

Kingsmeadow

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



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July/August 2014



New Play equipment for the green

There was some money left after last year's work which seen new play equipment installed on Barrington Green. South Gloucestershire Council have been consulting on what other play equipment people would like to see the money spent.

Based on what you said there will be a new embankment slide and basket swing installed in the play area, and a new 'supernova' roundabout by the ball court.

Following comments from some residents, some small trees will be planted in the middle of the green so that they won't shade out nearby houses. These trees will help screen the new equipment from residents overlooking the green.

The money for this work is being provided by local Ward Councillors.

South Gloucestershire Council hope to begin the work in early September.

We are your Labour councillors in Kings Chase ward and we want to stay in touch with you

Your councillor team called today!

Please keep this card so that you have our contact details for the future.



Councillor Pat Apps

☎ 01454 864057

@ pat.apps@southglos.gov.uk

🌐 www.sglabour.org.uk

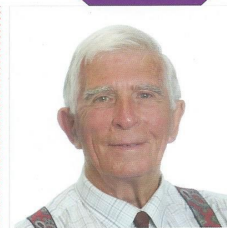


Councillor Bill Bowrey

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Councillor Terry Walker

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A beautiful new home for our bikes!

Last year the Kingsmeadow Flat received funding to buy a fleet of bikes for local residents to borrow for free. Originally, the bikes were to be housed in the Flat's garage, but we have found that more room is needed!

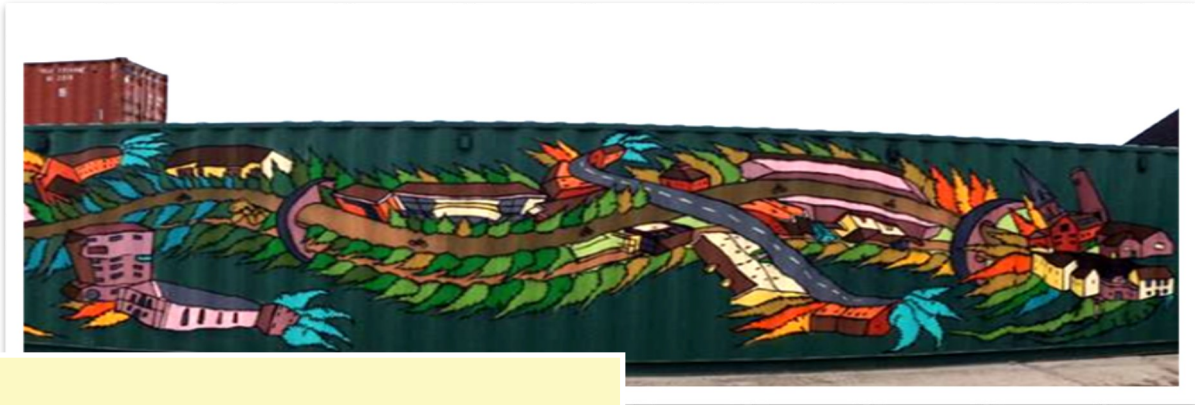
So, we will be looking for your thoughts on a proposal to put a small container by the ball court to house the bikes.

No one wants to look at just a plain old container, so the plan is for renowned local graffiti artist Andy Council, (Andrew.council@gmail.com), to work with local young people to design murals to make the container look amazing! Andy's work is

