

Garland Support E-Calendar - Third Edition



Hello again! Welcome to the THIRD EDITION of our Garland Support E-Calendar. It's an information guide to what clubs, groups and activities are available to you in the Exeter and surrounding area

A 'MASSIVE THANK YOU' to everyone who gave their input into the last editions. We've been able to add lots more activities to this version due to your efforts

New activities & information is highlighted in blue. There is a new section at the back detailing local organisations that may interest you

Again, we really want your continued input.. If there is a club, group or activity that isn't on here, please get in touch

Please speak to a support worker or contact Nick Durant by email: nick@garlandsupport.co.uk or by telephone 07985 484 248

Mondays Clubs, Groups & Activities in the Exeter & Surrounding Area

Don't forget to take advantage of your Xcard, offering up to 50% off standard rates at your local gym. If you haven't already got one, speak to a support worker or pop into the Civic Centre to purchase one. Costs £5 for 12 months

Don't forget to check out what is showing at your local Cinema

Leisure IT, learning to use computers, 10:00am to 12pm, CEDA, The Clare Milne Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

The Exeter Gateway Centre, a safe & friendly place, enjoy fun activities & make new friends, Arts & crafts, games, educational activities, gardening, computers, cooking, open Mondays, Wednesdays & Thursdays, 10am to 3pm, Mount Pleasant Road, Exeter, EX4 7AE, contact Angie 01392 425091



Don't forget to take advantage of Exeter's fantastic library facilities, open Monday to Sunday, both Exeter Central Library and St Thomas Library, hire books, audio books DVD's & CD's, surf the internet, print & photocopy, plus much more!

ROC Active, enabling service to participate in sports and physical activity, classes starting from 9:30am to 14:15pm, Riverside Leisure Centre, Cowick Street, Exeter, EX4 1AF, contact 01392 270875



AM

PM



PM

Community Garden Club, want to grow your own veg? 4 to 5pm, Rainbow Garden, behind Methodist Church, in Sidwell Street (next to KFC) contact Jenny 01392 493 596

Sensory, interactive sensory room activity, 10:00am to 12pm, CEDA, The Clare Milne Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

The Junction Model Railway Club, 7 to 9:30pm, St Catherines Priory, St Catherines Road, Exeter, Tel 01392 662925

Table Tennis Club, 6 to 8pm, The Centre Spot, St James Park Stadium EX4 6PU, contact 01392 255 611, £3 per session



The Phoenix Chior, upbeat & fast paced chior, 7 to 8:30pm, Exeter Phoenix, Gandy Street, EX4 3LS, contact 01392 667 080

World Rythum & Drum Circle, 7:30 to 9pm, Exeter Phoenix, Gandy Street, EX4 3LS, contact 01392 667 080

EVE

Oddfellows Open Mic, Musicians, Poets, Comedians etc, 8pm onwards, Oddfellows, 60 New North Road, Exeter, EX4 4PE

Exeter Circle Dance Group, a means of relaxation, togetherness, exercise, sharing and fun. The dances come from all over the world, Concessions available. Open to anyone, no partner needed, 7:45 to 10pm, Sidwell Street Methodist Church Hall, 60-64 Sidwell Street, EX46PH, Tel: 01392 438148



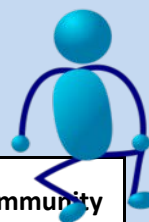
Tuesdays Clubs, Groups & Activities in the Exeter & Surrounding Area

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AM

Cooking, learning, eating,
10:00am to 12pm, CEDA, The
Clare Milne Centre, Emperor
Way, Exeter Business Park, EX1
3QS, please contact Sarah Curtis
on 01392 360645 for assessment
and booking



**The Magic Carpet Community
Chior**, friendly choir for people
who love to sing! Mint Methodist
Church, Fore Street, EX4 3AT,
10am to 12pm, contact 01392
422 938

**Don't forget to take advantage
of Exeter's fantastic library
facilities, open Monday to
Sunday, both Exeter Central
Library and St Thomas Library,
hire books, audio books DVD's &
CD's, surf the internet, print &
photocopy, plus much more!**

PM



Bike Bank, volunteer opportunity, participate in bicycle maintenance, Tuesdays & Wednesdays, 9:30am to 5:30pm, offering volunteer slots 9:30am to 1:30pm & 1:30 to 5:30pm, Lower Level of Harlequins Shopping Centre, Queens Street, Exeter, EX4 3SH, Contact Andy 07527 363 938

