

# Kingswood Connect

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



**CHRISTMAS EDITION 2017**

**Merry Christmas!**  
**From Kingswood Connect**

**Contents**

**Community information**

**Individual care,  
Helplines and  
counselling**

***MORE NEWS, MORE EVENTS, MORE CARE***



# christmas gathering at made-for-ever

Carol singing by the Tree

Hot drinks 30p each

Entry to Santa's Grotto £1 per child

Bring and share Buffet, All ages welcome

19th December-5pm to 7pm

**NEW CHELTENHAM  
MADE FOR EVER  
YOUTH CLUB  
FISHER ROAD  
KINGSWOOD  
BS15 4RQ**



**FOR MORE DETAILS AND/OR ORDERING TICKETS PLEASE CONTACT  
KINGSMEADOW COMMUNITY FLAT TEL 0117 904 8425 OR  
EMAIL: [info@kingsmeadowflat.org.uk](mailto:info@kingsmeadowflat.org.uk)**



*What's  
happening at...*

# Brooks Cafe



12th and 13th December  
Christmas Dinner  
at Brooks Cafe, Kingswood



18th, 19th 20th December

9.30 - 11

**Penguin Crafts**

Christmas activities for parents and children  
at Brooks Cafe, Kingswood

The Park Centre High Street Kingswood

Strong Communities Powered by  
people Registered Charity  
Number 1157061

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

**Southern  
Brooks**  
Registered Charity No. 1157061  
**COMMUNITY PARTNERSHIPS**



01454 864613



community.learning@southglos.gov.uk

## SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

**FREE\* Courses 2017/18**

Course	Start Date & Times	Venue	Length
<b>Cadbury Heath</b>			
Improve Your English	Thurs 21st Sept, 1 - 3pm <b>places still available</b>	Batch Community Centre	10 weeks
Improve Your Maths	Tues 19th Sept, 12.30 - 2.30pm <b>places still available</b>	Batch Community Centre	10 weeks
Volunteering into Paid Work	Thurs 11 <sup>th</sup> Jan 2018, 1 – 3pm	Batch Community Centre	5 weeks
Introduction to Childcare	Thurs 11th Jan 2018, 10 - 12.30pm	Batch Community Centre	5 weeks
Build Your Confidence to Write Creatively	Thurs 11th Jan 2018, 10 - 12pm	Batch Community Centre	10 weeks
Introduction to Working in Schools	Thurs 22nd Feb 2018, 10 - 12.30pm	Batch Community Centre	5 weeks
**NOCN Level 1 Award in Health and Social Care	Thurs 12th Apr 2018, 10 - 1pm	Batch Community Centre	10 weeks
<b>Hanham</b>			
Improvers MS Office Skills for the Workplace	Wed 10th Jan 2018, 9.30 - 11.30am	Hanham library	10 weeks
Intro to Office Skills	Wed 10 <sup>th</sup> Jan 2018, 1 – 3pm	Hanham library	5 weeks
IT and Digital Skills for Life	Wed 10th Jan 2018, 6 - 8pm	Hanham library	10 weeks
**NOCN Level 1 in Office Skills	Wed 21st Feb 2018, 12.30 - 3.00pm	Hanham Library	12 weeks
**NOCN Level 1 Award in IT User Skills	Wed 11th Apr 2018, 9.30 - 11.30am	Hanham library	11 weeks
<b>Kingswood</b>			
Improve Your Maths	Tues 19th Sept, 9.30 - 11.30am <b>places still available</b>	Kingswood Civic Centre	10 weeks
**ESOL for Work	Wed 27th Sept, 6.30 - 8.30pm <b>places still available</b>	Kingswood Children's Centre	10 weeks
Wellbeing and Mindfulness	Fri 26th Jan, 10 - 12pm	Kingswood Civic Centre	8 weeks
<b>Longwell Green</b>			
Wellbeing and Confidence - Steps to Change	Mon 22nd Jan, 10 - 12pm	Longwell Green Community Centre	8 weeks

For more info, tel Sam on 01454 865943 or visit:

<http://www.southglos.gov.uk/education-and-learning/adult-and-community-education/>

\* For adults aged 19+ with few or no qualifications. Other terms and conditions apply

\*\* ESOL courses are for those whose English is not their first language. These courses and accredited employability courses are subject to fees unless you are on means-tested benefits. Please ring for further information

