

Have you heard of the Friends of Mount Pleasant Charity?

It's purposes include :

- To provide transport to & from the Health Centre for referred patients
- Collecting & delivering prescriptions for housebound patients
- Befriending lonely or isolated patients
- Sitting with someone whilst a carer goes out for a break

Friends of Mount Pleasant also provide a Home Visiting service provided for those who are lonely, housebound or isolated within their home situation.

A visit or a phone call can be, and at least once a week (or when convenient) for support and friendship. In some cases Volunteers may undertake to collect

For more information call Friends of Mount Pleasant 01392 499291

They are looking for volunteers, maybe you can spare an hour a week. You too may need help one day but many need help today

Can you help out - 01392 499291

Community Builders

Creating a voice for local Communities through listening

Our Community Builder Ebbie is working in this area to listen to how you feel about your Community



If you would like to chat please contact:

Ebbie Peters - Community Builder

Mobile : 07516 692 583

Email : mountpleasantcb@gmail.com



CBmountpleasant

This project believes in this community

148 - 149 Fore Street 01392 205800

Exeter info@eci.org.uk

EX4 3AN www.eci.org.uk



Registered Charity No. 1026229 Company No: 2844870

Activities in your neighbourhood

Wellbeing EXETER



Come and join
your community

Mondays



Shared Memories

Age UK Sycamore Centre behind Mount Pleasant Health Centre

Join us for a trip down memory lane, enjoy a cuppa & cake




2nd Monday of the Month

 From 10-30-12noon  £2.00

The Junction model railway club

Every Monday & Thursday St Katherine's

Contact Dave 07989 178741  7pm Priory



Tuesdays

Luncheon Club

St James Church Hall

A friendly group, chat and have a tasty homecooked meal




 From 12.30 - 1.30pm  £4.00



Whist Drive

St Katherine's

 1.30pm Margaret 01392 464693

Keep fit

 7pm

Contact Johnny 07772 828880



St Katherine's Priory

Aerobics



 8pm

Contact Meg 07898 338196

Outreach Club


St James Church Hall



Friendly social group, all welcome

 From 2 - 4pm  £1.50



Wednesdays

Pilates  9.30am St Katherine's Nic
Priory 07792 586540

Coffee Morning  From 9.30-11.30am  St Marks Church
Donations for drink


Dance class  St James Church
10 - 11 am


Shared Reading  Age UK Sycamore Centre
Rachel Gilmore Every 2 weeks 2 - 4 pm

Knitting Group - Mount Pleasant Health Centre Every 2nd Wednesday

Kempo (Karate)  7pm St Katherine's Priory
Contact Andy 07800748123 (Wednesdays & Thursdays)

Thursdays

Yoga class  10am St Katherine's Priory
Jill 07807 917369

Coffee Haven Pinhoe Road Baptist Church
Coffee, tea & home baking, a warm welcome.
Knit & natter at Coffee Haven first Thursday in the month  1030 am -12noon

Sing with Us, Singing for the Brain

St James Church Hall (Contact Susan 07710 398332)
Fun stimulating & social activity for people with dementia & their carers.
1st & 3rd Thursday of month  From 2- 3.30pm

Memory Café St James Church
2nd Thursday  From 2pm - 4pm

Freemovement

Free Outdoor Community Lead Fitness


Priory Road park  6.30pm

Fellowship


2nd & 4th Thursday  7-9pm St James Church Hall
 £5 per year, £1.50 per session

Fridays

Craft Group

 10am - 12noon St James Church

Dance Class

St James Church Hall  10am - 11am



Alzimers Society

Last Friday of the Month

 2-4pm  Free St James Church Hall

St Katherine's Priory(next to Morrisons)

Community Lead Café

10 am - 3 pm

Every Friday

Friendly & welcome café
Dogs welcome