

Kingsmeadow

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

In this edition

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- Autumn at the Community Flat
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- And SO MUCH more!

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!

November 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.

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Kingsmeadow Community Flat's Annual General Meeting & Children in Need Fundraiser



Friday 15 November 2—3:30 pm

Everyone living in Kingsmeadow and the surrounding area is invited to join us on **Fri 15 November, 2-3:30 pm** to celebrate Kingsmeadow Community Flat's **Annual General Meeting**.

We will also be having a bake sale to raise money for **Children in Need**. Come and join us! Bring a cake if you can, or just bring your appetite!

Meet new people, learn about what the Flat does in your community, its future plans, and how to get involved!

The event will kick off with an introduction and welcome by our Chairperson Di Block.

All Welcome!

Community Safety (continued)

With the help of Cllr. Bill Bowrey, speeding in Gilpin Close and motorbikes on the green remains a policing priority in Kingswood. Policing priorities are set every month at the Safer, Stronger Kingswood meeting. Any resident can attend and request help with a local issue. Residents from Kingsmeadow attended last year to bring the problems in Gilpin and the green to the police's attention. It has remained on the priorities list ever since.

The next Safer Stronger Group meeting is Monday, 2 December at 7pm at the Kingswood Civic Centre. It is a public meeting so please do attend if there's something you would like the police's help with. If you can't make that meeting, you can always come to the Community Safety meeting at the Community Flat on Tuesday 10 Dec at 1pm and share your concerns there. If you can't make either meeting, you can call Katie on 07921 386 902 and she can raise the concerns at the Community Safety meeting on


Living Well with Dementia roadshows 2013



- for anyone who has recently been diagnosed with dementia and their carers or families
- practical, emotional and health advice and information
- reassurance that you're not on your own

Thursday 23 May 10.30am – 1pm
Gateway Revival Church, Station Road, Yate BS37 4PH
Thursday 4 July 6.30pm – 9pm
Turnberries Community Centre, Bath Road, Thornbury BS35 2BB
Thursday 12 September 2pm – 4.30pm
Coniston Community Centre, The Parade, Coniston Road, Patchway BS34 5LP
Tuesday 19 November 10.30am – 1pm
Kingswood Civic Centre, High Street, Kingswood BS15 9TR

Email: cengagement@southglos.gov.uk
www.southglos.gov.uk/dementia
Phone: 01454 862356





SURVIVE



CANDLELIT WALK

We are holding another candlelit walk to raise awareness of domestic abuse and in memory of women, men and children who have died as a result of it.

Wednesday 27th November 6pm – 7pm

Please gather at Withies Cafe, Kingswood Estate BS15 8DB from 5.45pm.

Candles will be provided and the walk will be followed by something to warm you up in the cafe!

Please let us know if you can join us on: info@survivedv.org.uk or 0117 961 3065

WORKING TOWARDS FREEDOM
FROM DOMESTIC ABUSE

Help to make ends meet

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.

Autumn at the Community Flat!

Buggy Walks

Every other Wednesday (6th & 20th Nov and 4th 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 3rd Thurs of the month from 2 – 4pm. Next date: Thurs 21 Nov.

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

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

New! It support and training

Every Tuesday 2-5, Wednesdays 10:30-12 and Fridays 10:30-1.

Friendly help and support with computers. No experience necessary!

New! Personal support and advice

Every Tuesday 2-5, Wednesdays 10:30-12 and Fridays 10:30-1.

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 Kate 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 and also a Treasurer for the Flat's Board. 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

48 Hours Before; half-term horror show!

We've received these disturbing images of strange creatures roaming the streets of Kingsmeadow over the half-term, ghastly harbingers of all Hallows Eve.

Some bore an unearthly resemblance to friends and neighbours, showing just how tricky the undead can be!





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!

The Friendship Club

Friendship clubs are for older people who like gentle exercise and games as well as socialising with a cup of tea or coffee. All the clubs are led by a friendly, approachable instructor with a specialist qualification in exercise for older people. The nearest club in your area is the Kingsmeadow Friendship Club Falcon Court, New Cheltenham Road, Kingswood. They meet every Thursday 1.15pm-2.45pm. To find out more please call 01454 862296 or 07825 155954 for a friendly chat.



Gentle exercise class at the Friendship Club



Friendly chat in progress!

No Room at the Inn

Christmas is fast approaching. And while we look forward to celebrating with family and friends, it's also a time to show our support for people who are having a hard time.

On 6th December, Rev Andy Mason will lead 'No room at the Inn', where people will sleep out (at the NCCC) from 9:00pm til 9:00am. Tying in with the Christmas story, he seeks to raise awareness and money for Kingswood Young Peoples Homeless Project .

For more information on anything in this newsletter, please contact:

Katie Scaife
Community Worker
0117 984-8107
Katie.scaife@knightstone.co.uk



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.