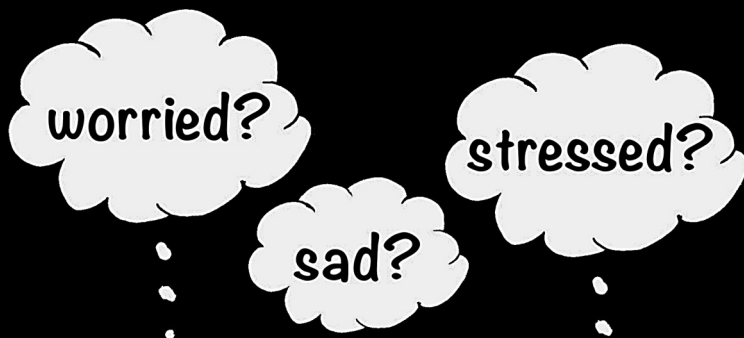
[www.southglos.gov.uk](http://www.southglos.gov.uk)Skills  
Funding  
Agency

 South Gloucestershire  
Council



# Positive State of Mind

Come along and meet with others who have similar experiences at our peer support group.



It's free, friendly and informal. Meet people who might be feeling similar to you.

## Kingswood Library

Every other Wednesday — 7.30 - 9.00 pm

## Kingsmeadow Community Flat

Every other Tuesday — 4.30 - 6.00 pm

Find dates on our website: [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)

For more information contact Rosie: 01454 864164  
[rosiesinfield@southernbrooks.org.uk](mailto:rosiesinfield@southernbrooks.org.uk)



Positive State of  
Mind

# **Bristol Credit**

# **Union is in**

# **Kingswood**

## **Every Thursday, 1pm-3pm**

**At the Job and IT Club, Kingswood Library**

**Pop-in to join Bristol Credit Union, deposit money, and apply for a loan.**

## **How to join Bristol Credit Union**

Bring along the following:

- Proof of ID ( e.g. passport or driving licence)
- Proof of address (e.g. bank statement of utility bill)
- £1 to open your account.

**Find out more today, visit:**  
**[bristolcreditunion.org](http://bristolcreditunion.org)**

**Or call us:**

**0117 9247 309**

**Monday to Friday, 8.30am-4.30pm**



**BRISTOL**  
**credit**  
**union**

# **Fibromyalgia/ME/ Chronic fatigue support group**

**Kingsmeadow Community Flat,  
19 Barrington Close,  
Kingswood, Bristol BS15 4QD  
Tel: 0117 904 8425**

**Starts on 27th September,  
10:30am-12pm  
and continues last Wednesday  
of every month thereafter**

**All are invited  
for a coffee  
and a chat!**



**Fibromyalgia Action UK**

**Fighting for Freedom from Fibromyalgia**







An Alzheimer's Society initiative

Come along to our free session, and find out about the small ways that you can help to make your community more Dementia Friendly

## Tuesdays:

20th June 2017    22nd August 2017

17th October 2017    5th December 2017

**3-4pm @ Kingswood Leisure Centre**

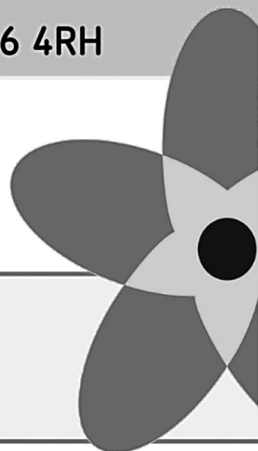
**Church Rd, Staple Hill, Bristol, BS16 4RH**

**Access:** Disability access & parking

With thanks to



**Circadian Trust**  
giving more



For information and to book your place:

Telephone: 01454 868570 or

Email: [dementia@southernbrooks.org.uk](mailto:dementia@southernbrooks.org.uk)

 [dementiafriends.org.uk](http://dementiafriends.org.uk)

 [@DementiaFriends](https://twitter.com/DementiaFriends)

 [/DementiaFriends](https://www.facebook.com/DementiaFriends)

**South Gloucestershire**  
Dementia Action Alliance  
A friendlier community for all

**Southern Brooks**  
  
COMMUNITY PARTNERSHIPS

Leading the fight  
against dementia  
**Alzheimer's Society**

Registered charity no. 296645

CREATIVE  
YOUTH  
NETWORK.

KINGSWOOD

Join us for another year of stalls, live music, children's activities, tombola and experience Santa's grotto.



