

Kingsmeadow News

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

AUTUMN WINTER EDITION 2016



Upcoming Events

Hallowe'en Fancy Dress

Santa's coming!!



What we did last Summer.....

Fundraising Events

Dreamscheme

Friendship Club

Community Help and Safety

MORE NEWS, MORE EVENTS, MORE CARE

Multisports

Aged 9+

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



What we did Last summer!!

28

NEWS

T: 0179 361169

A SCHOOLGIRL from Staple Hill has given the Queen a copy of the book she wrote which helps children understand epilepsy. The epilepsy is Layla Reid's family members or friends who have epilepsy.

Dear Your Majesty
Thank you for inviting me to your palace and for the letter you kindly sent me two years ago.

I hope you like my book. I hope to see it one day in school to help children understand epilepsy and its causes.
Yours sincerely
Layla Reid

Layla enjoys her day at the Queen's Patrons Lunch

For each copy of the book sold £1 goes towards epilepsy charities which means Layla has already raised a lot of money for good causes.

The Queen's Patrons Lunch was held at the Queen's School in Staple Hill on Monday 11th July. Layla was one of the children who attended the event. She was awarded a certificate by the Queen's School. Layla was also given a message by the Queen's School. She was also given a message by the Queen's School.



Layla with mum Sarah

July 2016

Schoolgirl Layla Reid and her Mum Sarah paid **Kingsmeadow Community Flat's DREAMSCHEME** a visit, to talk about Epilepsy Awareness on Monday 8th August 2016.

Kingswood

Youngsters tidy up eyesore area of town

A group of children have spent three days tidying up a scruffy area outside Kingswood Park. Youngsters from the out-of-school activities group at Kingsmeadow Community Flat in Barrington Close, had commented themselves on how bad the area looked during a previous visit to the park and decided to do something about it.

They spent three days clearing the vegetation and rubbish that had built up near the public toilets and old shelter. The children borrowed hi-viz jackets from the Friends and tools from South Gloucestershire Council which also gave them plants to put in the patch outside the loos.



Park keeper Stuart Hughes said they had all worked very hard and done a great job. They were rewarded with ice lollies by the Friends. The scheme, which runs in all the school holidays, is free for children aged eight to 16 or under eight if accompanied by a parent, and breakfast and lunch are provided.



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

Children's activities co-ordinator Jane Curtis explained that the youngsters are encouraged to actively help out in the community and there is a points system that rewards them with a fun activity or trip.

She said she was very proud of the youngsters' efforts and they would be helping out in the park in future school holidays. They are also always on the lookout for new projects, as well as funding. Find out more at <http://kingsmeadowflat.org.uk/>

This summer's scheme comes to an end with a safety awareness day from 10am to 3pm today (Thursday) at Barrington Green.

DREAMSCHEME participants, contributing to the community as a whole.

What we did
Last summer!!



Community Day trip to Weston Super Mare,
Sports Day at Barrington Green, Community Litter-Pick and
Historic Day Tours are a sample of the events participated by
children involved in Kingsmeadow **DREAMSCHEME.**

What we did Last summer!!



Judges for the Kingsmeadow Dog Show
Susan Andrew and Kate Fenty



A happy winner in one of the classes



SEE THE YOUTUBE VID ON THIS LINK.....

<http://www.youtube.com/watch?v=xHUghGWK7eE&sns=em>



one of the many community stalls

We would also like to
thank the contributors
and sponsors who gave
up their time, & supplied
gifts and services for the
day.....



VINTAGE ICE CREAMS



A GRAND DAY OUT!
AT WESTON-SUPER-MARE
WITH KINGSMEADOW
FRIENDSHIP AND EXERCISE CLUB

What we did
Last summer!!





MoneySmart Course



North Bristol
Advice Centre

**A free course to build your skills and confidence
in managing your money.**

Our sessions cover:

- Taking control of your spending
- Cutting costs through Smart Shopping
- Understanding bills and their consequences
- Credit, banking and borrowing options
- Money planning/ budgeting

*I really enjoyed
the workshops,
especially tasting
the Jaffa cakes!*

Each session provides practical tools and resources to take away
and use at home.

