

# Kingsmeadow Community Flat

19 Barrington Close

Tel: 0117 9048425

Newsletter October 2011

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## NHS Grant Helps Make Young People's Idea a Reality

Thanks to Steph Bengry-Howell, who completed an application for an NHS South Gloucestershire Local Grant, we received funding to ensure exciting activities took place this summer. "Come Dine with Us" was a huge success. Paris and Martina were partners on one team; Nicole and Megan on the other. Both teams were given a £75.00 budget per pair. Their challenge was to plan a menu, organise a first and second course, shop for the goodies and cook and wait on the young Dreamschemers.



It was an amazing success. Nineteen eager young people took their seats admiring a sparkling table prepared by Paris and Martina, who had chosen Fajita followed by Chocolate Brownie. Cooked to perfection, children eagerly cleared the lot. Nicole and Megan followed suit, their table laid to perfection, while sixteen hungry youngsters waited patiently for the meal, not a morsel left on the plates. Their meal was rounded off with strawberries dipped in chocolate. Mmmm... the young people scored each meal, and it was draw!!!!



## Healthy Cooking Course for Adults

We will be running a 4 week course (2 hours per week) during the autumn at the flat. Also funded by NHS South Glos.

If you are **interested in coming along**, then call:  
**0117 9048425**

[www.kingsmeadowflat.org.uk](http://www.kingsmeadowflat.org.uk)

## Another exciting spring and summer here at the flat ...

...with no thanks to the weather! We averaged seventeen young people knocking at the door, keen to help and enjoy the activities. Fay, Community Investment Officer at Guinness, funded and organised the creation of a mosaic design depicting Kingswood High Street, with artist Joanna Dewfall. Eagerly the young people chopped and glued the tiles. The design now takes pride of place on the front wall of the flat. Art, craft and gardening challenged our keen young people, enhancing their skills whilst they enjoyed the team work, taking pride in their finished article.

Our thanks to Wildways who took a group out Orienteering and blackberry picking on Siston Common in August. Sally Pattison gave out foil baking tins and crumble, enabling young people to take the blackberries home and cook a pudding for their families.

Every Wednesday over the summer, 6 children chose a recipe and following instructions, measured ingredients and cooked a variety of muffins. They were delivered to The Holy Trinity Church Luncheon Club, thanks to Rev Andy Mason. Our Senior Citizens loved the choice of lemon, orange or blueberry muffins and gave the young ones a standing ovation. With heads held high and a smile on their faces they returned to Barrington Close.

Steph, with her artistic skills, had discussions with Jess, Paris, and Martina about brightening up the garden. It was agreed to design a "Summer Beach" scene for the Patio divider. The senior girls drew a variety of designs, crab, sandcastle deckchair etc. and Guinness Housing provided the paint. Our younger Dreamschemers set to work with brushes and rollers and a beach scene emerged. It will brighten up the coming winter.



**Chantelle, Sophia, Jordan, Josh and Olivia help Di, Fay and Steph put the finishing touches to the beach**



**What is it?** Dreamscheme is for all 8—16 year olds living within a 3 mile radius of Kingsmeadow.

**How does it work?** Get involved in learning new skills or work that improves the local community. In exchange, you get points for every hour of work you do. You can save up the points to spend on activities or trips of your choice

**How can I get involved?** Sign up for any of the following to collect points. A parent consent form is needed for each activity.



halloween

| Date  | Meet this time....          | To do.....  | Points  |
|---|-----------------------------|---|---|
| 24/10/11  | 2-4pm                       | Lantern Making/Poems/<br>Christmas Card Competition | 20  |
| 26/10/11  | Book with Di on 24th<br>2pm | Baking<br>Leaf Art                                  | 20  |
| During October there will be a trip for our young people who earned a lot of points over the summer |                             |   |   |
|                    |                             | <b>December 2011</b>                                |  |
| 19/12/11  | tbc                         | Mosaic Tiles  | 20  |
| 21/12/11  | tbc                         | Baking<br>Carol Singing                             | 20  |
| 22/12/11  | tbc                         | Christmas Party                                     |   |

PLEASE NOTE THAT IF IT IS NOT POSSIBLE TO UNDERTAKE THE OUTDOOR ACTIVITIES THEN AN ALTERNATIVE INDOOR ACTIVITY WILL BE ARRANGED

If your child/children would like to take part in any of the activities, then please come along with them to the Community flat at 19 Barrington Close, at the requested time for the activity they wish to take part in. We need a Parent/Guardian to complete a consent form for each child. For more information call: **0117 9048425**

### Extra Funding For Dreamscheme

Kingsmeadow have been awarded £30,000 from **Children in Need**—it was a challenging grant! The extra funding means that we will eventually have 2 dedicated workers for our holiday and after school activities.

**Funding from Quartet's Express Fund has paid for our Autumn trip and Christmas Tile Workshop and Party!!! Thank you!!!**

## Community Clean Up and Fun Day

Residents, we still require your input! Kev Rudd, Knightstone Housing Officer, Zalika Fanty, Merlin Housing Officer, Fay Morgan, Guinness Community Investment Officer and South Gloucestershire Council are all prepared to listen to you and ensure that the Estate remains rubbish free. Call us at the flat to get involved!

On August 25th young people and local residents, with help from representatives of Merlin, Knightstone, Guinness and South Glos Council met as planned. Armed with litter pickers, bags and gloves, they combed the local area and the Estate was cleared. The work was followed with tasty food, healthy smoothies and a Fun Day. Thanks to Knightstone, South Glos, Guinness, Merlin and local PCSOs, we had Birds of Prey, Basketball Skills, a Bouncy Castle and Face painting. It was a wonderful example of people coming together to achieve success.



### Coffee Morning at 19 Barrington Close November 23rd 2011 10am—12 noon

Come along to find out about **courses** you could take at the flat, if you would like to join a **parent and toddler group**, or simply find out what we are up to next!!!

**We will be joined by South Glos Council's Community Learning Development Worker**

**THE HAVEN:-** We meet at the Haven every Thursday 1.15—3.15  
Lees Hill—opposite the Royal Archer Pub.

**WHY:** The Friendship club—Armchair exercise and activities

**COST:** Its free , and a tea or coffee as well.

Phone Diane Block on **0117 9613055** for further information.

### **YOUR LOCAL SAFER STRONGER COMMUNITY GROUP NEEDS YOU!!**

The next meetings of the Kingswood group are Monday **31st October 2011**, 7pm, Kingswood Community Association, Community Centre, High Street, Kingswood, BS15 4AB

Thursday **02nd February 2012**, 7pm Holy Trinity Church Hall, High Street, Kingswood, BS15 4AD. These meetings offer you the chance to **have your say** on key issues affecting your neighbourhood.