-6pm by Caroline Ave & Robert Davy Rd
<b>February</b> • Movie Night at Trinity School, Vernon Crescent. <a href="mailto:fotsexeter@gmail.com">fotsexeter@gmail.com</a>
<b>Saturday 4<sup>th</sup> April</b> • Easter Crafts & Games 2pm-4pm at Newcourt Community Centre*
<b>Friday 24<sup>th</sup> April</b> • Rock 'n' Roll Bingo night at Trinity School FoTS <a href="mailto:fotsexeter@gmail.com">fotsexeter@gmail.com</a>
<b>Date tbc</b> • Open-air Cinema with Pop-up Pub at Newcourt Community Centre *
<b>Date tbc</b> • The Great Get-Together at Newcourt Community Centre *
Offers of help at the * events please contact Hayley, Newcourt Community Centre Manager, at <a href="mailto:info@newcourtcommunitycentre.com">info@newcourtcommunitycentre.com</a> with email subject: 'FAO Hayley - Events'.

## Helpful contact details

**HEALTH NHS Direct** Tel: 111 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**Devon Doctors** (on-call) 0845 671 0270

Glasshouse Lane Medical Centre, EX2 7BT 874646

Topsham Surgery, Holman Way, EX3 0EN 874646

[topshamadmin@nhs.net](mailto:topshamadmin@nhs.net)

[www.topshamsurgery.gpsurgery.net](http://www.topshamsurgery.gpsurgery.net)

**Pharmacy:** Countess Wear 877000 and Topsham 873063

**EXETER CITY COUNCIL** [www.exeter.gov.uk](http://www.exeter.gov.uk)

**Environmental Health Issues/ ASB/Fly Tipping /Dog fouling/Recycling** 665024 **Abandoned vehicles** 265147

**Graffiti/Bin collections** <https://exeter.gov.uk/bins-and-recycling/bin-collections/when-is-my-bin-collected/> 665010

**Reporting discarded syringes:** <https://exeter.gov.uk/clean-safe-city/litter-rubbish/report-discarded-syringes/> - [cleansing@exeter.gov.uk](mailto:cleansing@exeter.gov.uk) 665010

**POLICE/PCSO EMERGENCY 999**

Report (not emergency): phone 101 or better -

[www.devon-cornwall.police.uk/contact/](http://www.devon-cornwall.police.uk/contact/)

**DEVELOPERS** Barratt/David Wilson Homes 826750;

Bloor 875556; Heritage 822066; Persimmon 252541

**CITY COUNCILLOR Rob Newby** - 676471

[cllr.rob.newby@exeter.gov.uk](mailto:cllr.rob.newby@exeter.gov.uk)

**DEVON COUNTY COUNCILLOR & CITY COUNCILLOR**

**Andrew Leadbetter** 876322 M: 07815 967989

[andrew.leadbetter@devon.gov.uk](mailto:andrew.leadbetter@devon.gov.uk)

**MP** ..... (fill in name on 13th December)

**LIVE WEST** Call-Centre 03001 238080

Community Development Worker - Lesley Browne 814433

[lesley.browne@livewest.co.uk](mailto:lesley.browne@livewest.co.uk)

**LOCAL FACILITIES**

**Aldi** Exeter Road, Topsham

**Digby Retail Park** - incl. Tesco, PC World/Currys, Halfords, KFC, Costa, Pets at Home, B&M, Sports Direct, Tapi Carpets & Carpet Right.

**Abandoned Tesco Trolleys (Exe Vale Store)** 0800 505555

**Glasshouse Lane shops** - One-stop, Post Office, 'chippy', MS charity shop, hairdresser

**IKEA**

**Recycling** Tesco/Glasshouse Lane/Pinhoe/Marsh Barton

**Topsham Library** [www.devon.gov.uk/topsham\\_library](http://www.devon.gov.uk/topsham_library)

**Trinity Church** [www.trinityexeter.com](http://www.trinityexeter.com)

**Trinity Primary School** Vernon Crescent, EX2 7GB

[admin@trinityprimaryexeter.co.uk](mailto:admin@trinityprimaryexeter.co.uk)

**Friends of Trinity School** [www.pta-events.co.uk/fots](http://www.pta-events.co.uk/fots)



Computer generated view of Seabrook Square with Trinity School in the centre