

# Kingsmeadow

For all area residents—Knightstone, Merlin, Guinness, private renters, owners!

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- Help in tough times
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## Community Safety Group Update - phase one complete!

Staggered barriers have gone in at the Gilpin Close end of the green at last. The barriers are there to help reduce motorbikes speeding on footpaths and across the green. We know that this won't completely stop the problem, but it's a start. Thanks to Knightstone and South Glos Council for getting this work done.



Like the new barriers? Want to tackle something else? Or just be more involved? Come to the next

**Community Safety Meeting**

**Tues 10 Dec**

**1—2:30**

**Kingsmeadow Community Flat**

**Everyone Welcome!**

## News flash!

December 2013

The illegal cut through between Giplin Close and Craddick Close was closed off by bollards over the summer. Hopefully this will reduce the dangerous cornering we saw before. *Continued next page*

## We know times are tough.



If you are struggling to make ends meet, help is available at the Community Flat.

We can help by making referrals for food parcels, with getting utility key top ups and by getting charity shop clothing vouchers. They are all available on request. Just call the Flat on 0117 904 8425 or pop in to see us at 19 Barrington Close.

Absolute discretion and confidentiality assured.



**KINGSMEADOW COMMUNITY FLAT**

**CAROL EVENING and NATIVITY PLAY**

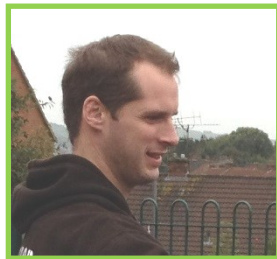
**Friday 20<sup>th</sup> December, 5 - 7pm**

Come and join us here at the Kingsmeadow Flat to sing some Christmas carols on the green and join in with the festive fun. Word sheets will be provided.

After the carol's there will be a fantastic Children's Nativity Play at the New Cheltenham Community Centre. Hot chocolate and mince pies for everyone - AND a guest appearance from Father Christmas!

## **Award winning board (well, kind of)!**

At the Active South Gloucestershire Sports Awards 2013 the Kingsmeadow Flat's new board member, Dean Teyla, won community volunteer sports coach!!!



*Dean Teyla*

The 2013 South Gloucestershire Sports Awards recognises the achievement, dedication and contribution of local people involved in playing, coaching and organising sport across South



South Gloucestershire  
Community Learning

## **ESOL for Families**

**This FREE course is aimed at adults whose first language is not English.**

- **Improve your basic speaking and listening skills**
- **Gain confidence in your English**
- **Understand schooling in the UK**

**Kingswood Civic Centre starting  
Wednesday 15<sup>th</sup> Jan, 6.30pm-8.30pm**

**To enrol call Sam on 01454 865943 / 07768293842**



South Gloucestershire Community Learning is part of the West of England Consortium with Bristol and North Somerset authorities

more information:  
email: [community.learning@southelos.gov.uk](mailto:community.learning@southelos.gov.uk)  
phone: 01454 864613  
[www.southglos.gov.uk](http://www.southglos.gov.uk)

*An Active mind in an Active body*

Skills  
Funding  
Agency

South Gloucestershire  
Council

## **Come and 'Jog on' with a new jogging/running group in Kingsmeadow.**

We meet every **Tuesday evening at 6.45pm at Kingsmeadow Community Flat** - come rain or shine! We have changing facilities, toilets and a kitchen plus two run leaders to help motivate, encourage and lead. We will help plan safe and enjoyable routes that are suitable for all levels of fitness.



For more information contact Dean or Ceri ) on 0117 904 8425 or 07446 169 870.

# Winter at the Community Flat!

## Buggy Walks

Every other Wednesday (next on 18 Dec) at 10:00.

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 on one of our FREE buggy walks? It's a great way to meet other parents, have a chat and get some well deserved exercise. No need to book, just turn up. See you there!

## Jog on!

Tues evenings at 6:45.

A friendly jogging group for all ages and abilities. Meet new people and get fit at the same time! Led by licensed a qualified personal trainer, but completely FREE - all you need is water bottle and a pair of trainers! Questions? Call Dean on 07730 005656.

## After school homework club

Mondays 4 – 5:30

A fun learning group for children aged 7 – 11 and their parents. Help with homework, fun learning games and quizzes to get your child confident and up to speed! Qualified teacher to help with phonics, reading and writing. FREE including healthy snack.

