

Kingsmeadow News

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



SUMMER EDITION 2016

DOG SHOW AND COMMUNITY FUN DAY

**BARRINGTON GREEN OPEN SPACE
19 BARRINGTON CLOSE
KINGSWOOD
BS15 4QD**



DETAILS INSIDE.....



Multisports

Aged 14+

Street Games –Thursday

Time: From 4.30pm

For more information contact:
sport@southglos.gov.uk
or call 01454 865821



LOTTERY FUNDED

**Venue: Kingsmeadow
Community Flats**



doorstep
SPORTCLUB



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



FREE WHEELS

**KINGSMADOW COMMUNITY FLAT'S
"DONATION ONLY" BUDGET BASED
COMMUNITY BIKE HIRE SCHEME**

**KINGSMADOW COMMUNITY FLAT
19 BARRINGTON CLOSE
KINGSWOOD**

BRISTOL, BS15 4QD

Contact Terry on: 07917 004279 or 0117 9048 425

Email: kingsmeadowcommunityflat@gmail.com

Charity No: 1148905





Kingsmeadow Community

Welfare benefits support in your local community

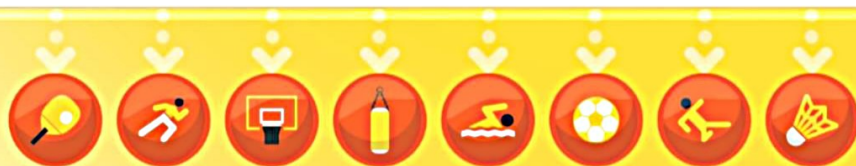
Our Community Advice Champions can:

- Fill in benefits forms with you.
- Help with charity applications.
- Get you expert welfare benefits and debt advice if needed.

**To make an appointment, please call/
leave a message for Catherine
Kingsmeadow Community Flat**

19 Barrington Close, Kingswood, BS15 4QD

Tel: 0775 705 6687 Email : catherinesama@kingsmeadowflat.org.uk



SPORTS POUND



What is SportsPound?

SportsPound vouchers give people, who are eligible and nominated by a local nominating organisation, 8 FREE sessions at participating Sports Clubs and providers in their community.

For more information please contact the Sportspound team
01454 865821 or email:
sportspound@southglos.gov.uk

Follow us on Twitter:
[@sportspoundsg](https://twitter.com/sportspoundsg)

LITTER CREW



FRIENDS OF
KINGSWOOD PARK



WE

VOLUNTEERS

PLEASE HELP US TO KEEP OUR PARK LOOKING GREAT.

THE COUNCIL PICK UP LITTER THROUGH THE WEEK BUT DURING THE WEEKEND THE LITTER BUILDS UP.

CAN YOU GIVE US AN HOUR OF YOUR TIME ONCE A MONTH TO PICK LITTER ON A WEEKEND? WE WILL PROVIDE ALL THE EQUIPMENT YOU NEED.

Join The Team



PLEASE RING 07790234087 IF YOU CAN HELP US.

OR VISIT OUR FACEBOOK PAGE -
OURKINGSWOODPARK



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.

Nuisance Motorbikes

Nuisance riding of motorbikes is an ongoing problem in this vicinity. This may involve a motorbike being ridden in an unsuitable place or in an inappropriate manner. Either way this causes distress and possible danger to residents in this area.

The police do make patrols in this area, however we also need the public to call when they see this kind of activity. If a police officer or PCSO views this type of activity and a moving traffic offence has been committed a warning may be issued against the vehicle and rider under Section 59 of the Road Traffic Act. If a further offence is committed either by the same rider or using the same vehicle, which is viewed by a police officer or PCSO, and a moving traffic offence has occurred, that vehicle may be seized, under Section 59 of the Road Traffic Act.

Please support the police and your community by reporting this type of activity either via 101 or 999 if lives are being put in danger.

If you feel uncomfortable reporting to the police please do not hesitate to pop into Kingsmeadow Flat and speak to a member of staff.

KCF Volunteer Employment Support Mentor

Title:	Volunteer Employment Support Mentor
Responsible To:	Kingsmeadow Community Flat
Location:	Kingsmeadow Community Flat, 19 Barrington Close, Kingswood, BS15 4QD
Days:	Wednesday, Thursday, Friday
Times/Duration:	Flexible times to be agreed. Mornings or Afternoons available. We would like at least a 3 months commitment from volunteers.

Main aim:

To assist staff in providing **Employment support** and guidance to clients.

KCF aim to provide volunteers with an opportunity to develop new & existing skills, gain confidence, work ethics, experience and reference.

Volunteers are provided with a very close continuous support/training to enable them carry out their role effectively and achieve their aim of volunteering. They are also provided Job search and employment support if required.

Out of pocket expenses are also provided subject to commitment.

A range of other training courses are also available for volunteers to access.

Experience and Skills:

- A knowledge of Universal Jobmatch website
- Willingness to learn and take on training
- Good written and verbal communication skills with attention to detail
- Reliability, commitment and a friendly manner
- Good IT skills
- Good people skills, including patience with slow learners, care and kindness

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

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.



SPORTS Pound



Would you like to start running? But need some help to get going and keep motivated?



The ***Couch to 5K*** programme takes you from running for 60 seconds to 30 minutes in 9 weeks. Come and join our supportive friendly group and meet others to share the journey. Available **FREE** with your SportsPound Vouchers.

