

# Kingsmeadow News

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

Oct/Nov 2014

## Community Action Day

30th October 2014



If you need help to move heavy/bulky waste please get in contact with us and we will try to book you some help

- **Bulb planting**
- **Community tidy up**
- **Get rid of bulky waste—Skips will be available**
- **Halloween Themed Community Party**

NO oil, batteries, tyres, chemicals, asbestos or paint to be put into skips

Helpers needed

Can you spare some time to help us organise the day, help elderly and less abled neighbours with bulky waste or help put on the best children's Halloween Party ever!

Watch out for Posters around the community with more details closer to the time

Contact Us:

Community Flat 0117 9048425 or Marie 07921386873

Community Action Day is supported by:

Kingsmeadow Community Flat, Dreamscheme Children, Kingsmeadow Action Group, South Glos. Council, Knightstone Housing and Merlin Housing



thedreamscheme®

## HAVE YOU HEARD ABOUT

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 are based at KINGSMEADOW COMMUNITY FLAT. 19 Barrington Close Kingswood BS154QD

Our next programme starts on Monday 27<sup>th</sup> of October 10-3pm. With activities such as gardening, baking, arts and crafts, bike rides, Halloween fun, Community clean up and face painting to name just a few.

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

Contact Jane Curtis 01179048425/07584258707

### Free Activities



Monday 27<sup>th</sup> of October  
Scavenger Hunt 10.30- 12pm  
Emerson's Green bike ride  
12.00 - 3 pm

Thursday 30<sup>th</sup> of October  
Police car visit, Clean up Day and  
Halloween Celebration  
10 - 3 pm

Tuesday 28<sup>th</sup> of October  
Pumpkin Carving 10- 12pm  
Halloween art and craft 1-3pm



Wednesday 29<sup>th</sup> of October  
Leaflet Delivery 10 - 12pm  
Sports and Games 12- 2pm

Polite Notice  
These out of school activities are for  
children aged 8-16 unaccompanied  
Under 8s must be accompanied by an  
adult. Thank you .

Kingsmeadow Community Flat  
19 Barrington Close  
Kingswood  
Bristol BS154QD  
Contact Jane  
Tel; 0117 3292422 kingsmeadowcommunityflat@gmail.com

Charity Registration No. 1148905 We are a registered company limited by guarantee No. 8126468



Could you help us make this newsletter better?

Do you have graphic design skills, use Microsoft publisher or just have the time and interest to work with us on improving our newsletter.

If so, please get in touch. Call Marie on 07921 386873



## Kingsmeadow Community Flat



Held on the last  
Saturday of  
every month.  
10 am onwards

Refreshments  
available, for a small  
donation.



Come and bring your items (& tables), to sell, £1 charge per table, or come just pop along to grab a bargain and find out more about the Community Flat. Tables available inside and out. You can find us at 19 Barrington Close Kingswood BS154QD. Outside on the green. Contact Ceri or Jane on **01173292422** for further details.



## Kingsmeadow Community Flat After School Club

A fun homework club for local children in primary school. Age 8-11. Mondays from 4 - 5.15pm at Kingsmeadow Community flat- 19 Barrington Close Kingswood Bristol BS154QD. TEL. Jane on 01179048425 For Enquiries. Parents are most welcome to stay for a cuppa and join in the fun with your child!



Kingsmeadow Community Flat, 19 Barrington Close, Kingswood, Bristol BS15 4QD  
Tel. 0117 9048425 Mob. 07446 169870 [www.kingsmeadowflat.org.uk](http://www.kingsmeadowflat.org.uk)  
Project Manager's Hours: Mon-Wed 9.00am - 5.00pm  
Charity No: 1148905 A registered company limited by guarantee No: 8126468

# 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, to  
hire a bike ! Contact us*



## CONTACT DETAILS:

Jane or Ceri

**01173292422**

Or just pop in anytime!

5 days a week

**New**

## Kingsmeadow Action Group

We are a new group set up to look after our community's needs. We will be taking part in the Community Action Day. Catch us for a chat on the day where we can tell you what we are all about!

Community Development is 'a process where community members come together to take collective action and generate solutions to common problems ' (United Nations)



**KINGSMEADOW**

**TODDLER GROUP**

**WEDNESDAYS**

**10 – 11.15**



**Crafts**

**SINGING**

**GAMES**

**STORY TIME**



**Families welcome**  
**Children age 0-5yrs**

**(Term time only)**

**01179048425**

**07584258707**

**Refreshments available**

**No charge!**

**Spaces available**



**Community outing to  
Bath Christmas  
Markets**

**Thursday  
11th December  
9.30—4pm**

**Kingsmeadow Action  
Group are in the  
process of organising  
this trip and need to  
hear from you if you  
would like to come  
along.**

**Please register your  
interest to attend by  
calling Rob on  
07910 682601  
before the  
3rd November 2014**

**"Don't find fault, find a remedy; anybody can complain"**

**— [Henry Ford](#)**

# What's On

## Winter at the Community

Coming soon

Adult Craft  
Classes

### Buggy walks

Every second Wednesday of the month at 10.00 am

Tired of staying indoors? Are you unsure what activities there are to do with your baby? Does your little one need some fresh air? Why don't you come along to one of our free buggy walks? It's a great way to meet other parents and have and chat whilst getting some exercise. No need to book, just turn up at the community flat. See you there!

### Jog on!

Tues evenings at 7.00 pm

A friendly jogging group for all ages and abilities. Meet new people and get fit at the same time. Led by a licensed qualified personal trainer but completely **FREE**— all you need is a water bottle and a pair of trainers.

### After school homework club

Mondays 4—5.15 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. **FREE** including a healthy snack.

### Street Games

Thursdays

Meet on Barrington Green at 4.30pm where we will walk to Made4Ever, to use the fully lit sports court and indoor hall, if the weather is poor. All ages welcome.

### Foot Ball

Tuesday 3.30—5pm

Takes place on the basket ball court. Girls and Boys aged 8—16

### 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.

### IT support, job search help & emotional support

Thursdays and Fridays

Friendly help and support with computers. No experience necessary. If things are getting you down and you could do with a friendly listener we also offer emotional support.

To make an appointment call 0117 9048425 or Catherine on 07757 056 687

**For all enquiries please contact Kingsmeadow Community Flat on 0117 904 8425**