

Kingsmeadow News



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



WINTER EDITION 2015/16

kingsmeadow christmas gathering

Father Christmas

Carol singing & refreshments available

Monday 14th of December

5.30-7pm at the flat

All ages welcome



BASKETBALL & Multisports

Aged 14+

Basketball -Tuesday

Time: 6pm-7pm

Multisport -Wednesday

Time: 4.30pm-5.30pm

For more information contact:

sport@southglos.gov.uk

or call 01454 865821

**Venue: Kingsmeadow
Community Flats**



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
- Style tips and advice on mixed heritage hair

All Volunteers will receive full support, personal development and training, plus expenses. All volunteering will look good on your CV and promotes social skills.

Please note that these are all voluntary unpaid roles.

For your Volunteer Pack and informal chat, please contact Jane/Ceri 0117 9048425, for more information.



STORY TIME
GAMES
CRAFTS
SINGING

WEDNESDAYS

10-11.15 am

Families welcome
from 0 - 5 years



Refreshments available No charge! Spaces available

(Term time only)

Call 0117 9048425 / 07584258707



Kingsmeadow Neighbourhood Watch

Neighbourhood Watch (NHW) is a community led initiative, the setting up of a Watch is encouraged and supported by the Police but ultimately the community take ownership, The aims are to encourage local people to join forces by:- 1.Improving home security through property marking and relevant crime reduction advice. 2.Enhancing good citizenship and community spirit. 3.Working closely with the police, reporting anything suspicious and encouraging a two-way flow of information. 4.Reducing the fear of crime felt by people, especially the elderly and vulnerable. Statistically being part of a NHW in South Gloucestershire means that you are 6 times less likely to be a victim of crime. There could also be a benefit with regard to discounted household insurance.

Call into the flat to pick up a neighbourhood watch pack and to find out more details of this local group.



**North Bristol
Advice Centre**



KINGSMEADOW COMMUNITY FLAT NEW SERVICE

A new welfare and Benefit advice service, in partnership with North Bristol Advice Centre, to provide welfare benefit advice and guidance has been set up with Kingsmeadow Community Flat's other services.

We also support clients to complete welfare benefit and charity application forms.

APPOINTMENTS ONLY PLEASE

To access support.....

Call **0775 705 6687** to speak with /leave a message for Catherine or email:
[**kingsmeadow.community.flat@outlook.com**](mailto: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.

Introduction to IT Course for Job Seekers

This course is designed to provide learners with IT skill and confidence to search and apply for jobs online effectively and confidently. Also providing vital general basic IT skills essential for everyday use.

Start Date: Wednesday 5.30-7.30pm 13/01/16 (5 weeks to be extended if necessary)

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

Providers: Kingsmeadow Community Flat & South Gloucestershire College Community Learning

TO REGISTER AND BOOK YOUR PLACE, please contact Catherine on 0775 705 6687

or email kingsmeadow.community.flat@outlook.com

NB - One to one follow-up support, available if required

WALKING FOR HEALTH

First Wednesday of every month

Meeting at 10.30am outside the flat

We will be walking in the local area along the railway path.

Come and join us for a lovely walk for a chance to get some fresh air, stretch your legs and meet new people.

ALL AGES WELCOME

Please contact Jane Curtis for more details.

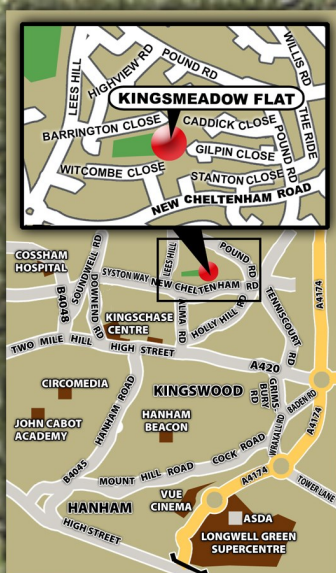
TEL: 0117 9048425 / 07584258707

Kingsmeadow Community Flat

19 Barrington Close, Kingswood, Bristol, BS15 4QD

www.kingsmeadowflat.org.uk

Tel: 0117 9048425



ON YER' BIKE

Available to hire:

Adult bikes
Junior bikes
Baby trailers
Baby seats
Helmets

Free of charge, proof of ID
required plus utility bill

*If you don't have a bike and would like to go on a
bike ride with your family or just need transport
to get somewhere, Contact Kings meadow*

Community flat to get what you need!



CONTACT:

Jane or Ceri at- 01173292422

Or just pop in anytime!

5 days a week

The Krafty Krafter's club



Every Thursday, 7-9pm at the Social Room @ The Haven, Kingswood,
BS15 4JT—Off Lee's Hill (near New Cheltenham Road) - £1.00 per session



Over the next couple of months we will be
learning to make—

- Cosy slipper socks
- Christmas decorations and gifts

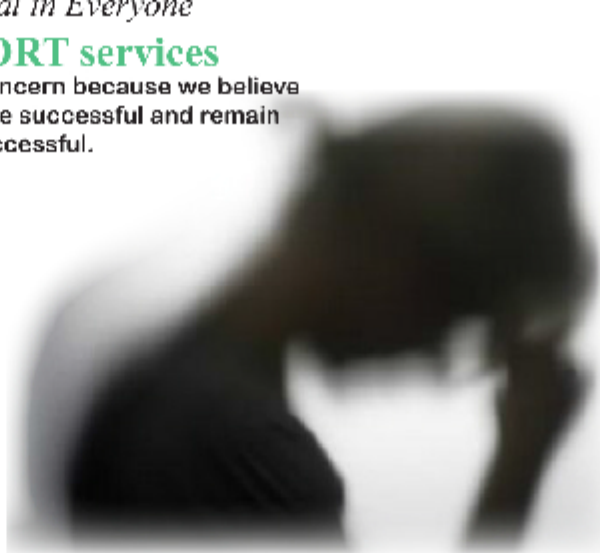
Contact Marie 07921 386873 or
Jayne 07732000773



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.



Te vom...

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?*

Confused, 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 will find what works for you.*
- ❑ *We also work with other organisations and partners to ensure the best outcome.*



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What's On

Buggy walks

Every second Wednesday of the month during term time. Meet at the flat at 10am.

After school homework club

Mondays 4.30—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.

Basketball sessions—Tuesdays 6.30-7.30

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

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.

February 2016 Dreamscheme - 8-11th Mon-Thurs 10-3pm

Check notice board for more details.

MISS CHERIE ANN ROAN

03-03-1976

10-11-2015

Volunteer and friend who will be sadly missed by us all

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: www.kingsmeadowflat.org.uk

Email: kingsmeadowcommunityflat@gmail.com