

# Kingsmeadow

For all area residents - Knightstone, Merlin, Guinness, private tenants, owners!

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## Newsletter

July 2013

### Community Safety Group Update

We're still finalising the works program with South Gloucestershire Council but we hope that it won't be long before we start.

As a reminder, we will be putting in staggered barriers between the top of Gilpin Close and the green to make it harder for motorcycles to get around where they shouldn't. And we are putting planters on to the road in Gilpin to provide visual pinch points to slow traffic. We are doing this because speeding has been raised as an issue in Gilpin.

The next Community Safety meeting will be at the

**Kingsmeadow Community Flat**  
**Tuesday 20 August**  
**11:30 – 12:30**

Everyone welcome  
**See you there!**



## Kingsmeadow Flat volunteers win grant bid!



The Kingsmeadow Community Flat's volunteers have been awarded £900 from Knightstone Charitable. They applied for money to develop the Flat's volunteer programme, recruit new volunteers, and run fundraising activities.

Volunteer Becky, who helped write the bid, said "I moved to this friendly estate in Oct 2012 and I'm really happy and proud to be a volunteer with the Flat. We'll use the grant money to make lasting improvements. I'm really looking forward to being able to do more fundraising for the Flat. My children love the school holiday activities. The Flat has helped us hugely to make friends, be accepted, and make our confidence grow."



## More volunteers needed!

If you've got spare time and would like to help the community right on your door step, why not volunteer at the Kingsmeadow Community Flat? New volunteers are always welcome.

At the moment the Flat is especially looking for:

1) a volunteer **assistant** to support the manager and board of trustee directors. This would suit someone who has secretary experience, a good general education and excellent communication and IT skills.

2) a volunteer **play worker** to help run the holiday club for children 6 – 16. This would suit someone who is good with children and young people, flexible and enthusiastic and patient. You will need an advanced CRB check. We will pay for you to have one done if you don't have one.

Kingsmeadow Community Flat is a key Community resource for Kingswood and surrounding areas. We run a range of youth, community, health, education/training activities.

Volunteering with us gives you an exciting opportunity to gain experience in a growing charity and build your CV.

It gives us the benefit of your experience and much needed help!

For more info please contact Ceri Naylor on 0117 9048425 or email: [info@kingsmeadowflat.org.uk](mailto:info@kingsmeadowflat.org.uk)

## Meet... Ceri and Jane

If you haven't met them in person already, you really should meet Ceri Naylor and Jane Curtis of the Kingmeadow Community Flat. Ceri is the Project Manager and Jane is the Dreamscheme Coordinator.



*Ceri Naylor,  
Project Manager*

Ceri's message:

Hello Residents!

Jane and I are always available at the Flat from Monday to Thursday. We are currently busy organising this summer's programme of events.

We're really excited about the Kingsmeadow Krufts Dog Show Friday 26th August - an opportunity to bring your loved dog/s along and enter them into the show, try out the dog agility course and receive a goodie bag sponsored by Greens Pet shop.

We are planning a series of special Ladies evenings - you can book a spray tan, have your nails done, get a hair cut and meet friends and enjoy a glass of bubbly!

If you want to get fit join our regular running club on Monday and

Wednesday- suitable for all abilities – and take advantage of our personal trainer, who will help plan a healthy fitness programme that suits you.

What else? Our summer Dreamscheme for ages 8 - 16 is full of free, fun and adventurous activities from bike rides and cycle mechanics, through nature walks, feeding animals at Grimsby farm, arts & crafts, a sports day and finally to our family trip. There's something for everyone who joins in, including younger siblings.

Finally, we are always looking for new ideas and volunteers!

Please call us on 0117 9048425, email us at [jckingsmeadowflat@yahoo.co.uk](mailto:jckingsmeadowflat@yahoo.co.uk), or just pop by the Flat sometime! 19 Barrington Court. You can't miss us, we're the one's with the noticeboard and the cool new community garden out front!