Sat 2nd December, 12-4pm

The Kingswood Estate

Britannia Road, BS15 8DB

info@creativeyouthnetwork.org.uk

0117 947 7948



f /creativeyouthnet

t @creative\_youth

REG CHARITY: 266318  
REG CO IN ENGL: 01099684  
VAT NO: 110992037

# Christmas Fayre

www.creativeyouthnetwork.org.uk

## FREE WHEELERS

**KINGSMEADOW COMMUNITY FLAT'S  
"DONATION ONLY" BUDGET BASED  
COMMUNITY BIKE HIRE SCHEME**

**KINGSMEADOW COMMUNITY FLAT  
19 BARRINGTON CLOSE  
KINGSWOOD**

**BRISTOL, BS15 4QD**

**Contact Terry on: 07917 004279 or 0117 9048 425**

**Email: info@kingsmeadowflat.org.uk**

**Charity No: 1148905**



LOTTERY FUNDED



# kingsmeadow community flat christmas donations



## FOR THE IMPOVERISHED AND BENEFIT DEPENDANT

Make it a happier Christmas for people who have little of their own, who are lonely, poor, or a pensioner. Any donations gladly received for the impoverished and lonely this Christmas.

All donations be it food, toys, toiletries, warm clothing etc greatly received by Kingsmeadow Community Flat, to be distributed to the local community,

Please drop off your donations to **KINGSMEADOW COMMUNITY FLAT**  
**19 BARRINGTON CLOSE, KINGSWOOD, BRISTOL, BS15 4QD**  
Tel: 0117 904 8425

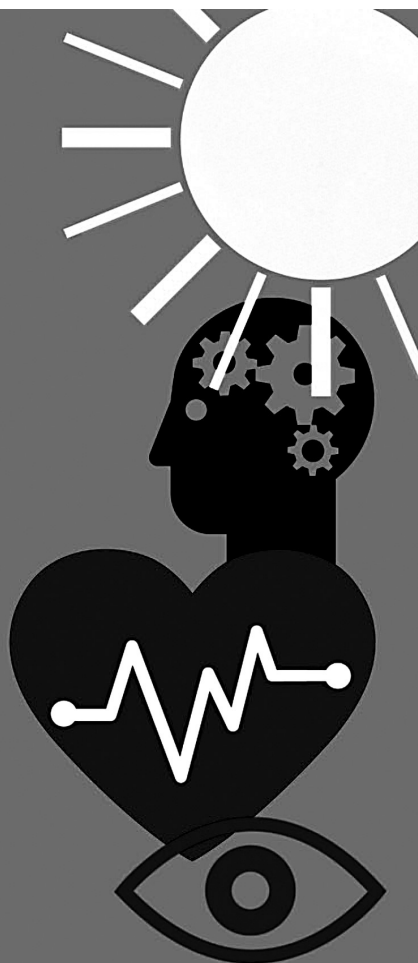




# As a Health Champion

You will

- Meet new people
- Gain a free Level 2 qualification in health
- Gain confidence
- Learn new skills and knowledge
- Have conversations about health
- Attend local groups and events
- Help people lead healthier lives



Health  
Champions

This scheme helps  
you, your friends and  
family become  
healthier and happier

Use the contact number  
below for enquiries  
and to let us know  
when you are coming

**Interested? Contact Health Champion Co-ordinator**  
**t: 01454 868570**  
**e: [healthchampions@southernbrooks.org.uk](mailto:healthchampions@southernbrooks.org.uk)**



# WALL CLIMBING FOR BEGINNERS

AGED 18 YEARS AND UP

6 WEEKS TUITION STARTING  
EVERY TUESDAY FROM

**6TH FEBRUARY 2018**



BIG  
LOTTERY  
FUND

LOTTERY FUNDED

**10am  
til  
12 noon**

IN PARTNERSHIP WITH  
KINGSMEADOW  
COMMUNITY FLAT

MADE-FOR-EVER  
YOUTH CLUB  
FISHER ROAD  
KINGSWOOD  
BRISTOL  
BS15 4LE



**MADE-FOR-EVER  
YOUTH CENTRE**





# Beat Surgery

Come along and meet your local Neighbourhood Policing Team. You can talk to us about any issues or concerns and get crime prevention advice.

## **Place:**

Brooks Café, The Park Centre (BC)

## **Date & Time:**

**Wednesday 15th November 10am**

**Monday 18th December 10am**

**Monday 15th January 10am**

## **Who will be attending:**

A member from the local Kingswood Police Team.



## **Avon and Somerset Constabulary**

Working together to make the communities of Avon and Somerset be safe and feel safe

Call 101 or visit [www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk)



C8076\_11/2014





# HANHAM ABBOTONIANS LEES HILL PLAYING FIELDS KINGSWOOD

**STILL RECRUITING FOR CHILDREN  
ENTERING YEAR 2 AND YEAR 3**



**TEAM SPONSOR  
KINGSMEADOW  
COMMUNITY FLAT**

- FREE two week trial period
- FA qualified coaches
- FUN and friendly environment

**Contact Daryl for more information**

**DarylNaylor01@gmail.com  
07794 638019**





DECEMBER 2017

FRIENDS OF  
KINGSWOOD PARK

# Santa in the Park

Fill Kingswood Park with colourful  
Santas and see the smiles

Every year we  
invite you to leave a  
Santa in the Park to brighten  
up our winter. Schoolchildren  
delight in making and fixing their  
Santa to a tree or to the railings.  
Families decorate a tree and leave  
a message. Sure, some get  
vandalised, but we cant let  
them win, can we?





