

*"You are not weak for struggling; you are strong for facing  
your battles head-on"*

## Principal's Update



**Sara Jacobs**  
Principal

Dear Parents and Carers,

As we near the end of the month, we're delighted to share some updates and celebrate the achievements of our students. We are incredibly proud of our Year 13 Science team, who recently placed third out of 88 schools in a prestigious competition organised by Imperial College. Their hard work and dedication have truly paid off, congratulations to all involved and a special public thanks to Mrs Shillingford for supporting them.

Our Duke of Edinburgh's Award programme continues to thrive. Last year saw our highest completion rate ever, with excellent evidence uploaded by students. This year, 63 Year

9 students have signed up for Bronze, and many have already begun their journey. Seventeen Year 10 students are interested in Silver, and four Year 13 students are working towards Gold, with their final expedition planned for the Brecon Beacons next July. Two Year 13s from last year are close to completing Gold and will soon receive their award at one of the Royal Palaces. Well done to everyone taking part.

Ten Tors training is about to begin. We have three weekend day walks planned for November and our first full camping weekend in December. We hope to field five teams this year, and we are grateful to our dedicated volunteers who make this possible. If you'd like to find out more and join us for some walks on Dartmoor please email [ealesc@clystvale.org](mailto:ealesc@clystvale.org) we are always grateful to welcome new volunteers.

It's been wonderful to see so many students enjoying the Women's Rugby World Cup at Sandy Park Stadium. A special mention goes to Lois Hargreaves in Year 11, who presented the Player of the Match award to Kaipo Olsen -Baker of the New Zealand Black Ferns. Lois was chosen for this honour thanks to her commitment to her own rugby team, Exeter Athletics, well done, Lois!

Finally, next Thursday, 2nd October, we look forward to welcoming Year 7 families to our "Meet the Tutor" evening. This is a great opportunity to meet your child's Tutor, hear how they've settled in and meet other parents and carers. If you have any early concerns or questions, please do bring them along, Mr Gascogne, Mrs. Telford and Mrs Grant will also be in attendance and able to answer any questions you may have.

Thank you for your continued support. Have a lovely weekend.



## Y11 Rugby Match Report—Wednesday 24th September

The first team pitch was inspected prior to kick off and the one end was felt to be too hard and so an adjusted pitch greeted the boys from the First XV as they welcomed St Peters to a sunny afternoon at Clyst Vale. The crowd was expectant of a close game and this proved to be the case in what will be remembered as 'the one that got away'.

Both teams have come a long way since their first meetings in Y7 and the size, speed and power from both sets of players was impressive to see. Dylan and Ollie running off breakdowns into huge collisions, George, James and Josh stopping and then sending backward St Peters runners in the tackle all drew gasps from those spectating. With a few absences this week it left Clyst Vale a little short of options, but Isaac in the pack equipped himself well as did Ellis, Max and Nat who all appeared willing and agile runners with the ball in hand.

It was Clyst Vale who broke the deadlock after a few St Peters infringements gave the CVCC lads field position. Jacob secured the ball at lineout and a platform was built from which Ethan having one of his best and most involved games drove over for the try on 10 minutes. George slotted the conversion to make it 7-0. However, some slick passing through the St Peters backs landed them with their first points on 20 minutes and with the conversion it was 7-7.

Into the second half and flanker Jacob took a knock that meant he was removed for precaution allowing Finn to roar into the action. We did not see his running ability, but his ferocity and commitment in the tackle was felt by a number of St Peters players. However, it was them that crashed over next to make it 7-14. Into the dwindling minutes another forward Ollie drove home for a try 10 meters in from the touch line. The conversion was a tough one, but one George had practiced and felt confident in. However as it sailed toward the posts it faded slightly to the right and just missed the upright. 12-14.

The last few minutes were a fantastic passage of back and forth. Michael and Oscar running and making yards in tandem and the remaining forwards securing ball for whoever was playing scrum half at the time. Sadly the final whistle came too early for a dramatic last gasp win for Clyst Vale and as the boys shook hands and cheered, most felt it was a game we could have won. However, both sides played well and for many in Clyst Vale shirts it was their best performance for some time.

