

# Kingsmeadow

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

## In this edition

- Community Safety Group update
- Community Survey on the way!
- October Dreamscheme
- Autumn at the Community Flat
- Awards night
- And SO MUCH more!

## News flash!

October 2013

### Community Safety Group Update - work starts!

After some delay, the staggered barriers are due to go in across the footpaths between the top of Gilpin and the green on Nov 4th. These barriers will make it impossible for bikes to move on to or off of the green at these points at speed.

Knightstone is still waiting to hear from the Council about how to secure the necessary permissions so we can put some speed-reducing planters into Gilpin Close proper.

So it has all taken a bit longer than expected, but we're getting there!

### Not liking the street lights going off at midnight?

Tell your councillors (Bill Bowry on 01454 864100 or Pat Apps on 01454 864 057) or tell someone at the Flat and they will take your opinions to the next Safer Stronger meeting.

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

This autumn, Knightstone, Merlin and the Community Flat will do 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?

Katie, Ceri and Emma will be by to ask in October. & November. 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.**

Free Activities



Free Activities



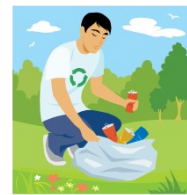
Tuesday 29<sup>th</sup> of October  
Halloween Art and Crafts 10-12pm  
Face Painting 1-3pm

Friday 1<sup>st</sup> of November  
Clean up the Green 10-12 pm  
Community baking 1-3pm

Wednesday 30<sup>th</sup> of October  
Visit to Kingswood Library 10-11.30am  
Bulb planting in the community garden  
1-3pm

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

Thursday 31<sup>st</sup> of October  
Kingsmeadow Sports Jam  
Activities on the Green 10am -4pm



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

Want to stop smoking?

We can help.



Smokefree South Gloucestershire provide advice, support and stop smoking medications to help people stop smoking for good, and is completely free of charge. Your nearest smokefree session is:

**KINGSMEADOW FLAT  
BARRINGTON CLOSE**

**Every Thursday 2pm until 4pm**  
(from 26th September 2013)

For more details visit  
[www.southglos.gov.uk/smokefree](http://www.southglos.gov.uk/smokefree)  
or call 01454 865502

**Because life's better Smokefree.**



Ready to quit smoking? Stoptober is back!

Stoptober - the 28-day national stop smoking challenge - is set to return following its launch in October 2012. Stopping smoking for 28 days means you're five times more likely to stop for good and last year over 160,000 people successfully quit in the nation's biggest mass participation stop smoking challenge ever. **Why not add to that number this Stoptober?**

# Autumn at the Community Flat!

## October Half-term Dreamscheme! See page 2 for details.

### **New! Buggy Walks**

Every other Wednesday (9th & 23rd in Oct)

Tired of staying indoors? Are you unsure what activities there are to do with your baby? Does your little one need some fresh air? Feel like getting fitter? Why don't you come along on one of our FREE buggy walks? No need to book, just turn up. See you there!

### **Jog on!**

A friendly jogging group for all ages and abilities. Meet new people and get fit at the same time! Led by licensed run leaders and a personal trainer for fitness advice and tips. Completely FREE - all you need is water bottle and a pair of trainers! 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 17 Oct.

### **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!

### **CV writing and Universal Job Match help**

Use our laptops and free WiFi to find jobs, complete job applications and write CV's without the pressure of doing it alone. Use the support and guidance of qualified tutors and volunteers to help you feel at ease! Ring Rinku on 07746795003.

### **New! 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 handy person and also a Treasurer and Secretary 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  
[kingsmeadowcommunityflat@gmail.com](mailto:kingsmeadowcommunityflat@gmail.com)



## On Your Doorstep!

Saturday 12<sup>th</sup> October 11am - 3pm  
Warmley Signal Box, London Road, Warmley  
On the Bristol Bath Railway Path

*An afternoon celebrating local sites, local heritage and the joy of cycling!*



Including live music with special guest:  
**Jet McDonald**  
In May 2010 Jet McDonald cycled four thousand miles to India from the UK with a guitar strapped to the back of his bike with a bungee. Hear the songs inspired by the journey in an intimate and unusual venue! Jet will play at 2pm.



