

Kingsmeadow News



For all residents—Knightstone, Merlin, Guinness, private renters and owners



SPRING EDITION 2016

Have you heard about Dreamscheme ?



We are a free, fun; out-of-school activities group which actively involves the children with their local community. Dreamscheme runs in all the school holidays and is for children aged 8-16 years, unaccompanied, or under 8 with a parent. Our aim is to build children's confidence and skills, offering the chance to try new experiences, meet new people and visit new places together. We encourage the children to actively help out in the community. We work on a points system that rewards the children with a fun activity or trip at the end of the holiday sessions.

We are based at
Kingsmeadow Community Flat.
19 Barrington Close
Kingswood Bristol BS15 4QD



Our next program of events begins on
Tuesday 29th of March,
and finishes on
Thursday 7th of April .

The sessions run daily weekdays
from 10-3pm approx.

If you are interested and want to
know more please feel free to
contact us for more information.



Contact Jane Curtis Children's Activities Coordinator
Kingsmeadow Community Flat
Office Tel. 0117 9048425 Mob. 07584258707
Address: 19 Barrington Close, Kingswood, Bristol BS15 4QD
Website : www.kingsmeadowflat.org.uk
Charity No. 1148905

We are a registered company limited by guarantee No. 8126468

BASKETBALL & Multisports

Aged 14+

Basketball -Tuesday

Time: 6pm-7pm

Multisport -Wednesday

Time: 4.30pm-5.30pm

For more information contact:

sport@southglos.gov.uk

or call 01454 865821

**Venue: Kingsmeadow
Community Flats**



Doorstep
SPORTCLUB



Volunteers Needed at the Kingsmeadow Community Flat

- IT Technician
- Bike Technician
- Afterschool Club Assistant
- Dreamscheme Play worker
- Welfare and employment support mentor
 - Cleaner
 - Sports Champion
- **Community Befriender desperately needed**

All Volunteers will received full support, personal development and training, plus expenses. All volunteering will look good on your CV and promotes social skills.

Please note that these are all voluntary unpaid roles.

For your Volunteer Pack and informal chat, please contact Jane/Ceri 0117 9048425, for more information.



STORY TIME
GAMES
CRAFTS
SINGING

WEDNESDAYS

10-11.15 am

Families welcome
from 0 - 5 years



Refreshments available No charge! Spaces available

(Term time only)

Call 0117 9048425 / 07584258707

LITTER CREW



FRIENDS OF
KINGSWOOD PARK



WE VOLUNTEERS

PLEASE HELP US TO KEEP OUR PARK LOOKING GREAT.

THE COUNCIL PICK UP LITTER THROUGH THE WEEK BUT DURING THE WEEKEND THE LITTER BUILDS UP.

CAN YOU GIVE US AN HOUR OF YOUR TIME ONCE A MONTH TO PICK LITTER ON A WEEKEND? WE WILL PROVIDE ALL THE EQUIPMENT YOU NEED.

Join The Team



PLEASE RING 07790234087 IF YOU CAN HELP US.

**OR VISIT OUR FACEBOOK PAGE -
OURKINGSWOODPARK**



Kingsmeadow Neighbourhood Watch

Neighbourhood Watch (NHW) is a community led initiative, the setting up of a Watch is encouraged and supported by the Police but ultimately the community take ownership, The aims are to encourage local people to join forces by:- 1.Improving home security through property marking and relevant crime reduction advice. 2.Enhancing good citizenship and community spirit. 3.Working closely with the police, reporting anything suspicious and encouraging a two-way flow of information. 4.Reducing the fear of crime felt by people, especially the elderly and vulnerable. Statistically being part of a NHW in South Gloucestershire means that you are 6 times less likely to be a victim of crime. There could also be a benefit with regard to discounted household insurance.

Call into the flat to pick up a neighbourhood watch pack and to find out more details of this local group.