## **Kingsmeadow Community Flat**

**Welfare benefits support in your local community**

### **Our Community Advice Champions can:**

- Fill in welfare benefits forms with you
- Support you to apply for help to buy essential goods in a crisis
- Offer support and signposting to other services

### **Our Community Advice Champions can help you find out more:**

- Do you know what benefits you are entitled to?
- Would you like help to complete any welfare benefit application forms?
- Do you have any debts that you would like help to deal with?
- Do you owe money for gas, electricity or water?
- If you have a crisis or emergency and don't have essential items such as a cooker, fridge, beds + bedding or carpeting you may be able to get financial help.
- Would you like support with money planning and/or reducing your household costs?

**To make an appointment, please call or leave a message for Catherine**

**Kingsmeadow Community Flat  
Barrington Close, Kingswood, BS15 4QD  
T: 0775 705 6687  
E: [catherinesama@kingsmeadowflat.org.uk](mailto:catherinesama@kingsmeadowflat.org.uk)**

# Friendship and exercise clubs

*SOUTH WEST AREA*



- gentle exercise
- games
- tea & coffee
- make new friends
- first session **FREE**
- small charge thereafter

Please phone us first to ask any questions and have a friendly chat

**Brian Gardner**

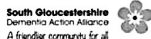
**T 01454 862296**

**Spencer Davies**

**T 07825 155954**

[www.southglos.gov.uk/friendship](http://www.southglos.gov.uk/friendship)

*"I thoroughly enjoy the exercise. The people are lovely and it makes me feel great!" (Pat)*





### *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, or leave a message for Catherine or email:**

[catherinesama@kingsmeadowflat.org.uk](mailto:catherinesama@kingsmeadowflat.org.uk)

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



# **making christmas decorations and christmas lanterns at kingsmeadow community flat**



**Monday 18th of December 3:30-5pm**  
**All ages welcome, parents and**  
**children. Fun for all the family!**

**Please call Jane Curtis on**  
**0117 904 8425 to book your place**

**KINGSMEADOW COMMUNITY FLAT, 19 BARRINGTON CLOSE,  
KINGSWOOD, BRISTOL, BS15 4QD.**

**Website : [www.kingsmeadowflat.org.uk](http://www.kingsmeadowflat.org.uk)  
Charity No. 1148905**

**We are a registered company limited by guarantee No: 8126468**



# What's On

## **After School Homework Club**

**Mondays 3.30 - 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. Includes a snack and drink.

## **Street Games (FREE) Qualified Sports coach providing a variety of sports.**

**Boys & Girls, for ages 9+ Tuesday & Thursdays**

Meet at Kingsmeadow Community Flat, session begins at 5.30pm.

## **Café Tots Toddler Group at Holy Trinity Church Hall High Street Kingswood**

**Tuesdays from 10—11.30 am Term Time Only.** Families with tots aged 0-5 years can enjoy messy play, story and rhyme time, crafts and games.

***Spaces available.***

## **Friendship Club and Armchair Exercise -Thursdays 1.30pm - 3.30pm at New Cheltenham Community Centre. For details contact -**

***0117 9048425 Or Spencer on 07825155954***

## **"Free Wheelers" - Please contact Terry on - 07917004279**

Get out cycling with our community bike hire scheme. Donation only fee, a variety of Adult, junior bikes, baby trailers and seats (including helmets and bike lock). Now taking bookings. Proof of Id and utility bill required for hire.

## **Children's Dreamscheme starts February Half Term 2018**

**10-3pm (3 days per week, may vary on occasion)**

Please contact Jane on 0117 9048424/07584258707 or email [janecurtis@kingsmeadowflat.org.uk](mailto:janecurtis@kingsmeadowflat.org.uk) for more details.

## **Walking for Health 10.30am meeting outside Kingsmeadow Community Flat**

First Wednesday of every month. All are welcome.

## **Fibromyalgia/ME/Chronic Fatigue Support Group**

Last Wednesday of every month. All are welcome for a coffee and a chat.

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: [www.kingsmeadowflat.org.uk](http://www.kingsmeadowflat.org.uk)

Email: [info@kingsmeadowflat.org.uk](mailto:info@kingsmeadowflat.org.uk)

19 Barrington Close, Kingswood, Bristol, BS15 4QD