PM

Soundwaves Music Project, learning musical skills and experimenting with musical ideas, 6 to 8pm, The Clare Milne Centre, Emperor Way, Exeter Business Park, EXETER EX1 3QS, contact 01392 412426

Exeter Chess Club, providing an opportunity to play social chess in a friendly club atmosphere. 7 to 10:30pm, Heavitree Social Centre, Wingfield Park, 2 East Wonford Hill, Heavitree, EX1 3BS, tel 01392 436420, email sean.pope1@blueyonder.co.uk



Prize Bingo, 7:30pm start, The Kings pub, Cowick Street, contact 01392 898 989

TenPin Tuesdays, 50% off bowling and drinks, all day, 3-4 Havenbanks Retail Park, Water Lane, Exeter, contact 08712 223 675

EVE

Tuesday Club, fun activities & discos, including bingo, skittles and Nintendo Wii, 7pm to 9pm, Nichols Centre, Polsloe Road, EX1 2HN, £ 1 entry, contact Barbara 01392 460 104. Info: tuck shop available

Exeter Ki Aikido Club, Martial Arts, 7:30 to 9:30pm, Shotokan Karate Hall, Church Rd, St Thomas, Exeter, EX2 9AX, contact 07793 203 399

Open Mic Night! 8:30pm start, Hole in the Wall Pub, Little Castle Street, Exeter, EX4 3PX,

The Sorryhead Acoustic Open Mic & Jam, 9 to 11pm, The Sorryhead, 10 Blackboy Road, Exeter

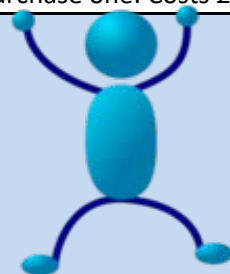


Wednesdays Clubs, Groups & Activities in the Exeter & Surrounding Area

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RD&E Runners, running club, 9:45am start, meet at Oasis Restuarant, RD&E, Wonford, Exeter, EX2 5DW, contact 07503 675 761 Info: beginners/improvers



Disability Bowls Group, during the season (May to September) 10:30am to 12pm, for young people and adults with learning difficulties and/or physical disabilities. Belmont Bowling Club, Blackboy Green, EXETER, EX4 6SS, tel 01392 431668

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The Exeter Gateway Centre, a safe & friendly place, enjoy fun activities & make new friends, Arts & crafts, games, educational activities, gardening, computers, cooking, open Mondays, Wednesdays & Thursdays, 10am to 3pm, Mount Pleasant Road, Exeter, EX4 7AE, contact Angie 01392 425091

ROC Active, enabling service to participate in sports and physical activity, classes starting from 9:30am to 5:15pm, **10:45am to 12pm is Football**, Riverside Leisure Centre, Cowick Street, exeter, EX4 1AF, contact 01392 270875

Tai Chi, a health promoting exerise, reduce stress, improve balance & muscle, 11:30am to 12:30pm, St Thomas Centre, Cowick Street, Exeter, EX4 1AP, contact Helen 07772 486 837 Info: All abilities welcome, £5 per class

Aroha Fit Session, improve fitness and have fun, 11:15am to 1:15pm, £6, St Lawrence Church Hall, Lower Hill Barton Road, Exeter, contact 01392 460 104, bring a packed lunch

AM

PM



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PM

Bike Bank, volunteer opportunity, participate in bicycle maintenance, Tuesdays & Wednesdays, 9:30am to 5:30pm, offering volunteer slots 9:30am to 1:30pm & 1:30 to 5:30pm, Lower Level of Harlequins Shopping Centre, Queens Street, Exeter, EX4 3SH, Contact Andy 07527 363 938

Team Challenge, board games, 1 to 3pm, CEDA, The Clare Milne, Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

Roc Active Ladies Football Club, for women with a disability who want to play football, 4 to 5pm, Riverside Leisure Centre, Cowick Street, exeter, EX4 1AF, contact 01392 270875

Tai Chi, a health promoting exercise, reduce stress, improve balance & muscle, 2 to 3pm, Newcourt Community Centre, Blakeslee Drive, Exeter, contact Helen 07772 486 837 Info: All abilities welcome, £5 per class

EVE

The Exeter Horizon Club, Leisure club, make friends, enjoy new experiences & activities, each week there is something different, discos, crafts, quiz nights & board games, 6:30 to 9pm, Exeter College, Hele Rd, Exeter EX4 4JS contact 07792 508 905

Get Fit, 6pm start, meet at Exeter Quay (Navy Bell, Haven Banks), contact 07817 703 620