Player of the Match: Ethan Rees, few errors in the heat of battle, great leadership of the pack and a rare try.





THANK  
YOU



Clyst Vale Music Department are very thankful to Jerney at Garland Guitars ([Guitar Set Up & Repair Devon](#) | [Garland Guitars](#) | [Devon](#)) who has repaired several guitars and basses for us over the past few months and very kindly these were repaired completely free of charge! Jerney, who is alumni of Clyst Vale, says that he has a lot of time for Clyst Vale and that if by ensuring we have working guitars he can inspire even one student to play the guitar in the future then he will be very happy. Here, here Jerney. We have lots of budding guitarists who have been very grateful for the work you have done. Thanks again!

Mr Kidd (Subject lead for Music)

## Thank you to Clyst Vale students.

**We raised £120 for the RNLI on Harry Patch Day (22<sup>nd</sup> September). Thank you to all the bakers and cake buyers.**

### Who was Harry Patch?

Last surviving WW1 soldier. Harry died in 2009 at the age of 111. On the 22<sup>nd</sup> September 1917, an explosion killed three of his best friends and seriously injured Harry.

He was a pacifist (campaigns against war) and promoter of peace and friendship between countries.

He wrote a book called 'The Last Fighting Tommy'.

He was a volunteer Firefighter during the Second World War.

We have a garden at Clyst Vale to remember him and promote peace.

## Harry Patch Day

Monday 22<sup>nd</sup> September 2025



# Lifeboats



## Music Department News



Clyst Vale are very pleased to welcome our new singing teacher, Adele Ingram, who started at the college this week. If your child is interested in singing lessons with a superb vocal coach, please email Adele directly at [adeleingram78@gmail.com](mailto:adeleingram78@gmail.com).



Clyst Vale Choir will now run every Tuesday Lunchtime in PA4 and is open to all students (and staff!) This will be led by Adele Ingram the Vocal Coach/Singing Teacher and will feature lots of popular songs. Bring your lunch and get involved!

Many thanks,  
Mr Kidd (Subject lead for Music)



## Clyst Vale Community College

### Costa Rica Scuba Expedition

Come along to our Parent Presentation on:

**Wednesday 22<sup>nd</sup> October, 6pm-7pm, Main Hall**



with booking  
code:

**13414**



### **Good luck eat2beat team!**

Mrs Shillingford's fabulous Y13 students Nina, Millie, Ella, Heidi, Eliz and Lucy presented their excellent 'eat2beat' app concept in the live final of the prestigious Imperial College Science in Medicine Poster Competition on Wednesday afternoon.

The team was slick and professional, putting their Coronary Vascular Disease prevention app concept across clearly, whilst handling questions calmly and knowledgeably.

Within this category, 10 schools were involved at this stage, with some finalists hailing from grammar and private schools and providing very stiff competition.

The judging panel is comprised of 12 experts in the field, primarily from Imperial College – 5 Professors and 3 Doctors alongside other research fellows and event partners.

Good luck, we can't wait to hear the outcome!



## Student of the Week

Phoenix Douglas—7GABR Harry Peck—7GDH 7RAT Harry Entwistle—7RJK YMRO 7YADA Sylvie Mitchell—7YRKE	Luna Collar—8GAWO Lara Whitfield—8GLBA No permission given —8RKJO Libby Day—8RCMO 8YDST Skye Selway—8YIM	Jess Randall—9GRTU Oscar Rice—9GTBE No permission given —9RER Freddie Tweedie—9RACU Ellis Curwood—9YCBO No permission given —9YCFL
No permission given - 10GMNA Lilly Harwood—10GJIH 10RDFE No permission given —10RGWW Bella Green—10YGGA 10YBHA	Dulcie Hill—11GCMC Jake Lucas—11GSSF George Phillips—11RBAT Ellie Rowe—11RNS 11YMBR Dylan Carstairs—11YCHW	No permission given —Y13



Each week our tutors are encouraged to recognise and reward one member of their tutor group for something outstanding. This could be an academic achievement, a demonstration of resilience or an act of kindness.