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



## The bicycles have landed!

The Kingsmeadow Flat is really pleased to announce that it now has a range of bicycles you can borrow for a day or a week...

### COMPLETELY FREE!

Use them for a commute or to take advantage of a lovely day.

Or any time you need a bike!

Open to anyone who lives locally.

A variety of models and sizes are available.

Yes, it's **ABSOLUTELY FREE!**

You just need to leave a deposit.

For more details or to get on your bike call 0117 904 8425 or come by the Flat!

**Get out there and get cycling!**

## All day Sports Jam coming to Kingsmeadow!

As part of the Dreamscheme this half-term, an all day Sports Jam will rock the Kingsmeadow Flat and green!

Look out for:

- StreetGames    Buggy walk
- Run, Jump, Throw    Cheerleading
- Golf Academy
- Smoothie bike    Fun run
- Zumba    and more!

Thurs 31st Oct,  
10 - 4 pm

**BE there!**

## Kingsmeadow Community Flat Annual General Meeting Friday 8th November, 2pm - 3.30pm

We invite all members of Kingsmeadow and the surrounding area to join us on **Fri Nov 8, 2pm – 3:30pm** to celebrate Kingsmeadow Community Flat's first **Annual General Meeting**. Come and join us, meet new people, learn about what the Flat does in your community, its future plans and how to get involved! The event will kick start with light refreshments followed by an introduction/welcome by the Chair - Di Block.



All welcome!

## Positive Activities Awards!

As part of the summer Dreamscheme, young people went on a camping trip funded by South Glos Council's Positive activities fund.

In September, an award ceremony was held at the new New Cheltenham Community Centre to recognise the achievements of these young people.

The awards were given to key teenagers who attended the activities weekend with Dean Teyla, Rinku Khan and Jane Curtis.



Councillor Bill Bowrey was on hand to present certificates and awards.

Well done everyone!



## Friendship Clubs

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 on at 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.

## Community Speed Watch

Community speed watch schemes enable groups of concerned residents to address speeding problems in their area. Speed watch groups monitor the speeds of passing vehicles using speed guns. They record and report the speed and identifying details of vehicles travelling at or above nationally-specified speed thresholds. Community speed watch is a partnership between the community, the police and the council.

For more information or to get involved, call the Council's Road Safety team on 01454 868 004.

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

**Katie Scaife**  
Community Worker  
0117 984-8107  
[Katie.scaife@knightstone.co.uk](mailto:Katie.scaife@knightstone.co.uk)



## Help needed at the Community Flat!



### Want to make a difference? Need a new challenge? Consider becoming a Trustee on our Board

As a new Trustee you will join a small and successful charity and help us continue to take the Kingsmeadow Community Flat forward. We are seeking individuals with a good background in strategic planning, forward thinking, social media, income generation and working with hard to reach groups and impoverished communities.

If you are ready to volunteer your time to help us you will be joining an existing Board of Trustees who have successfully overseen the move from unincorporated association to registered charity in the past 18 months, employs 2 people, supports over 10 volunteers and helped over 150 people last year.

No previous experience is necessary; however it is helpful if you have had experience of committee/board work.

If you would like an informal chat about the role of trustee please contact the Chief Officer Ceri Naylor on 0117 9048425 or email [kingsmeadowcommunityflat@gmail.com](mailto:kingsmeadowcommunityflat@gmail.com)

### Volunteer company secretary

We wish to appoint an experienced volunteer company secretary to support Kingsmeadow Community flat.

The volunteer company secretary has a key role to play in ensuring that Board procedures are both followed and regularly reviewed. The Chair and the wider Board will look to the Company Secretary for guidance on what their responsibilities are under the rules and regulations to which they are subject and on how these responsibilities should be discharged. The role will also involve providing secretariat services to the Board and coordinating involvement of Board Members with the charity. For further information and an informal chat about the position please contact: Di Block

0117 9048425