Devon Judo Centre, 7 to 8:30pm, West Exe College, EX2 9JU, Tel: 01392 265532 email: johngoldman@devonjudocentres.co.uk

The Angel Acoustic Open Mic, 8:30pm onwards, The Angel Bar, 32 Queens Street, Exeter



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Thursdays Clubs, Groups & Activities in the Exeter & Surrounding Area

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AM

RD&E Runners, running club, 9:45am start, meet at Oasis Restuarant, RD&E, Wonford, Exeter, EX2 5DW, contact 07503 675 761 Info: beginners/improvers

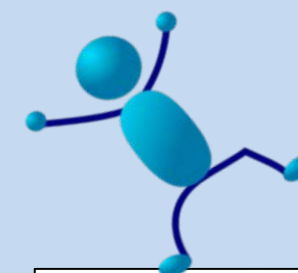
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Drama with Magic Carpet, 10am to 12pm, Mint Methodist Church, Fore Street, EX4 3AT, contact 01392 422 938

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Topic Group, news stories & debate, 10:00am to 12pm, CEDA, The Clare Milne Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

Brainstormers Board Game Club, If you like games, or just making new friends come and have fun in a relaxed environment. 2:30pm onwards. £2 (inc. cake & coffee) St Sidwells Community Centre, Sidwell Street, Exeter, EX4 6NN, contact 01392 666 222



PM

Garland Support Walking & Picnic Activity! Time and destination to be confirmed, second Thursday of every month, please contact 01392 757303 for details

St Sidwells Baking Club, bake and social, 3pm start, £2.50 contribution and you can take your cakes home, St Sidwells Community Centre, Sidwell Street, Exeter, EX4 6NN, contact 01392 666 222


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PM

World at Lunch, Bring your lunch and share a discussion on what's happening in the world, 1 to 2pm, Exeter Community Centre, 17 St David's Hill, Exeter, EX4 3RG contact 01392 438811 or at dde@globalcentredevon.org.uk

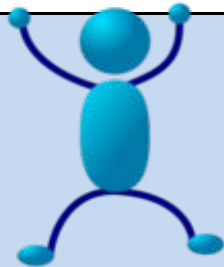
Garland Support Outdoor Pursuits Activity, including kayaking, bush craft, archery etc, last Thursday of every month, please contact 01392 757303 for details

Exeter City Striders, running for beginners, 6:30pm start, meet at St James Park, EX4 6PX, contact 01392 255 611

Writers, meet people, read and discuss, 1st and 3rd Thursday of each month, 6 to 8pm, St Sidwells Centre, Sidwell Street, Exeter, contact word.central.exeter@gmail.com
Info: first 2 sessions are free and £2 after that

British Ski Club for Disabled, Exeter and District Ski Club Clifton Hill Exeter, EX12DJ, open 7 days, after 6:30pm, contact Mrs Dennis Leeper on 01392 211422, email vvvgaryanddenise@aol.com

EVE



The Globe Sessions, open mic, folk, jam session, full PA provided, 8:30pm onwards, The Globe, Newtown, Exeter, contact 01392 435 279

The Picturehouse Acoustic Night, music club for local musicians, 8:30pm onwards, Picturehouse Cinema, Bartholemew Street, Exeter



Fridays Clubs, Groups & Activities in the Exeter & Surrounding Area

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AM

Fitness, all sorts, 10:00am to 12pm, CEDA, The Clare Milne Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

ROC Active, enabling service to participate in sports and physical activity, classes starting from 9:30am to 14:15pm, Riverside Leisure Centre, Cowick Street, exeter, EX4 1AF, contact 01392 270875



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PM

Snap Dragon with Magic Carpet, arts/creative making, 2:15 to 4:15pm, Exeter Phoenix, Gandy Street, EX4 3LS, contact 01392 422 938

Fun with Aroha, Drama group, 2nd and 4th Friday of each month, 11am to 1pm, St Lawrence Church Hall, Lower Hill Barton Road, contact the Aroha Team on 01392 460 104. Info: bring a packed lunch

Fun with Aroha, Baking session, 1st and 3rd Friday of each month, 11am to 1pm, St Lawrence Church Hall, Lower Hill Barton Road, contact the Aroha Team on 01392 460 104. Info: bring a packed lunch

Creative Change with Magic Carpet, art and drama, 10:30am to 12:30pm, Exeter Phoenix, Gandy Street, EX4 3LS, contact 01392 422 938





PM

Techy Bits, taking electrical equipment apart to see how it works, 1 to 3pm, CEDA, The Clare Milne Centre, Emperor Way, Exeter Business Park, EX1 3QS, please contact Sarah Curtis on 01392 360645 for assessment and booking

