



Winter issue—Nov 2010

## KINGSMEADOW COMMUNITY FLAT

The young people involved in Kingsmeadow's Dreamscheme have been very busy during summer and autumn holidays. Kingsmeadow Community Flat has been able to provide various activities to keep our young people active in the local community. We've had over 30 children sign up to Dreamscheme this year, plus more involvement from parents/grandparents as well. To celebrate Cllr. Janet Biggins, Chair of South Gloucestershire Council, handed the certificates to this year's successful Dreamschemers. Some of the activities included, family fun days, working on Grimsby Farm, community clean up, baking cakes for older people, day trips, street dance and climbing sessions, sports tournaments, cinema days, discos and so on..... Look out for our next Dreamscheme in spring!  
Visit [www.kingsmeadowflat.org.uk](http://www.kingsmeadowflat.org.uk)



**Baking for older people at Trinity Church**



**Dreamscheme with Knightstone Housing Association—Community clean up day**



**Older dreamschemers preparing for Halloween!**



**Apple bobbing with Avon Wildlife Trust!**



## ***Flat News and updates.***

*Santa is coming to Kingsmeadow  
Community Flat!*

*on*

*Tuesday 21st December 3pm—6pm,  
Mince pies and refreshments*

*Join us in celebrating Christmas, singing by  
candle light at 6.30pm*



**Local Health and Adult Social Care Services  
“What matters to You?” event**

**Come and have a say about what effects you**

**Talk about the choices to improve health and well being in  
your area**

South Gloucestershire Local Involvement Network (LINK) wants to hear what You think should be changed about Local Health and Adult Social Care Services. In the Autumn and early Winter, South Gloucestershire LINK working group meetings will be visiting venues in the rural and outlying areas of South Gloucestershire.

**The LINK will be at  
Kingsmeadow Community Flat  
19 Barrington Close, Kingswood BS15 4QD  
on  
Tuesday December 7<sup>th</sup> from 10am until 1pm  
Meet Your Local Involvement Network Officer!**

## Age Concern South Gloucestershire is **'STEPPING OUT'**

Age Concern South Gloucestershire now run their own **nail cutting service** for people over the age of 50, called **'Stepping Out'**. This follows an extensive national campaign by Age Concern that revealed that over one third of people over the age of sixty five, experience mobility problems because they cannot cut their own toe nails. The Health Service has consistently tightened their criteria for free nail cutting over the past ten years, and the private sector is often too expensive for older people on limited incomes. This puts many older people at a great disadvantage, making them dependent on close relatives, friends or neighbours to cut their nails for them. A limited supply of quality foot care services leaves people housebound and isolated and can lead to increased risk of falls.

Age Concern is offering regular venues across South Gloucestershire including a fortnightly Thursday morning service, starting on **18<sup>th</sup> November, at the Kingsmeadow Community Flat, 19 Barrington Close.**

The service will be available from 10.00am – 1.00pm An appointment is necessary for this service.

For more information or to make an appointment, phone Age Concern South Gloucestershire on **01454 858750.**

This service is being established on very limited funding so service users will have to pay an annual joining fee of £5.00 and then £11.00 per treatment. 'Stepping Out' is open to all people over the age of 50 years, living in the Kingswood area.

Peter Iles, the Chief Officer of Age Concern says " We are providing a much needed service, so that all older people in the area can access a local service that is affordable to them".

All service users will be asked to sign a self certification form before receiving the service to confirm that they are medically suitable for such treatment.



**Coming events !!!!!!!!!!!**



### **Children In Need 2010**

Kingsmeadow Community Flat are hosting a fun day and sponsored event for this year's **Children In Need Appeal** on **Saturday, 13th November @ 12pm—3pm**. Get sponsored for dressing up and entering a sponsored run @ 4pm. There will be fun packed entertainment throughout the day including music and the fantastic Go Flow.

Come along and get your face painted in spots, enjoy the police car and van display where you can experience what it would be like to be arrested!

Get your photo taken with Pudsey the bear!

**For more information contact: Frazer 07771985380**

### ***IMPORTANT EVENT!!!!!***

#### **Kingsmeadow Community Flat (Annual General Meeting)**

Our AGM meeting will be held at Kingsmeadow Community Flat on 15th December, 2pm—4pm. All are welcome - friendly and informal.

#### **Library books at the flat!**

Come and browse through our selection of quick read books—Authors such as Justin Richards Doctor Who, Andy McNab, Rolf Harris and Peter James are some of the highly recommended books available for you to borrow.

For more information contact Ceri 0117 9048425

#### **Need somewhere to hold your child's Birthday party?**

Why not use our space here at the Kingsmeadow Community Flat. There is a small fee—Visit or Phone 0117 9048425

