

# Kingsmeadow

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

## In this edition:

- New Social Club launching with community Fish 'n' Chip Night!
- Latest on the Community Safety Group
- Community allotment starting to flower!
- What's happening at the Community Flat



## Community Safety Group latest...

At the last Kingsmeadow Community Safety meeting, we looked at plans drawn up by Steve Essery of the Council. The plans showed how staggered barriers could be put on the paths going to the green from Gilpin. These would slow down speeding bikes.

Knightstone has applied for funding to put these barriers in place. If you'd like to see the plan please come to the next meeting or call Katie on 07796 946 095.

**The next Community Safety meeting will be at the Kingsmeadow Community Flat Friday 18 Jan 10:30 – 12:30**

**See you there!**

Little ones are welcome at meetings too! There will be supervised play for them while the adults drink tea and make plans.

## Newsletter

January 2013

### Kingsmeadow Social Club

*Invites you to a*

**Community Fish 'n' Chips Night!**

**Thurs 31 Jan**

**6:30 pm**

**Kingsmeadow Community Flat**

**£1 gets you a plateful!**

Come out and help kick off the new Social Club. The club is starting because we heard from you that you'd like new ways to meet your neighbours socially.

Over dinner, we can talk about other things the club can do, like darts nights, film nights, trips – whatever!

To make sure we've got enough food for you, or to find out more, please call Rob on 07910 682 601 or Katie on 07796 946 095.

# Community Allotment

## Let's get growing!



## Exciting News!

### Spring into a Healthy 2013

The Community Allotment will be the focus of the Community Flat's February half-term Dreamscheme.

Young Dreamschemers will be able to choose from a variety of seeds donated by Plants of Distinction, a UK company.

They can plant the seeds and watch them grow throughout the spring in a greenhouse coming soon to the Community Flat. The seedlings will be planted out into the allotment when the better weather arrives.

Before long there will be crops to harvest and delicious meals to eat!

What a great way to learn about growing and eating fresh, healthy food!

## Open to all

But remember, **all** ages and abilities are welcome to get involved in the allotment. And **all** local people, not just Knightstone residents!

Green fingered and looking for more space? Dreaming about an allotment but worried about getting started? Then this is for you!

**Everyone's welcome to come for a coffee at the Community Flat on Monday 14 January at 1:30.**

We can:

- visit the garden,
- figure out what we need to do to get it ready for planting in the spring,
- decide what to grow!

If you can't come at this time but are interested in getting involved, feel free to call Katie on 0117 984-8107 for a chat.

# Winter at the Community Flat!



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

At home with a little one? Come to the **Stay and Play** group every **Wednesday from 10 – 11:30**. Families with tots aged 0- 5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces are still available! Supported by Sure Start.

## **FREE Volunteering training**

For members of the community - Every Monday, 4.30 - 6.30pm just turn up and meet new people and find out how to get involved in the community.

## **HENRY - Healthy Eating & Nutrition for the Really Young.**

Cooking classes for parents with little ones from 0 - 5yrs. Spaces limited!

## **February Dreamscheme!**

8+ February half term, Tuesday 12th - Friday 15th.

Theme: From seed to plate including the community allotment, growing your own fruit & veg, cooking, arts & crafts, sports, community clean up and lots more...!

## **Festival of Light & Hope Lantern Procession**

**Saturday 2nd February** starting from Kingsmeadow Community Flat and finishing at Page Park for fireworks and food.

## **Yoga with Amber Rose**

Starts **Wednesdays** from 20<sup>th</sup> February, 1:00 – 2:00. **FREE!**  
Book a space to avoid disappointment. Come and get bendy!

## **WiFi Fridays**

Learn how to use email, WWW, write documents, complete online forms etc - Just turn up between 11am and 3pm, **FREE**. Starts February 22<sup>nd</sup>. Contact Alan Johnson for details 07873649180.

## **Health Champions needed!**

If you're interested in raising awareness about basic health issues within your community, the NHS/PCT are providing small courses on Health awareness. They help you to help others to become well. Training starts in March – **FREE**.

## **Level 2 NVQ Community Development Course**

A 10 week course for anyone interested in developing their skills and understanding of community development within the voluntary sector. This course includes topics such as diversity, empowerment, monitoring & evaluation. Starts April; limited spaces.

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)**

## Dates for your diary

### Mon 14 Jan

Community Allotment Coffee Time  
Kingsmeadow Community Flat  
1:30 – 3:00

### Friday 18 January

Community Safety Meeting  
Kingsmeadow Community Flat  
10:30 – 12:30

### Thurs 31 January

Community Fish 'n' Chips Night  
Kingsmeadow Social Club  
Kingsmeadow Community Flat  
6:30

### Every Wednesday

Stay and Play for young families  
Kingsmeadow Community Flat  
10 – 11:30

### Ying Yang Yoga

Kingsmeadow Community Flat  
12:30 – 1:30



Like writing? Do you want to share a story or ideas with your neighbours? Get involved with writing the next Kingsmeadow Newsletter! For more details, please call or text Katie Scaife on 07796946095 or email [Katie.Scaife@knightstone.co.uk](mailto:Katie.Scaife@knightstone.co.uk)

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