Bridge Collective, Underground Sound, drop-in centre with an emphasis on music and other arts. A range of instruments available. Age 18 – 30 years old who are experiencing or have experienced mental health difficulties. 12 to 6pm, 7 – 9 King Street, Exeter, EX1 1BQ Tel: 01392 433358 e-mail: bridgecollective@hotmail.co.uk

Friday Run & Fun, 6:30pm start, meet at Exeter Arena EX4 8NE contact 07814 722 451 Info: beginners/improvers

Exe Model Railway Society, Designing, building and operating model railways, Friday evenings, The United Reform Church, Fore Street, Heavitree, EX4 3RG, email info@exemrs.co.uk website <http://www.exemrs.co.uk>

Tuesday Club, discotheque and Karaoke, 1st Friday of each month, 7pm to 9pm, The Kings, Cowick Street, £5 entry to non members, contact the Aroha Team on 01392 460 104

The Friday Alternative, social group for young adults with Aspergers Syndrome, meet once a month in Exeter, activities include meals out, bowling, local attractions etc, normally starts 7pm, please contact Kevin Hickson 07813 318357 or khickson17@yahoo.com

Exeter Ki Aikido Club, Martial Arts, 7:30 to 9:30pm, Shotokan Karate Hall, Church Rd, St Thomas, Exeter, EX2 9AX, contact 07793 203 399

EVE

British Ski Club for Disabled, Exeter and District Ski Club Clifton Hill Exeter, EX12DJ, open 7 days, after 6:30pm, contact Mrs Dennis Leeper on 01392 211422, email vvgaryanddenise@aol.com



Saturdays Clubs, Groups & Activities in the Exeter & Surrounding Area

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AM

Ironbridge Runner, running club, 9:15 am start, meet at Ironbridge Runner, Bartholomew Street EX4 3BG, contact 07814 722 451

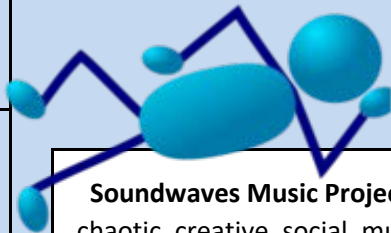
Exeter City Wheelchair Football Club, upcoming sport, played with adapted goal posts, rules, and a large size 9 football, male and female players of all ages. As this is a non-contact sport, 9:15 to 10:45am, The Stansfield Centre, Falcon Road, EXETER, EX4 6PX, contact Ashley 07912 089838, email ashley.harris@devonfa.com

Words Writing Group, to encourage writing in a friendly & relaxed atmosphere, meet every second Saturday, 10am to 12pm, at Wat Tyler House, King William Street, Exeter, EX4 6PD, contact 01392 202 055

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PM

Soundwaves Music Project, chaotic, creative, social, music and dance workshops, 10am to 12pm, Age Uk, 138 Cowick St, Exeter, Devon EX4 1HS, contact 01392 412426



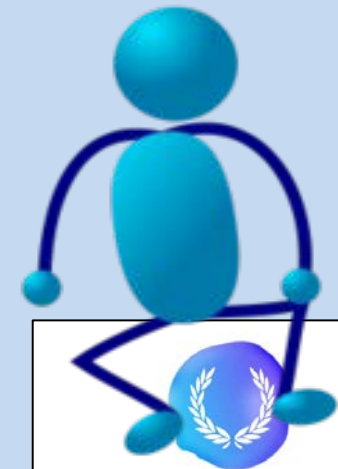


PM

Freefall Youth Group, expressive arts group, 6 to 8pm, free entry, Exeter Phoenix, Gandy Street, EX4 3LS, contact 01392 667 080

EVE

British Ski Club for Disabled, Exeter and District Ski Club Clifton Hill Exeter, EX12DJ, open 7 days, after 6:30pm, contact Mrs Dennis Leeper on 01392 211422, email vvgaryanddenise@aol.com



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Sundays Clubs, Groups & Activities in the Exeter & Surrounding Area

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AM

Ironbridge Runner, running club, 9:15 am start, meet at



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PM

Garland Support Console Games Day! 3 TV gaming action + nibbles. Third Sunday of every month, time and venue to be confirmed, please contact 01392 757303 for details.