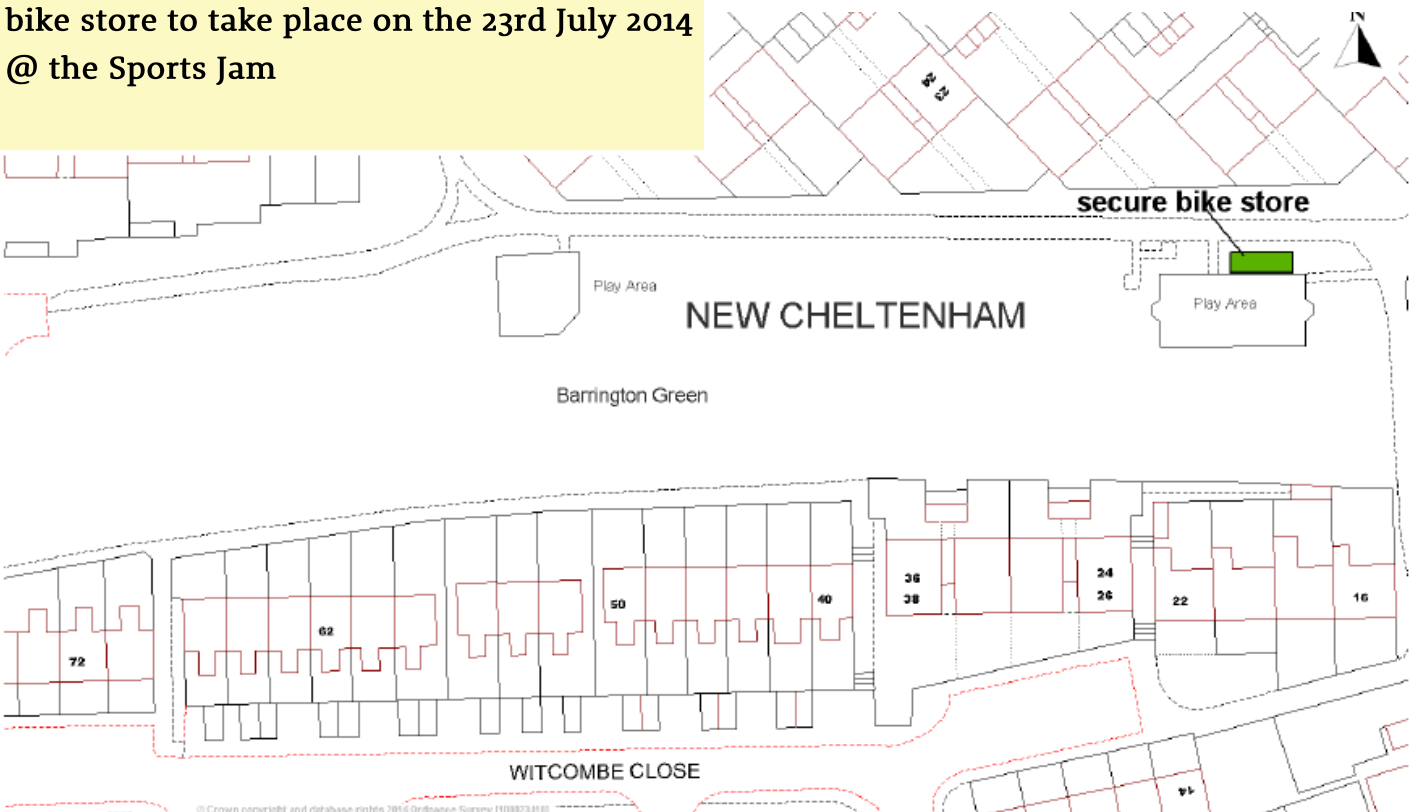
featured at the M-Shed in Bristol and more recently on the Warmley Wheelers all-ability cycling project's container by the Warmley Waiting Room Café.

The consultation will form part of the Kingsmeadow Sports Jam on Wed 23rd July. Come on out, have some fun, and share your thoughts!

Funding for the bikes and the proposed container has come from the Local Sustainable Transport Fund through South Gloucestershire Council in partnership with Sustrans.



Consultation on the location of the new bike store to take place on the 23rd July 2014 @ the Sports Jam



SPORTS Jam

Kingsmeadow Community Flats

Wednesday 23 July

11am – 6pm



- Street Games
- BMX displays
- Pop Up commonwealth games
- Bike Ability
- Street Dance
- Smoothie bike
- Buggy walk
- Self defence

sport@southglos.gov.uk ■ 01454 865821



Kingsmeadow Community Flat



South Gloucestershire Council



Extra

**Buggy
WALKS**

Weekly Wednesday Buggy Walks

**Join us for free weekly buggy walks
this august**

**Feel the benefits of simple and
effective exercise, meet new friends
and explore the local area.**

**These led walks are perfect for
parents and grandparents that are
new or returning to exercise.**

No need to book—just turn up!

Set off:

10am

(lasts approx. 45 minutes)

When:

Every Wednesday throughout

August

**Contact Marie on 01934 526385 /
07921386873**

Buggy walks benefits!

Gets you out of the house and meeting other people.

Increases your self-esteem and energy

Improves your sleep

Improves your cardiovascular fitness

Helps you to lose weight and tone muscles

Decreases depression and anxiety

Reduces your risk of osteoporosis, high blood pressure and diabetes and lowers your cholesterol levels

Saves you money because it is free and baby friendly too.

What should I bring?

All our walks have been tested and risk assessed with standard pushchairs in mind. You can also carry your baby in a sling or back carrier if you prefer.

Bring a hat, sunscreen, extra layers for warmth and waterproofs for you and your baby!