Starts Tuesday 19th July
7pm Kingswood (venue TBC)

To book a place visit our eventbrite page or contact Andrew directly

<https://www.eventbrite.co.uk/e/sportspound-couch-2-5k-beginners-running-sessions-tickets-26193472381>

For more information contact your local SportsPound Activator **Andrew Parsons**, Telephone: 01454 86521 / Mob: 07710145213 Email: Sportspound@southglos.gov.uk facebook.com/SportsPoundSG
www.southglosCouncil.gov.uk/Sportspound



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?
- 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.



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.



- Indoor Skatepark
- Sessions From £3
- Open 7 Days Per Week
- Skateboard/Scooter Classes
- One To One Tuition
- Available For Private Hire
- Fully Stocked Skateshop
- Quality Coffee and Free WIFI



Campus Skatepark, Watleys End Road,
Winterbourne, Bristol, BS36 1QG

Campusskateparks.co.uk
01454 501014

Positive State of Mind

Come along and meet with others who have similar experiences at our peer support group for people with poor mental health, such as depression and anxiety.

Come along to

- *Make friends and build support networks*
- *Share common experiences*
- *Share support tools and strategies*
- *Confidential, supportive environment*



It's free, friendly and informal. Meet people who might be feeling similar.

**Every other
Wednesday**

6 July 20 July, 3 August etc

(No session 17th August, but continues as normal on 31st August)

7.30 - 9.00 pm

Kingswood Library

Check Community Ignite website
for up to date information

**For more information contact Rosie
07592 890535**

Rosie.sinfield@communityignite.org.uk

www.communityignite.org.uk



community **ignite**

Creating a
brighter future

Charity No: 1000178



**Positive State of
Mind**

Do you live in
Kingswood
and need
support . . .



Job
Hunting?

Residents of Kingswood can take advantage of free 1-2-1 mentoring to secure a job.

We can help you with your CV, job searches, interview techniques and completing application forms.

We can also help you find work experience, apprenticeships, volunteering and training opportunities.

Receive advice and support on managing your money/debts, building your confidence, improving your English, Maths and computer skills and making positive changes to your health and well-being.

Contact Bernice on 01454 865832

Monday to Thursday 9am-5pm, Fridays 9am-4.30pm or

email: bernice.britton@southglos.gov.uk

www.southglos.gov.uk



South Gloucestershire
Council

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 encourage the children to actively help out in the community. We work on a points system that rewards the children with a fun activity or trip at the end of the holiday sessions.

We are based at-
Kingsmeadow Community Flat.
19 Barrington Close
Kingswood Bristol BS15 4QD



LOTTERY FUNDED

Our next program of events begins
on **25th July**,
and finishes on
18th August 2016.

The sessions run daily weekdays
from 10-3pm approx.

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

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



KINGSMEADOW FRIENDSHIP AND EXERCISE CLUB



NEW CHELTENHAM COMMUNITY CENTRE
NEW CHELTENHAM ROAD, KINGSWOOD
Every Thursday 1:15-2:45pm
Contact.....Kingsmeadow Flat: 0117 9048425
Di: 0117 961 3055
Spencer Davies: 07825 155954



DOG SHOW AND COMMUNITY FUN DAY



LOTTERY FUNDED



SUNDAY 4TH SEPTEMBER

Family Fun

- 🐾 Cream Teas
- 🐾 Fun & Games
- 🐾 Face painting
- 🐾 Bouncy Castle
- 🐾 Stalls
- 🐾 Prizes

And much more!



10 AM
til
4PM

FUN FOR ALL THE FAMILY!!



Dog Photo Competition

Bring a photo of your dog.
If its the best you will win a
prize.

Prize to be decided
nearer competition
date.



To register your dog contact:
Kingsmeadow Community Flat. Tel : 0117 9048425 Mobile : 07584258707
for info look on website www.kingsmeadowflat.org.uk
or email kingsmeadowcommunityflat@gmail.com

What's On

Buggy walks

Please contact Jane for more details on 07584258707

After School Homework Club

Mondays 3.45 - 5.00 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. Includes a snack and drink.

Street Games (FREE) Qualified sports coach providing a variety of sports.

Boys and girls, all ages welcome.

NEW—Tuesday 12 July, 5pm until 6pm—for ages 5 to 8

Thursday—for ages 9 +

Meet at the basketball courts on Barrington Green at 4.30pm.

Toddlers and Parents 'FREE' 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.

Friendship Club and Armchair Exercise -Thursdays 1.30pm at New Cheltenham Community Centre Contact Di - 0117 961 3055/Spencer 07825155954

'Free Wheelers'

Get out cycling with our community bike hire scheme. Donation only fee, a variety of Adult, junior bikes, Baby trailers and seats (including helmets and bike lock). Now taking bookings. Proof of ID and utility bill required for hire.

Summer Dreamscheme 2016 starting 25th July - 18th August Mon-Thurs 10-3pm

Please contact Jane on 07584258707 for more details.

Walking for Health

First Wednesday of every month

Community Safety Meeting /Walkabout - 7th July 2016 and 17th August 2016

Meet at Kingsmeadow Community Flat at 3.30pm

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: www.kingsmeadowflat.org.uk

Email: kingsmeadowcommunityflat@gmail.com