If you see a familiar name above then be sure to ask them what amazing thing they've done.

## Key Contact Information

**Reception: 01392 461407 Email: [admin@clystvale.org](mailto:admin@clystvale.org)**

Sara Jacobs

Lisa Martin

Paul Sutton

Ann Hopkins

Allen Bailey

Louise Telford

Claire Haynes

Lisa Jones

Principal

Deputy Principal (Curriculum)

Deputy Principal (Pastoral) &  
DSL

College Manager

Assistant Principal

SENDCo & Assistant Principal

Head of Post 16

Early Help & DDSL

[Jacobss@clystvale.org](mailto:Jacobss@clystvale.org)

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[jonesl1@clystvale.org](mailto:jonesl1@clystvale.org)

### Important Online Safety Notice for Parents and Carers



We would like to make our school community aware of a concerning issue that has recently come to our attention.

A large group chat has been identified on social media platform **WhatsApp**, involving young people from multiple school settings in Devon. We have been advised that some of the content being shared within these groups includes **explicit imagery** and **harmful content**.

We are urging all parents and carers to please speak with their children about the importance of **online safety** and the **responsible use of social media**. Please encourage children to be open and share with you their Social Media usage in particular ensuring your awareness of group messaging. These conversations are vital in helping young people understand the risks and consequences of sharing or viewing inappropriate content online.

Please be assured that the **police are aware** of these groups and are currently conducting enquiries.

For guidance and support on how to talk to your child about online safety, please visit the following trusted resources:

-  ThinkUKnow – Online Safety Advice
-  NSPCC – Keeping Children Safe Online



#### Science and Food Technician

Salary Grade B £20,459 actual

Starting in November, we are looking to recruit a Science & Food Technician. This is a permanent role, working hours 35.5 hours per week Monday-Friday, 39 weeks of the year.

This role would be ideal for someone who may be looking at a career in teaching and wants to gain first-hand experience of working in a school.

We will also consider applications from candidates who just want to be considered for one of the roles.

For full details and to apply, please either visit our website: <http://www.clystvale.org/vacancies/> or email [recruitment@clystvale.org](mailto:recruitment@clystvale.org)



# Attendance, Absence and Requests for Absence

## Reporting an Absence

If your child is absent due to illness or a medical appointment, please report their absence, along with the reason, via the My Child at School **desktop browser**. Alternatively, you can complete the Absence Notification Form using the link below or email :

[studentabsence@clystvale.org](mailto:studentabsence@clystvale.org).

### [Absence Notification Form](#)

If your child is in Year 12 or 13, please report their absence to [voyseys@clystvale.org](mailto:voyseys@clystvale.org).

*Absences must be reported daily for the duration of your child's absence.*

If you know in advance that your child will be away from school, please inform us at your earliest convenience.

Additionally, kindly notify us of any lateness or scheduled appointments.

The school actively follows up on unexplained absences. If your child is absent for an unauthorised event, the details may be referred to the Educational Welfare Service which could result in a fixed penalty notice. Please be aware that the College may request supporting documentation for any absence.

Typically, work is not provided for students during their absence, as our priority is to ensure they recover fully and return to school as soon as possible.

## Lateness

Attendance is formally recorded twice daily: in the morning at 8:50am and in the afternoon at 2:10pm. It is essential that students are prepared to begin their tutor period promptly at 8:50am and are punctual for each subsequent lesson.

As required by law, registers must be taken in a timely manner, and there are consequences for lateness. Students who arrive after registration closes will be marked as late, and those arriving after 9:25am will receive an unauthorised mark.

If a student is absent without prior notification, we will inform parents/carers as soon as possible if your child has not arrived at school in the morning. To ensure prompt communication, parents/carers are strongly encouraged to keep their contact details up-to-date via the Bromcom App.

Attendance is recorded during every lesson to monitor internal truancy and comply with safeguarding regulations. Students are required to sign in upon late arrival or sign out if leaving during school hours. Parents/carers must notify the school and provide a valid reason for their child's departure.