Carry water and supplies for you and your baby.

If it's cold, wear several light layers so you can remove them as you warm up. Comfortable walking shoes.

To volunteer as a walk leader

Free walk leader training provided. You can bring your little one too.

For further information contact :

**Christina Wheeler Walking For Health
Project Worker – Maternal Health**

**(Phone: 01454 863951 / 0782 4081046 |
Christina.Wheeler@southglos.gov.uk**

Positive Youth Activities

Are you aged 14 to 18yrs looking for a challenge and new friends this summer?

Only a few places left on our youth programme which includes a residential trip in September. We are looking for committed young people to get involved and gain new skills.

For more information and to sign up please contact Ceri 9048425 email: kingsmeadow-communityflat@gmail.com

- *Survival Skills/Backwoods*
- *Cooking on open fires*
- *Walking*
- *Map Reading and Orienteering*
- *Archery*
- *Wildlife Studies*
- *Team Building and Problem Solving Activities*
- *Mountain Biking*
- *Visits to local attractions*



Well Done! Nicci and Leah—who did a great job fundraising for Kingsmeadow Community Flat @ the Armed Forces Day, Kingswood Park



A brilliant day was had by all at the Kingsmeadow Krufts Dog Show

'What are people's experiences of loneliness in the neighbourhood'

What can we do as a community to help? What do you think about a Befriending scheme?

Befriending provides companionship for isolated people, the chance to develop a new relationship, and opportunities to participate in social activities.

"Due to cultural reasons people won't talk about it"

"No-one to play with at school when you first go".

"Summer better, winter is worse. Doomed in winter."

"I feel very lonely. Stuck in the house on crutches."

"I was scared to live here"

"Our neighbour is housebound. We help with practicalities but not with her loneliness"

If you relate to the above or feel you could help someone who needs help, we would love to hear from you.

Please contact Ceri 0117 9048425

Free
Activities



WEEK 1

Wednesday 23rd of July
Sports Jam
Free sports activities on the green
11 - 4 pm

Wednesday 30th of July
Wicked Wednesdays at Kingswood
Shopping centre. Meet at the flat first
10 am onwards

Monday 28th of July
11+ years Off road bike training 10 – 3 pm
Leaflet delivery 10 -12 Art and craft 1 – 3 pm

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

Tuesday 29th of July
Graffiti Art 10- 3 pm



Kingsmeadow Community Flat
19 Barrington Close
Kingswood
Bristol BS154QD Tel; 0117 9048425 email:info@kingsmeadow@at.org.uk
Web site: www.kingsmeadow@at.org.uk Twitter:@kingsmeadowF



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

Free
Activities



Week 2

Monday 4th of August
Litter Pick at Southey Park 10am onwards
Meet at the flat first.
Make a Kingsmeadow video 1 – 3 pm

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

Tuesday 5th of August
Fire safety talk with the Fire Brigade
10am
Bike ride 12 – 3 pm please bring helmet.

Wednesday 6th of August
Play and lunch at Kingswood Park, meet at 10
am at the flat first.
Snakes and Mirrors at Kingswood Library
2.15 – 3.15 pm

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Free
Activities



Week 3

Monday 11th of August

11+ Off road bike training 10 – 3 pm
Bike Ride 10 -3 pm. Please bring helmet.

Tuesday 12th of August

Mark's fun with money session 10 – 12 pm
Play Rangers in Kingswood park 1 - 4 pm meet
at the flat first.

Wednesday 13th of August

Wicked Wednesdays at Kingswood Shopping
centre. Meet at the Flat First. 10 am

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Free
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Week 4

Monday 18th of August

11+ Off road bike training 10 – 3 pm
Pizza Making 10-12pm and Cake Baking
12- 3 pm.

Tuesday 19th of August

Cake Sale at Kingswood Shopping Centre
Meet at the Flat At 10 am

Wednesday 20th of August

End of Dreamscheme Party and B.B.Q
Meet at the flat at 10 first.

Polite Notice

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What's On

Summer at the Community Flat

Buggy walks

14th May and then every other Wednesday 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. **FREE**— all you need is a water bottle and a pair of trainers. Please contact Ceri on 0117 9048425.

After school homework club

Mondays 4—5.30 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. Qualified teacher to help with phonics, reading and writing. **FREE** including a healthy snack.

Toddlers and Parents Stay and Play

Wednesdays from 10—11.15 am

Families with tots aged 0—5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces available.

Housing Officers Surgery

This is no longer running due to lack of people using the service

IT support and job search help

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