## 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.

## Housing officers' surgery

Housing issues? Come speak to Knightstone's and Merlin's housing officers. Both are available every 3<sup>rd</sup> Thurs of the month from 2 – 4pm. Next date: Thurs 19 Dec

## Job Club

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

## Work skills & confidence training for job seekers **Next session starts 5th Jan 2014!**

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

## **New!** It support and job search help

Wednesdays. Ring Flat for appointment

Friendly help and support with computers. No experience necessary!

## **New!** Counselling and advice

Every Tuesday and Fridays.

Things getting you down? Could you use a friendly listener and a little help? We're here for you.

Please make an appointment by calling Cathering on 07757 056 687 or the Flat.

## **New!** Coffee morning

Tuesday 10 - 11:30

Everyone welcome. Drop by and for a mere 50p enjoy a hot drink, biscuits and a friendly chat!

## Stop smoking help

From 26th September onwards, a specialist advisor will be at the Flat on Thursdays to offer stop smoking support. With this free local service on your side you're up to four times more likely to quit for good.

## Kingsmeadow Flat needs YOU!

The Flat's active volunteer programme is looking for more lovely people to join in! As well as general volunteers (especially people with health and wellbeing interests), we are looking for a handyperson. Volunteering helps us, helps your community, and helps you build your skills and confidence!



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

**Kingsmeadow Community Flat**

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

**0117 9048425**

# Bike Minded



Cycling to Recovery



Experiencing issues with your  
mental well-being?

Why not join us for a Taster Day

- Find out more about supported cycling
- Find out more about our friendly group rides
- Join us for a taster ride



For more information contact Life Cycle UK:

Call: 0117 353 4583 or text 07584 324 470

Email: [bikeminded@lifecycleuk.org.uk](mailto:bikeminded@lifecycleuk.org.uk)

Visit: [www.lifecycleuk.org.uk/mental-wellbeing](http://www.lifecycleuk.org.uk/mental-wellbeing)

Life Cycle UK  
start cycling • keep cycling • love cycling





## *Coffee morning Social Group*

Kingsmeadow Community Flat is offering an exciting

**FREE coffee morning and Social Club for anyone over the age of 60.**

**Come and join us for some real fun!**



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

**WHEN:** Tuesday 3rd December 2013 at 10:30 am  
and every fortnight after.

*For transport and more information, contact Catherine on 0775 705 6687/9048425*



# Street Games are coming!

**StreetGames** is an award-winning charity that brings sport straight to the doorstep of young people living in disadvantaged communities across England and Wales.

StreetGames sessions create a relaxed safe environment where you can try a range of different sports. Coaches will run **free** drop in, multi-sports sessions.

If you are between 11-19 years old then just turn up to one of the sessions! There is no need to book and no commitment to attend the whole session. You can come along to all of the sessions or just a few.

Fridays 5-7pm, 8 November to 20 December,  
Kingsmeadow Community Flat, Kingswood

<http://www.streetgames.org/www/content/join-us>



## Young people needed for FREE mountain biking activities

The Kingsmeadow Community Flat will soon be home to a fleet of new mountain bikes that you can use for free.

If you are a young person aged 16+ and interested in going off roading, we are looking to get a group started. Dean, a qualified personal trainer, will help you brush up your technique and learn new freeriding skills.



Hit the trails with confidence!

For more information, and to check out the bikes, contact the Community Flat at 0117 904 8425 or drop by for a chat at 19 Barrington Close. No previous mountain biking experience necessary. Come with a friend or on your own. Everyone is welcome!

## Community Survey - finding out what matters to you in your community

This autumn, Knightstone, Merlin and the Community Flat are doing a door-to-door survey of Kingsmeadow.

**We want to know what matters to you in your community and how we can help you make the changes you want.**

How happy are you living in Kingsmeadow?

How can we help you improve your

Health and Wellbeing  
Employment and Education  
Environment

for you, your family, your neighbours?

We'll be knocking on your door soon! If you aren't home, we'll leave the survey in your post box.

**Let's work together to make Kingsmeadow a great place to live.**



South Gloucestershire Council is consulting on its budget and council tax levels for next year (2014/15). Your opinions, views and ideas matter. This is your chance to comment on the council's priorities, its council tax and proposals to improve services and increase efficiency.

For more information on how you can have your say, visit [www.southglos.gov.uk](http://www.southglos.gov.uk) or call 01454 868009.

For more information on any of this newsletter, please contact:

**Katie Scaife**  
Community Worker  
0117 984-8107



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