No student may leave College without authorisation from staff under any circumstances.

Students feeling unwell must report to reception and are not permitted to contact parents directly through phone calls, texts, or messaging apps to request collection.

## Medical Appointments

We encourage students to maximise their attendance, as research highlights a strong correlation between regular attendance and examination success.

Many medical appointments can often be scheduled in a way that allows students to attend school both before and after their appointments. By doing so, they can minimise missed learning opportunities while maintaining high attendance levels.

We kindly ask parents/carers to ensure that their child attends morning registration, even if a medical appointment is scheduled later in the morning. Similarly, where possible, afternoon appointments should be arranged after **Period 4**, during lunchtime. We also encourage students to return to school following lunchtime appointments, if feasible.

Thank you for your continued support in helping your child achieve maximum attendance and academic success.

## Supporting Learning at Home

## BROMCOM

### What financial support can parents get?

Juggling home and school life is tough for every parent, but there are some financial support options available. Find out what you could be entitled to by following this link

[Supporting learning at home | Parentkind](#)



Please do not address emails, or any replies to Bromcom messages, to [bromcom@clystvale.org](mailto:bromcom@clystvale.org).

It is an unmonitored mailbox and will not go to anyone. Parents/carers need to reply to Bromcom messages via the app, online, or via email, as this will then be directed to the staff member who sent the message to you. Or, please contact the teacher or [admin@clystvale.org](mailto:admin@clystvale.org). There is also a contact form and other details below:

<https://www.clystvale.org/contact-us/>

### Clyst Vale Library

Clyst Vale Library is open to the public 3.30 to 5.30pm Monday and Wednesday and 4.00 to 6.00pm Thursday.



### Stationery for Sale

Pencil cases are available from the Library at a cost of £4.50 per pencil case. The clear pencil cases include one pencil, a blue pen, a red pen, one highlighter, a ruler, a compass, a protractor, a rubber and a sharpener.



## Autumn Term Dates

Thursday 4th September to Friday 19th December 2025 (half term w/c Monday 27th October)



Follow our Facebook Page via the link below:  
[Clyst Vale Community College | Facebook](#)