**North Bristol
Advice Centre**



KINGSMEADOW COMMUNITY FLAT NEW SERVICE

A new welfare and Benefit advice service, in partnership with North Bristol Advice Centre, to provide welfare benefit advice and guidance has been set up with Kingsmeadow Community Flat's other services.

We also support clients to complete welfare benefit and charity application forms.

APPOINTMENTS ONLY PLEASE

To access support.....

Call **0775 705 6687** to speak with /leave a message for Catherine or email:
kingsmeadow.community.flat@outlook.com

Catherine will contact you back to book an initial appointment to discuss your needs and plan with you on how best to provide support.

Introduction to IT Course for Job Seekers

This course is designed to provide learners with IT skill and confidence to search and apply for jobs online effectively and confidently. Also providing vital general basic IT skills essential for everyday use.

Start Date: Wednesday 5.00-7.00pm 20/01/16 (3 weeks then break with another 6 wks to follow)

Where: Kingsmeadow Community Flat , 19 Barrington Close, Kingswood BS15 4QD

Providers: Kingsmeadow Community Flat & South Gloucestershire College Community Learning

TO REGISTER AND BOOK YOUR PLACE, please contact Catherine on 0775 705 6687
or email kingsmeadow.community.flat@outlook.com

NB - One to one follow-up support, available if required

WALKING FOR HEALTH

First Wednesday of every month

Meeting at 10.30am outside the flat

We will be walking in the local area along the railway path.

Come and join us for a lovely walk for a chance to get some fresh air, stretch your legs and meet new people.

ALL AGES WELCOME

Please contact Jane Curtis for more details.

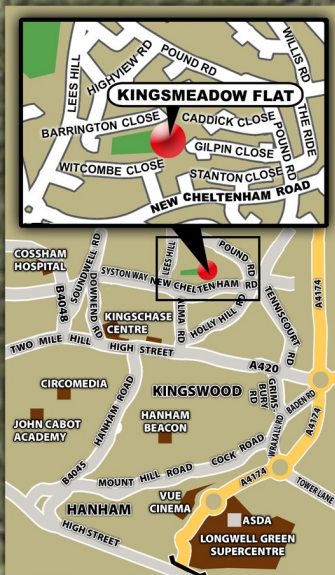
TEL: 0117 9048425 / 07584258707

Kingsmeadow Community Flat

19 Barrington Close, Kingswood, Bristol, BS15 4QD

www.kingsmeadowflat.org.uk

Tel: 0117 9048425



ON YER' BIKE

Available to hire:

Adult bikes
Junior bikes
Baby trailers
Baby seats
Helmets

Free of charge, proof of ID
required plus utility bill

*If you don't have a bike and would like to go on a
bike ride with your family or just need transport
to get somewhere, Contact Kings meadow*

Community flat to get what you need!



CONTACT:

Jane or Ceri at- 01173292422

Or just pop in anytime!

5 days a week

KINGSMEADOW COMMUNITY FLAT 2016 ANNUAL GENERAL MEETING



All welcome at our **Annual General Meeting 2016** taking place on **Tuesday 15th March**
1.30pm - 3.00pm.

This year we are holding the meeting at **Kingsmeadow Community Flat**, the first part of the meeting will be the **AGM** business followed by food and refreshments. We will finish with an informal network and light lunch.

If you are interested in becoming a Volunteer Trustee, please contact us at the address below.

Please note that these are all voluntary unpaid roles.

For your Volunteer Pack and informal chat, please contact Jane/Ceri at Kingsmeadow Community Flat, 19 Barrington Close, Kingswood, Bristol BS15 4QD Tel: 0117 9048425, for more information.

Website: www.kingsmeadowflat.org.uk Charity No. 1148905 We are a registered company limited by guarantee No. 8126468



Seeing the Potential in Everyone

KCF's SUPPORT services

Your welfare is our concern because we believe as a community we are successful and remain firm if everyone is successful.



Are you...