Sunday Social, daytime live music performances,





PM

Union Jack Karaoke, every Sunday 7pm start, at The Clifton Inn, Newton, EX1 2BR

TenPin Sunday Session, £7 for 3 games of bowling, from 7:30pm, 3-4 Havenbanks Retail Park, Water Lane, Exeter, contact 08712 223 675

British Ski Club for Disabled, Exeter and District Ski Club Clifton Hill Exeter, EX12DJ, open 7 days, after 6:30pm, contact Mrs Dennis Leeper on 01392 211422, email vvvgaryanddenise@aol.com

EVE



Walkabout Open Mic For musicians and performers, 8 to 11:30pm, The Walkabout, Fore Street, Exeter



Local Organisations

Running Dear www.runningdeer.org.uk,

We provide access to training, volunteering, life skills opportunities, work experience in bush & camp crafts, traditional & rural skills, therapeutic horticulture and related activities.

info@runningdeer.org.uk

Telephone: 07805 706147

Address - Deciduous tree Butterdon Wood, Moretonhampstead, Devon, TQ13 8PY.

Please telephone first to make an appointment before visiting.

The Audience Club

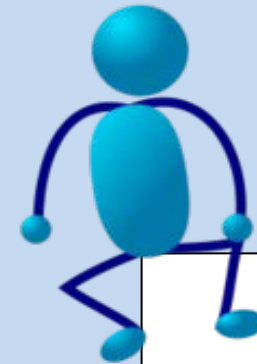
A friendly group of people with and without learning disabilities who get together to go to theatre, music and dance performances in Exeter. To become a member of the club, you can call the Project Manager Hannah. Her mobile number is 07986218319. Hannah will answer calls between 10:00am and 4:00pm on Mondays to Fridays. Email Hannah at info@audienceclub.org

Special Olympics Exeter District

www.soed.co.uk Special Olympics offers a lifetime of learning through sport and benefits individuals of all ages and ability levels – from those with low motor abilities to highly skilled athletes. For more information about Special Olympics Exeter & District please contact

S.O.E.D. Club co-ordinator Paul Gray Tel 07790546913 E-mail matchreport@live.co.uk

CEDA always keeping the individual at the centre of the service. Adult Learning and social activity programme available. Opportunities for disabled adults. This service operates Monday- Friday for 51 weeks of the year. Disability arts of all mediums, accessible music and promotion of the arts. Sports clubs, health and fitness and social activities. Address & contact info: The Clare Milne Centre, Emperor Way, Exeter Business Park, EXETER EX1 3QS, tel 01392 360645, email info@cedaonline.org.uk



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Advantage point

www.advantagepoint.org.uk We are offering day placements for work experience in Animal Care and Horticulture ,for the elderly or those with special needs. you'll gain: Work Experience* Animal Care* Educational* Emotional* Social Skills* Life Skills* Personal Development* Independence* Physical Wellbeing* Confidence* Self Worth* Responsibility,
Address: Rattycombe Farm, Milestone Cross, Chudleigh, Devon, TQ13 0DS,
Telephone 07595483308, email info@advantagepoint.org.uk

disabled people of all ages with hassle free access to waterborne activities such as angling and pleasure boating, available on a variety of public waters in the region, Haven Banks Outdoor Education Centre, Haven Road, Exeter Quay, EX2 8DP, contact 01392 434668, email info@wheelyboats.org

Westbank Community Care and Healthy Living Centre & café. Westbank has modern well-equipped gym, providing a friendly and inclusive environment that welcomes all members of the community and all ages and abilities.

Address: Healthy Living and Community Care Centre, Farm House Rise, Exminster, Exeter, EX6 8AT

Telephone: 01392 824752

Devon FA is committed to developing opportunities for footballers with a disability, whether as a player, coach, referee, or volunteer. disability football initiatives including *Devon Ability Counts Disability Football League *Centre's of Excellence for talented players with a disability *Training Courses *Wheelchair Football Clubs & Events, For more information please contact: ashley.harris@devonfa.com tel 01626 323560 or 07912 089838

Read more at

<http://www.devonfa.com/disabilityfootball>

Active Devon www.ActiveDevon.org

Helping to increase opportunities by making sport and physical activity inclusive for all. Lots of links on above website e.g. Devon Ability Counts, Special Olympics and many more. Please visit the above website for further details

St Sidwells Community Centre, aims to help improve physical health, emotional well-being and quality of life of local individuals and groups, mainly in inner-city Exeter, by providing wide range of centre-based activities, learning opportunities and support services. Telephone: 01392 666222
Email: contact@stsidwells.org.uk
Website: <http://www.stsidwells.org.uk>
Location: St Sidwell's Community Centre, Sidwell Street, Exeter, Devon, EX4 6NN



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