

# Exeter City Community Trust

## Community Partnership Update



### THANK YOU!

Since 2023, we've been delighted to work with Trowers & Hamlin as one of our community partners.

Community partnerships are invaluable to us. They enhance the impact and reach of our work, while fostering stronger bonds within the community. By collaborating, we can share resources, pool expertise, and tackle issues more effectively.

Thanks to your support, it's been a positive start to 2024, with 145 staff and volunteers delivering 48 initiatives out in the community in support of our mission to help people to start well, live well, and age well.

Through your involvement we've been able to strengthen our staff bank, delivering to underrepresented groups within Exeter's community. Your team's energy, enthusiasm, and dedication have helped us bring about meaningful change, whether it's through supporting our Health & Wellbeing programmes, aiding our running events, or co-curating set-piece events.

Thank you, as always.

Jamie Vittles  
CEO  
Exeter City Community Trust





# Killerton Tree Plant



By enhancing local green spaces, we have collaboratively not only helped to improve air quality and biodiversity in the local area, but also foster community engagement and environmental awareness. These efforts align with broader sustainability goals, emphasising the importance of corporate responsibility in tackling climate change. This initiative serves as a model for integrating legal and community sectors to achieve ecological benefits, demonstrating that concerted local actions can make a meaningful impact on global environmental challenges.

“It was brilliant to help co-curate, and execute, our tree plant in partnership with The National Trust. Not only were we able to tangibly impact local wildlife regeneration, but it was a great chance to connect with so many Trowers & Hamlins staff keen to make a difference in their community”

Ed Leppard  
Executive Support Officer  
Exeter City Community Trust



National  
Trust



Working closely with the National Trust on the Killerton Estate, helping to restore nature for a greener and healthier planet





# Running Events



Exeter City Community Trust's running events play a crucial role in various aspects of community life. These events are significant for fundraising, helping to secure essential resources that support our local initiatives and projects- your sponsorship and regular participation cannot be understated. Beyond the financial aspect, they foster community engagement by bringing people together, fostering a sense of unity and shared purpose. Participants and volunteers alike benefit from the camaraderie and collective effort towards a common goal. Moreover, these events are vital in promoting positive messaging around health and wellbeing. They encourage individuals to adopt healthier lifestyles, offering both motivation and practical steps towards improved physical and mental health. The impact of these events extends beyond the immediate community, showcasing the importance of physical activity and community spirit on a broader scale.



"We're truly thankful to everyone at Trowers & Hamlin's for the time and effort you've given to help with our events. Your help with marshalling and timings of the event have been a huge boost, making sure everything runs smoothly and everyone has a great time. Your involvement is what turns our plans into reality, bringing joy and unity to the community"

Daniel Ridgeway  
Charity Development Officer  
Exeter City Community Trust





# Sporting Memories



Our Sporting Memories programme is a vital initiative addressing several critical issues faced by our participants. By creating a structured environment for sharing sporting stories, the programme effectively combats social isolation, offering participants regular social interaction and a sense of belonging. Engaging in meaningful conversations helps stimulate mental activity, which is beneficial for those experiencing memory loss. The reminiscing aspect not only aids in memory retention but also provides a therapeutic outlet for participants. Additionally, the programme fosters new friendships, enhancing the social fabric of the community. The collective experience of recalling and discussing sports serves as a powerful tool for connection, making the Sporting Memories programme an essential service for enhancing the wellbeing of older adults.

Your engagement with our Sporting Memories programme has not only provided invaluable support for programme lead, Pete Ferlie, but has also provided our participants with the opportunity to connect with new friendly faces. These sessions really are the highlight of their week, and we can assure you that you are always welcome!

We hope that your experience has been as beneficial for you as it has been for us!





# Social Cafe



The Social Café is an essential initiative for tackling social isolation among elderly participants. Unlike sports-centric programs, the café emphasises creating meaningful and lasting friendships through a variety of engaging activities. Elderly attendees have the opportunity to play games, participate in quizzes, and enjoy arts and crafts, which serve as therapeutic outlets and foster a sense of community. These activities are not only enjoyable but also stimulate cognitive functions and provide a platform for social interaction. By offering a welcoming and supportive environment, the Wellbeing Café helps break the cycle of loneliness, promoting mental and emotional wellbeing among its participants. The friendships and connections formed here are invaluable, making the café a cornerstone of our efforts to enhance the quality of life for the elderly in the community. Furthermore, excursions are a crucial part of our Social Café programme, allowing our participants to access locations they may not be able to on their own- so we are delighted that you could join on the trip to the Royal Albert Hall Museum, we hope you had a great time!



“We’re so grateful to those who have attended our Social Cafe, our participants love meeting new people, and the way you have engaged with them has been brilliant for all involved- thank you!”

Danny Harris  
Head of Services  
Exeter City Community Trust





# A Reflection...



On a personal note,

For those who don't know me, I'm Ed- Graduate Executive Support Officer for Exeter City Community Trust. After initially starting as an intern a year ago, I couldn't have imagined I'd be working with such a brilliant team from Trowers & Hamlins, throughout such a great first year for me.

Firstly, I'd like to extend my thanks and best wishes to Hollie with her future endeavours. When myself, Hollie, Kyla, and Daniel began conversations around how our partnership could work, I don't think any of us could've predicted how well it has. I could namedrop all of you, for the contribution you have made to helping Exeter start well, live well and age well.

I'm delighted at the prospect of working with your Social Impact Team, discussions we've had already have been so productive- and I look forward to seeing where our collaboration takes us!

We are, and will continue, doing great things for those in our community that need it most.

Thank you,

Ed Leppard  
Graduate Executive Support Officer  
Exeter City Community Trust