- Finding life stressful, often worried or feeling emotionally down?
- Feeling lonely or isolated?
- Struggling to cope with life's daily demands & challenges?
- In financial difficulty or debt?
- Faced with multiple barriers & challenges to move forward with your life?
- Confused, tired of trying, worried or anxious?
- Struggling to find work?
- Struggling to catch up with the internet & using computers?
- In need of guidance, emotional or practical to deal with a challenging issue you face?

DON'T struggle ALONE

- ☐ We offer a range of support services at Kingsmeadow Community Flat working with you to overcome barriers and deal with challenges.
- ☐ Together we will find what works for you.
- ☐ We also work with other organisations and partners to ensure the best outcome.



To access support.....

Call **0775 705 6687** to speak with /leave a message for Catherine or email:

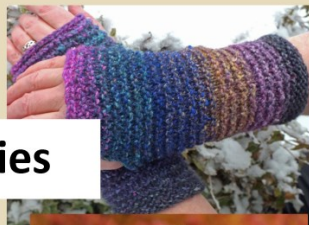
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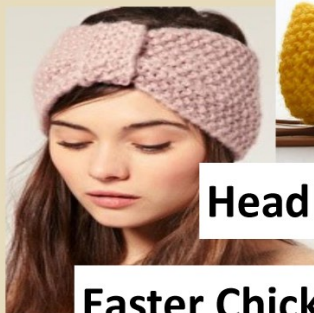
The Krafty Krafter's club

Spring Sessions

Knit Natter Learn Make



Tea cosies



Head bands

Easter Chicks



Hats



Wrist warmers



£1 per
session

Thursday's 7—9pm, In the Social Room at The Haven
New Cheltenham Road, Kingswood
Contact Jayne for further information: 0773 2000 773



SPORTS £ POUND



What is SportsPound?

SportsPound vouchers give people, who are eligible and nominated by a local nominating organisation, 8 free sessions at participating Sports Clubs and providers in their community.

Who is SportsPound for?

People aged 14+ and adults who are new to Sport, or returning to sport, living in 6 areas across South Gloucestershire

Where can I find out more?

To find out if you are eligible to receive SportsPound vouchers, contact a local “Nominating organisation”, who are in all 6 of the areas; including the libraries, Health Champions and some charities, or where you see the SportsPound logo. Alternatively contact the Sportspound team.

For more information please contact the SportsPound team
01454 865821 or email: sportspound@southglos.gov.uk
Follow us on Twitter: [@sportspoundsg](https://twitter.com/sportspoundsg)



community **ignite** Creating a brighter future

South Gloucestershire Council

Volunteer Centre
Kingswood



cvs south gloucestershire
supporting developing representing



LOTTERY FUNDED

Working in Partnership

Volunteering Fair!

Wednesday 23rd March 1.30pm – 3.30pm

The Park Centre, Kingswood High Street

Volunteering roles start from just a couple of hours a week!

Come and find out more and find the perfect opportunity for you.

Free refreshments!

As well as helping others, volunteering can help you to:

- Enhance your CV, skills and job opportunities
- Meet new people
- Make new friends and improve social skills
- Improve your mood and wellbeing

A quick look at some of the organisations
who will be there on the day:

MilestonesTrust
turning life choices into reality since 1986

The Hive
Helping. Including. Valuing. Empowering
... the learning disabled community



ROYAL VOLUNTARY SERVICE
Together for older people

Alzheimer's Society

Leading the
fight against
dementia

the care forum

RSVP West retire
into action

And many more...!



FREE PARENTING COURSE

Starting April 2016

Families United

A **free** 8 week parenting course aimed at helping you build on your parenting skills and develop greater confidence in yourself and your parenting. A free crèche is available but you will need to book.

The course will help you to:

- Find solutions to problems and challenges
- Manage your children's behaviour positively
- Break patterns of unhelpful parenting
- Improve your own mental health and well being
- Create fun and enjoyable activities and learning to do together with your children
- Find ways to manage your stress and anger better and teach these to your children too

"At the start of the course I was feeling a failure as a parent. By the end of the course my self-esteem has improved, am more open and have more fun with my children" parent who attended last course

Funded by Big Lottery Fund and run in partnership with Kingsmeadow Community Flat, Café Tots and Community Ignite.