# LUNCH CLUBS Autumn Term 2025

Day	Club	Time	Where	Changing Room	Teacher
Monday	Badminton – Years 7/8/9	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Monday	GCSE Dance	Lunchtime	Dance Studio		Miss Hall
Monday	Homework Club	Lunchtime	IT2		Supervisor
Monday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Monday Week A	GCSE French Club	13:40-14:00	MF2		Mrs Theeten & Ms McConnachie
Monday	Maths Set 2 Year 11	Lunchtime	MA8		Miss Barratt
Monday	Music Practice Club	Lunchtime	PA2		Mr Hawkins
Monday	GCSE Religious Studies revision	Lunchtime	HU1		Miss Brotherton
Monday	Dungeons & Dragons Club Week B	Lunchtime	IT3		Mr Bailey
Tuesday	Homework Club	Lunchtime	IT2		Supervisor
Tuesday	Choir	Lunchtime	PA2		Mr Hawkins
Tuesday	Speedcubing	Lunchtime	HU2		Mrs Harrison
Tuesday	BTEC Ent Course work	Lunchtime	IT5		Miss Jones
Tuesday	Dance 7/8/9	Lunchtime	Studio	Humanities	Miss Hall
Tuesday	Basketball Year 9/10/11	Lunchtime	Sports Hall	Sports Hall	Mr Ingham-Hill
Tuesday	Netball Year 10/11	Lunchtime	Courts	Humanities	Mrs Elliot, Mrs Broomfield
Tuesday (after Oct half term)	Ten Tors – Years 9 to 11	Lunchtime	IT4		Mr Eales/Miss Barratt
Tuesday	Amnesty	Lunchtime	EN7		Miss Watt
Tuesday	Year 7 Book Club	Lunchtime	Library		Mrs Southard
Tuesday	Games Club- Year 7-9	Lunchtime	HU5		Ms Jenkins
Tuesday	Ten Tors	Lunchtime	IT4		Miss Barratt
Tuesday	BTEC Enterprise Coursework Catchup	Lunchtime	IT5		Ms Jones & Ms Prance
Wednesday	Badminton – Year 10/11/13	Lunchtime	Sports Hall	Sports Hall	Mr Powell
Wednesday	Weights-Year 10/11/13	Lunchtime	Studio	-	Mr Ingham-Hill
Wednesday	Girls Football Year 7-11	Lunchtime	Field	Humanities	Mr Stapleton
Wednesday	Rock Club- Music	Lunchtime	PA3		Mr Kidd
Wednesday	Film Club	Lunchtime	HU6		Miss Matthews
Wednesday	Homework Club	Lunchtime	IT2		Supervisor
Wednesday	GCSE Photography	Lunchtime	IT4		Mrs Wakefield
Thursday	Homework Club	Lunchtime	IT2		Supervisor
Thursday	GCSE Spanish Revision	Lunchtime	MF4		Mrs McConachie
Thursday	Geographers Club	Lunchtime	HU8		Mr Thomas
Thursday Week A	Food GCSE- Practical	Lunchtime	DT3		Miss Crook
Thursday	History Club- All Years	Lunchtime	HU7		Miss Nash
Thursday Week B	Science Club- Year 7&8 Week B	Lunchtime	SC9		Miss Tuthill and Miss Hadley
Thursday After XTerm	Games Club- All Years	Lunchtime	HU5		Miss Jenkins
Thursday	Indoor Football – Year 10	Lunchtime	Sports Hall	Sports Hall	Mr Stapleton
Thursday	Girls Fitness – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Broomfield
Thursday	Girls Football – Years 7 to 9	Lunchtime	Field	Humanities	Mr Stapleton
Thursday	GCSE Dance Club – Year 10 & 11	Lunchtime	Studio	Humanities	Mrs Elliott
Thursday	GCSE Art Club	Lunchtime	AR2		Mrs Walton
Friday	Homework Club	Lunchtime	IT2		Supervisor
Friday	Year 10 Beginners German	Lunchtime	MR4		Mrs McConachie
Friday	Inter Tutor	Lunchtime	Various	Various	Mr Pearce Mr Powell Miss Hall Mrs Broomfield
Friday	Indoor Football – Post 16 & Year 11	Lunchtime	Sports Hall	Sports Hall	Mr Stapleton
Friday	Yu-Gi-Oh Club All Years	Lunchtime	SC3		Mr Moxey
Friday	Jazz Band	Lunchtime	PA3		Mr Hawkins
Friday Week B	LGBTQ+	Lunchtime	MF1		Ms McConnachie

## After School Clubs Autumn Term 2025

Day	Club	Time	Where	Changing Room	Teacher
Monday	Homework Club	3:30-4:45PM	IT2		Supervisor
Monday	GCSE Dance Year 11	3:30-4:30PM	Studio	Humanities	Miss Hall
Tuesday	Homework Club	3:30-4:45PM	IT2		Supervisor
Tuesday	GCSE Music	3:30-4:30PM	PA3		Mr Hawkins & Mr Kidd
Tuesday	Netball Year 9	3:30-4:30PM	Courts	Humanities	Miss Hall
Wednesday	Homework Club	3:30-4:45PM	IT2		Supervisor
Wednesday	Drama- All Years	3:20-4:45PM	PA1		Miss Ruscoe
Wednesday	GCSE Revision Sport Studies/ PE Catch up	3:20-4:30PM	IT3		Mrs Broomfield
Wednesday	Rugby Year 7/8/9/10/11	3:20-4:30PM	Field	Humanities	Mr Pearce, Mr Powell, Mr Stapleton
Wednesday	Netball Year 7 & 8	3:20-4:30PM	Courts	Humanities	Mrs Elliott, Miss Curtis
Wednesday Week B	GCSE Food Catch up	3:30-4:30PM	DT2		Mrs Crook
Thursday	Homework Club	3:30-4:45PM	IT2		Supervisor
Thursday	GCSE D&T	3:20- 5PM	DT1 & DT2		Mr Arthur & Mr Hewlett
Thursday	GCSE Spanish		MF4		Mrs McConachie
Thursday Week A	GCSE Food Catch up Session	3:30-4:30PM	DT2		Mrs Crook
Thursday	Netball Year 10/ 11	3:30-4:30PM	Courts	Humanities	Mrs Broomfield
Thursday	Table tennis Year 9 invite only	3:30-4:30PM	Sports Hall	Sports Hall	Mr Pearce

