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 & deliver ng prescriptions for housebound p
- 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 loo for volunteers, maybe you d pare an hour a week. You to need help one ed help today day but ma

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



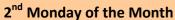


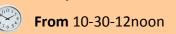
Mondays

Shared Memories

Age UK Sycamore Centre behind Mount Pleasant Health Centre

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







The Junction model railway club

Every Monday & Thursday St Katherines **Priorv** Contact Dave 07989 178741 7pm

Tuesdays

Luncheon Club St James Church Hall

A friendly group, chat and have a tasty homecooked meal





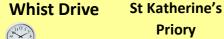
From 12.30 - 1.30pm



St

Katherine's

Priorv



Priorv 1.30pm Margaret 01392 464693

Keep fit



Contact Johnny 07772 828880

Aerobics



Contact Meg 07898 338196

Outreach Club St James Church Hall

Friendly social group, all welcome



From 2 - 4pm



Wednesdays

Pilates 9.30am

Priory

St Katherine's

07792 586540

Nic

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 **Priorv**

Contact Andy 07800748123 (Wednesdays & Thursdays)

Thursdays



St Katherine's **Yoga class**



10am

Priorv 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 Fun stimulating & social 07710 398332) activity for people with dementia & their carers.

1st & 3rd Thursday of month

Memory Café

St James Church

2nd Thursday



From 2pm - 4pm

Freemoovement



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

St James Church



10am - 12noon

Dance Class St James Church Hall



10am - 11am

Alzimers Society St James Church Hall **Last Friday of the Month**



2-4pm



Free

St Katherines Priory(next

to Morrisons)

Community Lead Café 10 am - 3 pm

Every Friday

Friendly & welcome café Dogs welcome

Gr