

What's On

Buggy walks

Every second Wednesday of the month during term time. Next walk is on the 14th October, meet at the flat at 10am.

After school homework club

Mondays 4.00—5.15 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. Volunteer teacher to help with phonics, reading and writing. Includes a snack and drink.

Street Games

Thursdays. Meet at the basket ball courts on Barrington Green at 4.30pm. A variety of sports. Boys and girls, all ages welcome.

Toddlers and Parents Stay and Play

Wednesdays from 10—11.15 am *Term Time Only.* Families with tots aged 0—5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces available. Starts back on Wednesday 9th Septemeber.

Basketball sessions—Tuesdays 6.00-7.00

Boys and girls ages 10 –16, Meet at the basket ball court.

Multisports sessions—Wednesday 6.30-7.30

Free Teen Girl Fitness sessions— from 15 Sept every Tuesday 6-7pm at New Cheltemham Hall

Friendship Club and armchair exercise—Thursdays 1.30pm at Falcon Court

Contact Di—0117 961 3055

On your Bike

Free to hire Adult, junior bikes, Baby trailers and seats (including helmets and bike lock) Now taking bookings. Proof of Id and utility bill required for hire.

Beat Surgery

Wednesday 14th October from 2—3 pm at Kingsmeadow Flat

Dreamscheme

Monday 26th Oct to Thursday 29th Oct. Check notice board for more details.

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

BASKETBALL & Multisports



Aged 14+

Basketball -Tuesday

Time: 6pm-7pm

**Venue: Kingsmeadow
Community Flats**

Multisport -Wednesday

Time: 6.30pm-7.30pm

For more information contact:

sport@southglos.gov.uk

or call **01454 865821**



Doorstep
SPORTCLUB



Volunteers Needed at the Kingsmeadow Community Flat

- IT Technician
- Bike Technician
- Afterschool Club Assistant
- Dreamscheme Play worker
- Welfare and employment support mentor
 - Cleaner
 - Sports Champion

Please note that these are all voluntary unpaid roles.

Please contact Jane/Ceri 0117 9048425, for more information.

KINGSMEADOW TODDLER GROUP

WEDNESDAYS
10 – 11.15

Families welcome from 0-5



(Term time only)

Call 01179048425 / 07584258707

GAMES



STORY TIME
SINGING
Crafts

Refreshments available

No charge!

Spaces available

FUN FITNESS FRIENDS

Get together with the Girls!
Free Teen Girl Fitness Sessions

Come & join in our NEW Teen fitness session. Fun & social fitness classes for Teen Girls.

Each session consists of a fun fitness routine eg aerobics, toning, yoga, running, dance.

Bring along your own music!

Every Tuesday 6-7pm at New Cheltenham Hall, New Cheltenham Road, BS15 4RD

Starting Tuesday 15th September

 facebook.com/sotoservices

 [@UsGirlsTweet](https://twitter.com/UsGirlsTweet)

www.usgirls.org.uk

active
WOMEN
consortium



For more information:
sport@southglos.gov.uk
Phone: 07534241644



Have you heard about Dreamscheme ?



We are a free, fun out of school activities group which actively involves the children with their local community.

Dreamscheme runs in all the school holidays and is for children aged **8-16 years** unaccompanied or **under 8** with a parent.

Our aim is to build children's confidence and skills, offering the chance to try new experiences, meet new people and visit new places together.

We are based at

Kingsmeadow Community Flat.

19 Barrington Close Kingswood Bristol BS154QD

Our next program of events begins on

Monday 26th to Thursday 29th October at 10-3pm

If you are interested and want to know more please feel free to contact us for more information.

Contact Jane Curtis
Children's Activities Coordinator
Kingsmeadow Community Flat for more details.



Office Tel. 0117 9048425 Mob. 07584258707

Address: 19 Barrington Close, Kingswood, Bristol BS15 4QD

Website : www.kingsmeadowflat.org.uk

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

Introduction to IT Course for Job Seekers

This course is designed to provide learners with IT skills and confidence to search & apply for jobs online effectively and confidently. It will also provide vital general basic IT skills essential for everyday use.

N/B - One to one support to follow up on course available, if required.

Day: Wednesdays

Time: 5.30 - 7.30pm

Where: Kingsmeadow Community Flat, 19 Barrington Close, Kingswood. BS15 4XF.

Start date: 23/9/15

Course Duration: 5 weeks (to be extended to 10 weeks if necessary, or start a new 5 week course on 5 Nov 15)

Providers: Kingsmeadow Community Flat & SGC Community Learning

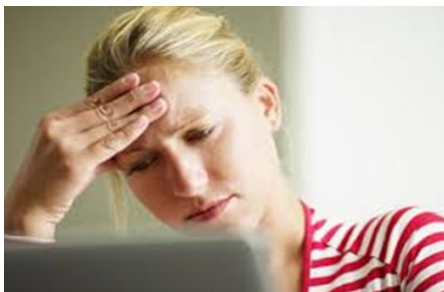
To REGISTER, Please contact Catherine on 0775 705 6687 or email to Kingsmeadow.community.flat@outlook.com

To secure a place, please register now !!!



Seeing the Potential in Everyone **KCF's SUPPORT services**

Your Welfare is our concern because we believe as a community we are successful and remain firm if everyone is successful.



Are you...

- *Finding life stressful, often worried or feeling emotionally down?*
- *Feeling lonely or isolated?*
- *Struggling to cope with life's daily demands & challenges?*
- *In financial difficulty or debt?*
- *Faced with multiple barriers & challenges to move forward with your life?*
- *Confuse, tired of trying, worried or anxious?*
- *Struggling to find work?*
- *Struggling to catch up with the internet & using computers?*
- *In need of guidance, emotional or practical to deal with a challenging issue you face?*

DON'T struggle ALONE

- * *We offer a range of support services at Kingsmeadow Community Flat working with you to overcome barriers and deal with challenges.*
- * *Together we find what works for you.*
- * *We also work with other organisations and partners to ensure the best outcome.*

To access support...

Call **0775 705 6687** to speak with/leave a message for Catherine or email:

kingsmeadow.community.flat@outlook.com

Catherine will contact you back to book an initial appointment to discuss your needs and plan with you on how best to provide support.

Kingsmeadow News



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

September/October 2015

Hello,

We've had a really busy summer at Kingsmeadow Community Flat and have lots of news to share with you:

Starting from this month we have organised new Multisport Session every Wednesday and also free teen girl fitness sessions every Tuesday.

Also starting this month we have a new computer course –Introduction to IT for jobseekers, which is designed to provide learners with necessary IT skills to search and apply for jobs online.

Our Summer Dreamscheme, was a great success, below are the children on their nature walk and the Bug Hotel the children made.



Don't forget our free October Dreamscheme starts here 26th - 29th October 2015, please contact us at Kingsmeadow for a parental consent form.