Colour Coding Physical = Yellow, Volunteering = Red, Skill = Blue



# **PTFA NEWS**

## **USED UNIFORM DONATIONS WANTED**

### **Pre-Loved Uniform Shop**

An easy, budget friendly way to buy school uniform.

We're collecting uniform in good condition that your child no longer needs.

**Drop off donations at  
Reception/Student Services or  
the donation point**





# CATCH

**You are invited to our  
parent carer social and  
peer support sessions**



## **Who is it for?**

Any parents and carers of  
children who have  
(or may have) SEND  
including mental health  
difficulties are welcome.

## **When?**

**Wednesdays  
(term time)  
9.30 - 11.30 am**

## **Where?**

Scott Drive Church,  
39 Scott Drive,  
Exmouth,  
EX8 3LF  
(Car parking at the back)



## **Do I need to book?**

No need to book!

**We'd love to see you!**

## **EVENING CATCH**

Our next evening CATCH  
will be at our  
**Esteem Team Base**  
Elm Grove, Exmouth

**7th OCT**

**6.30-8.30PM**



**OUT**  
THERE  
EXETER

Exeter  
City of  
Literature

Queer Diary

Intercom Trust

Libraries  
Unlimited

# RIISING ICONS

UNLEASH THE CREATIVE HERO WITHIN

QUEER DIARY  
ZINE-MAKING

OPEN MIC

SONG  
WRITING

LGBT+  
SCHOOL  
GROUPS

## YOUNG PERSON'S DAY'25

19 OCT EXETER LIBRARY 12 NOON

Section 28 Workshop | LGBT+ Stalls | Games Area & More

FREE Tickets - <https://tinyurl.com/youngpersonsday>

Email: [info@out-there-exeter.com](mailto:info@out-there-exeter.com)

Socials: @outtherequeerfest





# RIISING ICONS

UNLEASH THE CREATIVE HERO WITHIN

## OPEN MIC DO YOU WANT TO PERFORM?

Hosted by Lady of the Sea Events

Do you sing, play instruments, rap, read poetry,  
or perform spoken word – everyone is welcome,  
no matter your experience.

Free to take part  
Limited slots – register your interest now!



Register - <https://tinyurl.com/ypdopenmic>

Email: [info@out-there-exeter.com](mailto:info@out-there-exeter.com)

Socials: @outtherequeerfest

**OUT**  
THERE  
TOGETHER

LADY  
OF THE  
SEA  
EVENTS

**Libraries  
Unlimited**



# Girls' Rugby at Exeter Athletic



## Join Exeter's Newest and Fastest Growing Girls' Rugby Section!

- Welcoming girls in Year 7 and above to join our new section.
- Supportive junior teams for younger players.
- No prior experience necessary.
- Qualified and dedicated coaching team.
- Clear player development pathways.
- Training Thursday evenings.
- Fixture or training Sundays.
- Clubhouse open to everyone.
- Club shop with new and pre-loved kit.

Join us in shaping  
our future together!



For more information, email us,  
use the QR or link below.

[girlsrugby@exeterathleticrfc.co.uk](mailto:girlsrugby@exeterathleticrfc.co.uk)

Bravelands, Oil Mill Lane,  
Clyst St Mary, Exeter, EX5 1AF

/// ledge.typically.proudest

Follow us on social media:



Click Here >>



# Broadclyst Youth Club

YMCA EXETER

Thursdays @ Broadclyst Sports Pavilion

4.30pm- 6.00pm for school years 6-8

6:30pm - 8:00pm for School Years 9-13

Holly Close, Broadclyst, Exeter EX5 3JB

£1 entry

Say hi!



