

*Building a stronger, healthier, more inclusive community*



### News From St Sid's:

At long last, we've had an automatic disabled access door fitted. Many parents with buggies and people with disabilities have commented on how much easier it has been for them to enter and leave the building. We would like to take this opportunity to thank Church Urban Fund and the Signpost Neighbourhood Fund for their generous donations.

We also finally have four new signs for the Centre, and what a dramatic difference they make. They brought brightness to the Church building, and at last we can be seen from Sidwell St. I would like to thank Andi Tobe for all the work she has put into replacing the signs and Steve for producing such fine pieces of signwriting.



Another recent piece of work has been tackling the issue of people coming onto site and making a nuisance of themselves. This has been a long standing problem and we have been addressing it with vigour. Firstly, we have planted a prickly hedge along the perimeter wall to discourage

people from sitting there and drinking (Big thank you to BTCV for turning out on a very wet day to do the planting) Secondly, we met with Police Officers Adrian Brigden (Chief Inspector responsible for Exeter) and Andy Lewis (Neighbourhood Beat Manager, Exeter City Centre), and as a result we are in the process of implementing new procedures and will be developing our partnership to improve the image of St Sidwell's. But more importantly we will work together in removing the myths that St Sidwell's is a place to drink alcohol or use illegal drugs.

There has been a good level of activity at St Sidwell's Centre. During the last 3 months of 2006 3106 people attended activities here – and that's not including people who just came to the café. A total of 70 different groups used the centre and there has been a 96% increase in evening and weekend bookings, totalling 110 individual bookings.

We have been doing a lot of work recently to plan for the future of the Centre. In order to make sure that we can carry on the good work, we have to make sure that we are meeting the needs of the local community, ie YOU! Therefore, 1,000 local residents were sent a questionnaire to fill in. Thanks to everyone who has returned one to us. We also held

an event for people to come and find out about the Centre, and to give us their ideas and thoughts about how we should develop into the future.

Looking ahead, new activities for the spring include some new courses including basic computer courses (back by popular demand – see the back page)

Friday has turned musical with Wren Music's community sessions. The new Children's Centre will have a base here – read more inside. Finally, Royal Albert Memorial Museum (RAMM) held a creative arts session here in February, the theme was magical clocks and the session was such a success that they're coming back in April - more details inside.

We will have another of our wonderful World Vegetarian Food days on Saturday 14<sup>th</sup>. April. 12 till 2. Come along for a fabulous international feast!

We were sorry to say goodbye to yoga teacher Steff, who has left us to travel to New Zealand. At the time of writing we haven't found a replacement for her but we're looking hard. So if there's anyone out there who'd like to take over our Monday morning yoga classes (50+ and a general class) give us a ring ASAP.  
**Anderson Jones**

## St Sidwell's Membership Scheme

Good News! St Sidwell's Centre members can now get a 10% discount at two more local businesses. This is in addition to the 5 businesses already signed up to the scheme.

**Hartnoll's the Butchers** at 40 Longbrook Street are our newest participants, offering members a 10% discount on their products which include high quality locally produced meat, as well as other fresh produce.

**Ki Health International** - Ki Treatment is giving Ki Energy, which is the energy of creation that we receive at conception. It is the natural way to revitalise your body and mind, effectively relieving pain, stress, fatigue and other health disorders.



Ki treatment is given by highly trained Ki Masters. They use special sound and breathing techniques together with acupressure to carry energy deeply into the body to open energy blockages, remove toxins and negative energy, and recharge with vital energy. This has the effect of healing the energy system, which activates the body's own healing power to regenerate organs, renew cells and stimulate the immune system.

For more information, visit their website: [www.kihealth.org](http://www.kihealth.org) or phone them on 01392 433330  
84 Longbrook Street,  
Exeter EX4 6AP

**If you are not yet a member and would like to join, call in to the Centre between 10.00 a.m. and 3.00 p.m., Monday – Friday, bring a passport sized photo and membership fee of £2 for the year (concessions available for people receiving means tested benefits).**

**The Royal Albert  
Memorial Museum  
presents...**

### **Nutty Professors**

Free family drop-in  
activity for all ages  
**Friday 20<sup>th</sup> April**  
12.00 to 4.00 pm  
At St Sidwell's

Centre

~  
Could you design your own nose-shaper? Come up with an invention to clean between your toes?! Get creative and build your own curious contraptions, using weird and wonderful materials from our inventors' bag.

**RAMM**

### **A Children's Centre for Central Exeter:**

Last October Exeter Community Initiatives (St Sidwell's Centre's parent organisation) submitted a tender to manage and coordinate the Central Exeter Children's Centre as part of the County Council's phase 2 development of Children's Centres. We heard just before Christmas that we were successful.