*Jane and her famous pal, Pudsey. Jane's post is generously funded through Children in Need.*



## What a May!

Gardening, cycling, crafting... May's showers didn't stop the half-term fun in Kingsmeadow! Here are some photos of the May Dreamscheme.



Can't wait for the next one

# Summer at the Community Flat!

## **Summer Dreamscheme!**

**Every day, Tues-Fri from Tues 30 July to Fri 19 August.**

A PACKED program of activities too long for this space! Contact the Flat for full details, or just show up!

## **Toddlers and Parents Stay and Play**

Wednesdays from 10 – 11:30.

Families with tots aged 0- 5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces available! Supported by Sure Start.

## **Let's get bendy! Yoga**

Tuesdays 6:30 pm. Only £2 a session!

## **Health Awareness Training Level 2**

Starts Wednesdays 5<sup>th</sup> June 10 am. FREE.

Learn practical tips and facts on ways to prevent the spread of infections around the home. Places available. Onsite child care included. Leads to Health Champion Accreditation.

## **Jog on!**

Every Monday & Wednesday at 9:30am – meet at the Flat.

A friendly jogging group for all ages and abilities. Meet new people and get fit at the same time! Led by licensed run leaders and a personal trainer for fitness advice and tips.

Completely FREE - all you need is water bottle and a pair of trainers!

## **Help with Phonics, English and Maths**

1-to-1 tuition by community volunteers who have high level Maths and English skills. Get rid of your gremlins! Come and meet our friendly team who are happy to help in a non-classroom environment. More like sitting in your own lounge with a cup of tea!

## **New! Housing officers' surgery**

Housing issues? Come speak to Ben Pryke of Knightstone Housing or Emma Gordon of Merlin housing. Both will both be available every 3<sup>rd</sup> Thurs of the month from 2 – 4pm. July's date: Thurs 18<sup>th</sup>.

## **Job Club**

Monday morning from 10. One-to-one support, cv writing, job searching, help with accessing online applications and job sites. Just drop in! For more information please contact Karen Brasier 07905598165.

## **Work skills & confidence training for job seekers**

Level 1 & 2 certification available. **10 free driving lessons** with every completed course!

## **CV writing and Universal Job Match help**

Use our laptops and free WiFi to find jobs, complete job applications and write CV's without the pressure of doing it alone. Use the support and guidance of qualified tutors and volunteers to help you feel at ease! Ring Rinku on 07746795003.

For more details on anything above, call Ceri or Jane at

**Kingsmeadow Community Flat**

**19 Barrington Close, Kingswood BS15 4QD**

**0117 904 8425 [info@kingsmeadowflat.org.uk](mailto:info@kingsmeadowflat.org.uk)**





## Meet... Emma Gordon



Hello, my name is Emma Gordon and I am the Neighbourhood Housing Officer for Merlin residents in the Kingsmeadow area.

If you would like to discuss any issues you have please come along to the housing surgery which will take place on the 3<sup>rd</sup> Thursday of every month @ The Kingsmeadow Community Flat from 2pm to 3pm. You don't need an appointment, just drop by.

Useful numbers for Merlin residents:  
Kingswood Office 01454821300  
Repairs:- 08009530340.



## Meet... Cecilia and Daahir

We are Cecilia and Daahir. We work as Community Organisers.

Over the next 10 months we will be listening to people in the community to find out what they love about their area, what concerns them, what future visions they have and what change they would like to see happen. The aim is to build upon the positive aspects of the community - the things that people love and feel proud of - and to find community initiated and led solutions in order to tackle local issues. We work to build trust and relationships within the community, to engage individuals and support people to take action on what they feel passionately about.

We would love to hear the views of as many people as possible and find people who are willing to take action on the issues they care about. If you or your group is interested in meeting with us, please get in touch, we'd love to meet and listen to you!



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