

ST LEONARDS NEIGHBOURHOOD ASSOCIATION VIRTUAL NOTICEBOARD

To put up a poster in this noticeboard or the real one on the green opposite the shops in Magdalen Road please send the poster to stleonardsnassoc@gmail.com we will print it and display it in both sites.



£25 per person

Exeter Friends of Hospiscare
VALENTINE'S SPARKLING AFTERNOON TEA
Sweet or Savoury!
Saturday 7 February 2026
Celebrating female friendships!
The Coaver Club, Devon County Hall, Exeter
To Book: www.hospiscare.co.uk/events

Because every day matters
www.hospiscare.co.uk
Registered charity no. 109381

Proceeds to aid of
Hospiscare
Your local hospice



Launching soon

ST THOMAS REPAIR CAFE

We need you!

- **repairers** sewing (hand & machine), electrical, mechanical, jewellery, leather ...
- **admin** meet & greet, reception, record keeping, check-out
- **cake bakers & tea brewers**

Interested?

Find out more

Join the Team

Subscribe to email updates

www.love-st-thomas.org/repaircafe
or email repaircafe@love-st-thomas.org
Questions? Call Benji on 07792 621 226

QR code and social media icons (Facebook, Instagram)

Need some gardening done?



two Exeter University students
come highly recommended.

Phone Martin and Fin
on 07958227724.

or email them:

mfextergardensolutions@gmail.com.



For immediate use

Cygnet Theatre
26th Season



Blue Vanguard Jazz **£15 7.30pm**
Thursday 22nd Jan, 26th Feb, 29th Mar, 29th Apr, 29th May & 29th June
Blue Vanguard are our welcome monthly guest artists at Cygnet Theatre performing with their traditional line-up and a special guest each month. See their website for guest artists & line-up.

John Austin Abingdon **16+ Friday 23rd January 7.30pm £16/£14**
John Austin Abingdon, brought almost all names imaginable, inside the entire career of John Austin's work - in just 80 minutes. It is a truly universally acknowledged that an audience in possession of high quality music is to be found in this magnificent country that will delight John Austin and newcomers alike.

The Queen of Between **16+ Thursday 29th January 7.30pm £14/£12**
Artistic Storytelling presents Lily & Sarah-Lisa Wilkinson
What happens... when the goddess of death comes to see? What happens when you're found alone with a golden thread? When the weight of your grief means you can't eat? When you're neither living nor dead nor you don't lie? What happens then? What happens then? Queen of Between.

Ronan Stuart **Friday 12th February 7.30pm £16/£12.50**
Ronan Stuart brings his inner world to the stage through the power of music, and he has been winning over British audiences with his band of Madmen Pals & All Pals.

La Vie En Rose **Saturday 14th February 2.30pm & 7.30pm £16/£12**
Following their sell-out performance in 2020, the multi-award winning La Vie En Rose and their award-winning album for a Valentine's Day special. The rapping rhythms and romantic melodies combine in a vibrant performance of songs featuring jazz standards and modern hits, all played with the joy of the heart of this music.

Across the Square **10+ Friday 20th February 7.30pm £16/£12.50**
On a cold December day 1977, Lady Catherine Mowbray has crossed Bedford Square to call on Milford Parnell to express her condolences for the loss of a beloved cousin. Two differing world views are about to collide over a glass of wine.

The Look and Size Music Show **Saturday 21st February 7.30pm £16**
Dave Cottle & Sarah Moss perform songs and stories recorded by Laura Armstrong & Ella Fitzgerald with the Cygnet Theatre Ensemble, along with a large number of songs from the musical and performed with and without instruments. The set is packed with songs from the Great American Songbook from George Gershwin, Irving Berlin, Rodgers & Hart and Cole Porter.

A Knight of Terror **16+ Friday 21st February £15/£12.50**
A horror production. Based on the famous Victorian ghost story of a restless young man and a cast of eerie souls, with horror, skulls and skin falling. A show that raises the uncanny tales of M. P. James with the whimsy of classic British horror.

John Corran is the Greatest Magician **13+ Saturday 1st March 7.30pm £15**
Las Vegas, The London Palladium, the Apollo Theatre, comedy magician John Corran has been at the top of his game for half a century, plenty of years and lots of silly moments, so many in fact that the moments of magic and fun you might see him do.



NORDIC WALKING

ADD NORDIC WALKING POLES TO WORK YOUR UPPER BODY AS WELL AS YOUR LEGS

IF YOU CAN WALK YOU CAN NORDIC WALK

CONTACT INFO:
sue@exenordicwalking.co.uk
www.exenordicwalking.co.uk

HEALTH BENEFITS

- Burn around 20% more calories compared to walking without poles.
- Release tension in your neck and shoulders.
- Improve your posture and gait.
- Strengthen your back and abdominal muscles.
- Reduce the impact on your joints.
- Improve mental and social wellbeing.
- Connect with nature.

HOW DO I JOIN IN?
Book a Begin Nordic Walking Workshop, 1-1, with friends, colleagues, then Join weekly walks in Exeter, Exmouth and at Powderham Castle also Nordic walk at Parkrun



Health is priceless
it pays to keep fit

Come and join our bone health exercise classes (to music)
Pay as you go £7 per session
Mondays 11:30 to 12:30
Wonford Community & Learning Centre EX2 4NF
Contact Chris Bundy (MChiro)
07980 916319



PAINT LEONARDS

Local house painting with a difference
- by a St Leonards resident

STRAIGHTFORWARD FLAT FEES - NO SURPRISES

Small room (8m²): £150
Medium-sized room (18m²): £250
Large room (30m²): £350

Know the cost upfront - however long it takes.

CONTACT NEIL MARCHANT
Free no-obligation visit to discuss your painting needs.
PAINTLEONARDS@OUTLOOK.COM 07754 272 861



Gardening opportunities

at St Leonard's CofE Primary School

Helping hands needed for our new school allotment

Novice and experienced gardeners welcome

Email leo_pta@stcmtat.org for details