The aim of all Children's Centres are to improve the outcomes for all children by giving them the best start in life based on the five outcomes of the Every Child Matters Framework:

- Stay safe ● Be healthy ● Enjoy and achieve ● Make a positive contribution ●
- Achieve economic well-being. ●

We are currently in the process of recruiting staff for this project and will keep you informed as it develops and grows. If you would like to find out more about this project or would like to talk about any services that you provide for the under 5's and their families then please contact: Carole Pilley on 01392 205807 or email: [carole@eci.org.uk](mailto:carole@eci.org.uk)

# Volunteers' Page

St Sidwell's Centre would be completely unable to function if it wasn't for the input of our remarkable team of committed volunteers. There are usually about 30 people involved in one way or another at the Centre, helping in all aspects of everything we do. Most take on a specific role, which may be helping in the Café, doing odd jobs, helping on reception etc. They may also choose to get more involved, for example by sitting on the project committee or joining one or more subgroups that work on developing the Centre for the future.

**Who Volunteers at St Sidwell's Centre?** The answer is anyone and everyone. Our oldest volunteer is 82, our youngest was 15. Some have disabilities, some have PhDs, some are retired, some like doing something different from their main job, and some are recovering from a period of ill health. They are men and women. We have had speakers of 11 different first languages (including English) in our team. Some live nearby, others travel a little to get here. So we are a big and diverse family.

**Why do they do it?** Ask any one of them and you'll get a slightly different answer, but there is a common thread: they all enjoy the feeling of being part of the Centre, and feeling that they are making a contribution to the Community. Many of our volunteers have been involved with the Centre for a long time, but of those who leave a large proportion move on into paid work or education.

**Could I get involved?** The answer is most definitely **yes**, if you can spare about 3 hours a week and you're up for it. For most of our volunteer roles you don't need any particular skills, just a willingness to muck in and learn as you go. We are currently looking for people to undertake the following roles:



**Café Volunteers:** Help in the café, preparing food, serving customers, clearing up etc. We need more people on Wednesdays or Thursdays. It's fun and sociable, and a scrummy lunch will be provided if you can do 3 hours or more.

**Cake Bakers:** If you enjoy baking you might want to consider providing cakes for our café. Our bakers make cakes at home and bring them in to us. They need to observe basic food hygiene principles (training available), we cover the cost of ingredients.



**Person Friday Volunteers:** help with practical tasks around the

place, e.g. setting up rooms for groups, keeping the centre and grounds tidy, errands, fixing things. Good practical skills are an advantage, and you'd need to be reasonably fit as lifting is involved.

**Reception/Admin Volunteers** help with meeting and greeting, answering phones, running the internet café, clerical tasks, and generally supporting the Admin team. You'll need some fairly up-to-date admin experience; it helps if you're computer literate.



*"At 70 years+ I volunteered for St Sidwell's Centre. I would have liked to work in the garden, but my old bones said no. So instead I was offered a post on reception. "Oh Dear", I thought, "could I do it?" Now at 80+ years I'm still here and loving every moment. I now count St Sidwell's, members, volunteers and staff, as my friends. It's great!"* **Rose White**

If you'd like to join the St Sidwell's family as a volunteer, give Andi a ring on **01392 666223**. She'll invite you in for an informal chat, and talk you through the possibilities. We look forward to hearing from you. It won't cost you anything to volunteer here, as all expenses will be covered, and if you do 3 hours or more on any one day, we'll provide you with lunch too.

# St Sidwell's Centre Green Working Party

**Recognising the importance of concerns about Climate Change, St Sidwell's Centre has set up the 'Green Working Party' It is a group of staff, volunteers and others with an interest in reducing our impact on the environment. It aims to:**

- ❖ examine our environmental footprint and take action to reduce it.
- ❖ identify small changes that we can make straight away, as well as bigger ones which will take more investigation/feasibility studies, and involve fundraising to achieve (e.g. investing in renewable energy systems)
- ❖ look at the Centre holistically, and to examine all aspects of our use of energy and other resources with a view to improving the sustainability of the Centre.
- ❖ identify potential sources of funding and work towards fundraising

## Actions taken so far

- ❖ Organised a full Energy Audit from Envision
- ❖ Scoping study by Devon Association for Renewable Energy
- ❖ Change to green electricity supplier
- ❖ Investigating secondary glazing
- ❖ No longer using tumble drier except in emergency
- ❖ Turned off the large freezer in training kitchen
- ❖ Low energy light bulbs
- ❖ Improved use of Timer switch for bollard lights outside
- ❖ Weekly monitoring of energy use
- ❖ Actively encouraging centre staff, volunteers and users to use public transport or walk to the Centre.
- ❖ Trying to be rigorous about central heating timer – only heating building when occupied
- ❖ Switching off all electrical appliances at the wall when not in use
- ❖ Reusing and recycling as much waste material as possible
- ❖ Make compost from kitchen waste on-site
- ❖ Use produce from the garden in the café.
- ❖ Signs by light switches reminding people to switch off
- ❖ Adherence to ECI's green policy
- ❖ Fitted 7 day timer switch to immersion heater