@ymcaexeteryouthworkers



youthservice@ymcaexeter.org.uk



# Westclyst Youth Club

YMCA EXETER

Tuesdays @ Westclyst Primary school

6.00pm- 7.30pm- School years 6-11

Maddick Road, Westclyst, Exeter, EX1 3YG

£1 entry

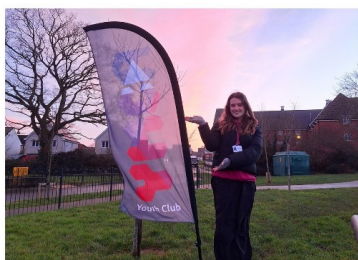
Say hi!



@ymcaexeteryouthworkers



youthservice@ymcaexeter.org.uk





# EXETER SARACENS RFC

## EXETER'S HOME FOR GIRL'S RUGBY!



**Recruiting Now! - Sarries Girl's U12's - U14's - U16's**

**School Years 7 - 11 (Ages 11-15)**

Do you want to get fit, build confidence, make lifelong friends,  
and be part of an amazing team?

Exeter Saracens RFC, with its long-established and thriving girls' section,  
is on the lookout for new players to join their successful girl's teams!  
All experience levels welcome - Whether you're a seasoned player looking for a  
new challenge or completely new to rugby, we'd love to have you.

**Learn - Live - Love - Rugby!**



**Come Join Us - Try It Out!**

An Inclusive Club - Friendly Atmosphere - Great Social Events - Special Friendships  
Memories For A Lifetime. - Rugby For All.

One Big Sarries Family



**For more information - Contact Us**  
**[exetersaracensrhc@outlook.com](mailto:exetersaracensrhc@outlook.com)**

**#UTS**



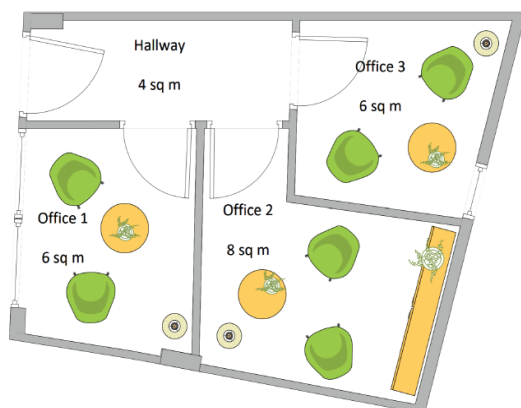
**PARENTAL  
MINDS C.I.C**

# COMMUNITY HUB PARENTAL MINDS

Whether you're a counsellor looking for a calm, private space, or simply need a quiet room for meetings, support groups or reflective work, our rooms are available to hire. Located within secure, gated premises, each room is warm, welcoming and thoughtfully set up, with tea and coffee making facilities available to help create a relaxed atmosphere.

Get in touch to check availability or arrange a viewing.

- 3 Counseling Rooms £9.50/hr (available from September)
- Group Room £11.50/hr (available now)
- Minimum 1hr booking
- Coffee & tea making facilities available



\*We will be allowing 15 minute either side of block booking

Inspiring self-care  
whilst supporting the  
mental wellbeing  
of others



**INTERESTED?  
GET IN TOUCH**

07907 614 516

[hello@parentalminds.org.uk](mailto:hello@parentalminds.org.uk)

[www.parentalminds.org.uk](http://www.parentalminds.org.uk)



Parental Minds Community Interest Company

Developed through families' experiences, with input from professionals & researchers





CRANBROOK  
COUNTRY PARK  
JUNIOR PARKRUN!



# CRANBROOK COUNTRY PARK JUNIOR PARKRUN

JOIN US EACH SUNDAY THROUGHOUT THE YEAR FOR A  
FUN TIMED WALK, RUN OR JOG FOR CHILDREN AGED  
4-14 YRS OLD.



## When



Sundays @08:45

## Where



Cranbrook Country Park  
Tillhouse Road

Find out more and register at: <https://www.parkrun.org.uk/cranbrookcountrypark-juniors/>