Time: 1pm-3pm Wednesdays

Date: Starting 20th April for nine weeks (no class 1st June).

Venue: Holy Trinity Church, Kingswood

For more information, or to book a place, please contact Alice Payne on 01179 604186 or alice.payne@communityignite.org.uk

Café Tots, Kingswood



LOTTERY FUNDED



Kingsmeadow Community Flat

community **ignite**



Creating a
brighter future



FRIENDS OF
KINGSWOOD PARK

Family Fun Day

Saturday 21 May
10:30am - 4pm

Come and join us at the Family Fun Day in Kingswood Park. We are having a fun fair, stalls and entertainments on the bandstand. If you would like to bring along a stall, promote a worthy cause, provide entertainment or just give us a hand, please e-mail us on

friendsofkingswoodpark@gmail.com

or ring 07790234087

Are you active in your community and passionate about health and well-being?



We are looking for representatives from local communities who feel able to engage with members of the public.

Find out more

Please get in touch with
Rosie Sinfield on 0117
9604186 or
rosie.sinfield@communityignite.org.uk
www.communityignite.org.uk

Come and Join Us!

Community Ignite are offering a unique opportunity for you to become a local volunteer Health Champion.

You will:

- Encourage and support the public to improve their health and wellbeing
- Engage with people through your role in the community and by attending local groups and events.
- Gain a recognised health qualification and new skills
- Gain confidence and meet new friends

*"I am now an official health champion and my motivation to help others ..has risen to an unbelievable level of desire to help."
Health champion*

SOUTH GLOUCESTERSHIRE **BIG SPRING CLEAN**

Kingsmeadow Community Flat

Please come and join in our
Big Spring Clean

Tuesday 29th March on Barrington Green.
10.00 – 1.00pm

Help us make Kingsmeadow area clean and tidy!

Note for your diary
Also children's
Easter egg hunt in the afternoon.

For further details call Jane Curtis on
01179048425 or 07584258707



Kingsmeadow Community Flat
19 Barrington Close,
Kingswood,
Bristol BS15 4QD



Website : www.kingsmeadowflat.org.uk



www.southglos.gov.uk/bigspringclean



South Gloucestershire
Council

What's On

Buggy walks

Every second Wednesday of the month during term time. Meet at the flat at 10am.

After school homework club

Mondays 3.45 - 5.00 pm. A fun learning group for children aged 8—11 and their parents. Help with homework, fun learning games and quizzes to get your child confident and up to speed. Volunteer teacher to help with phonics, reading and writing. Includes a snack and drink.

Street Games

Thursdays. Meet at the basket ball courts on Barrington Green at 4.30pm. A variety of sports. Boys and girls, all ages welcome.

Toddlers and Parents Stay and Play

Wednesdays from 10—11.15 am *Term Time Only.* Families with tots aged 0-5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces available.

Basketball sessions—Tuesdays 6.30-7.30

Boys and girls ages 10 –16, Meet at the basket ball court.

Friendship Club and armchair exercise -Thursdays 1.30pm at New Cheltenham Community Centre Contact Di - 0117 961 3055/Spencer 07825155954

On your Bike

Free to hire, Adult, junior bikes, Baby trailers and seats (including helmets and bike lock). Now taking bookings. Proof of Id and utility bill required for hire.

Easter 2016 Dreamscheme - 29th March - 7th April Mon-Thurs 10-3pm

Check notice board for more details.

Walking for Health

First Wednesday of every month

Community Safety Meeting /Walkabout - 3rd May

Check noticeboard for further details

Men's Group - Starting Tuesday 15th March @ 11.30 - All Welcome

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: www.kingsmeadowflat.org.uk

Email: kingsmeadowcommunityflat@gmail.com