## Future plans

- ❖ To repair and improve our solar-thermal water system
- ❖ Feasibility study + fundraising for more renewables, secondary glazing
- ❖ Investigate possibilities for a 'zoning system' for the Centre's heating system
- ❖ Arrange a 'Green' public event
- ❖ Investigate possibilities for rainwater harvesting
- ❖ Improve our procurement of local goods and services
- ❖ Re-establish Garden Group to supply café with fruit and veg

**If you are interested in these issues and would like to get involved in any way, please contact Andi Tobe on 666223**



## NEWS FROM EX4 POSITIVE PLAY GROUP

Eve writes: "Its nearly a year since I took over from Jane. Many of the same families are involved, along with lots of new ones. I love to witness the emotional, physical and intellectual growth of the children as they evolve into little people with wonderful personalities. It amazes me how powerful a safe and welcoming play environment can be in helping a child (and often their carers too), to make huge progress in their development: from not getting their hands dirty to baking and doing hand prints; from sitting out of circle time to jumping up and down with song ideas.

And it is such a privilege to know that the backbone of this group is made up of parents who voluntarily form the committee that keeps EX4 ticking.

We have an AGM which is open to all at Café Sozo on wed 28th March at 8pm. We will be discussing the Group's next steps as we move into another phase of funding. Everyone is welcome.

So we've planted our miniature gardens and baked our bread, and now I can get excited about planting sunflowers and wind socks, something for Mardi Gras and Holi, sand and dough play and and ...well you will just have to come and see!"

**EX4 POSITIVE PLAY GROUP, Every TUES, THURS AND FRI during term time. 10 til 12. £2 per family. Come**



and join us for a session and see if you like it.

## ANYONE CAN MAKE MUSIC IN EXETER

Devon's folk and community arts development charity Wren Music launches a new season of 'Make Music With Wren' music-making workshops at **St Sidwell's Centre on Friday mornings from 10.30am - 12.30pm, from Friday 27th April onwards** (but not on 1st June).

We welcome people of all abilities and ages from sixteen upwards. The musical mornings will bring together people from all walks of life, cultures and backgrounds, such as young parents, part time workers, people not currently working, disabled people, the retired, and refugees. No-one is too old to pick up an instrument. Making music is an excellent way of exercising the mind, as well as making new friends, and can enable people to develop life skills relevant to the world of work.

We provide a variety of musical instruments including guitars, basses, fiddles, concertinas and drums, and no experience of playing any instrument is necessary. For people with their own instruments, all instruments are welcome - and there are no auditions. You don't need to be able to read music, although written scores can



be provided. The group will start with tunes drawn from English traditional music, and the repertoire will be further developed over time.

Taking part in these sessions is free, thanks to support from the Exeter Positive Steps Fund of the Devon Community

Foundation, and investment by Exeter City Council, Devon County Council and Arts Council England South West. A free crèche is also available. Please contact Wren Music in advance to book a crèche place. For further information, posters and leaflets: telephone 01837 53754 or email [admin@wrenmusic.co.uk](mailto:admin@wrenmusic.co.uk)

## WORLD VEGETARIAN

### FOOD CAFÉ

Saturday 14<sup>th</sup> April at St Sidwell's Centre  
12.00 - 2.00 p.m.

Delicious veggie food from around the world, plus  
music, stalls, complementary therapy taster sessions  
and more

Admission Free - All Welcome

# Courses

Details below of new courses to be held at St Sidwell's Centre this spring:

<b>First Aid</b> Friday 27 <sup>th</sup> April 9.30 a.m. – 3.30 p.m.	<b>Food Safety</b> Friday 18 <sup>th</sup> May 9.00 a.m. – 5.00 p.m.
<p>Both courses to be held at St Sidwell's Centre Numbers are limited so book early to be sure of your place <b>£35.00 per person per day</b> (including lunch) (free for St Sidwell's Centre volunteers) To book, call the administrator on 01392 666222</p>	

## Contact Information

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## FREE COMPUTER COURSES @ St Sidwell's Centre starting in May 2007 Learn basic I.C.T. skills

In partnership with Exeter College

- How to e-mail
- Set up e-mail account
- Surf the Internet
- Learn how to attach a document to an e-mail
- Learn how to use Microsoft Word

## FREE ESOL (English for Speakers of Other Languages) CLASSES @ St Sidwell's Centre starting in May 2007

**Registration/Assessment to be held on  
Thursday 26th April  
10-2pm**

**For more details pop in and register after Easter**



*St Sidwells Centre is a project of Exeter Community Initiatives*

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website: [www.eci.org.uk](http://www.eci.org.uk) email: [info@eci.org.uk](mailto:info@eci.org.uk)

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