*The workshops are really
friendly and get you
thinking about what you
spend and what you want
to use your money for.*

**Our next 3 sessions start on
Tuesday, November 8th, 2016**

9.30-11.30am at

Kingsmeadow community flats

To book your place, call:

Ceri on 0117 9048425

Emmanuelle on 0117 951 5751

moneysmart@northbristoladvice.org.uk



The Krafty Krafters Club

Autumn/Winter



We are a group of people who meet once a week to share our craft skills, have a chat and a cuppa!

You don't need any experience as we can teach you!

Our Autumn/Winter sessions include making:

- Peg bags
- Door stops
- Christmas decorations
- Christmas stockings
- Or bring your own work

A selection of what we have made

**£1 per
session**

Please note there is an additional fee for materials used or you can bring your own.

Thursday's 7—9pm, In the Social Room at The Haven

Lee's Hill, off New Cheltenham Road, Kingswood

Contact Jayne for further information: 07732000773



HALLOWEEN

**FANCY DRESS
ROLLERSKATE
DISCO**

**Thurs 27th October
Made For Ever
Youth Centre**

**COME IN FANCY DRESS
& BRING OWN SKATES
IF YOU HAVE THEM**

1-3pm

Dreamscheme children only




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.





CAROLS around the CHRISTMAS TREE

Come and see Father Christmas
Monday 19th of December

4.30-6.30pm at the flat

Carol singing , Refreshments and
Lucky Dip available (50p)
All ages welcome





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.



FREE COOKING COURSE

Starting November 2016

Essential Cooking Skills
a six week course to help you and your families with
cooking and planning healthy, family meals.

The aim of Essential Cooking Skills is to support parents, so they can:

- Learn in a safe place where they will not be judged
- Enable parents to develop cooking skills
- Ensure parents have knowledge of nutrition relevant to themselves and their families
- Enable parents to plan and budget for meals
- Enable parents to work safely in their home

Funded through Community Learning run by Community Ignite

Time: 10.00am-12.00pm Fridays

Dates: 4th November—9th December

Venue: Kingswood Community Association, High Street, Kingswood

To register interest, or to book a place, please contact Claire Sturge on 01179 604186 or Claire.sturge@communityignite.org.uk

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 **24th**

October 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

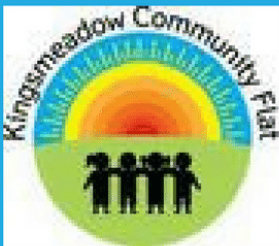
The Digital Superstar

How to make Social Media & IT work for you

Setting up E-mail , money saving tips, free software, wi-fi connection, anti-virus, Jargon busting, Internet access skills, web-site design, job searching online, UC benefit claims.

ALL WELCOME

Call Chris on: 07711408858 or Email christopher.gilson@knightstone.co.uk



 **Knightstone**

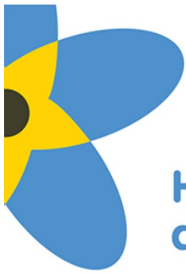
Sep 12th + 26th

Oct 10th + 24th

Nov 7th + 21st

Dec 5th + 19th

Kingsmeadow Flat
19 Barrington Close
BS15 4QD



Helping to create more dementia friendly communities

Dementia Friends gives people an understanding of dementia and the small things you can do that make a difference – please join us.

2016

Tuesday 18th October
Tuesday 15th November
Tuesday 13th December

2017

Tuesday 17th January
Tuesday 21st February
Tuesday 21st March

**Kingswood Leisure Centre, Church Rd,
Staple Hill, Bristol, BS16 4RH
@ 2pm-3pm**

with thanks to



Circadian Trust
giving more

**Access: Disability access
Disabled parking**

Further information: 01454868570

Email: dementia@southernbrooks.org.uk

 dementiafriends.org.uk

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

 [/DementiaFriends](https://www.facebook.com/DementiaFriends)

South Gloucestershire
Dementia Action Alliance
A friendlier community for all

**Southern
Brooks**

COMMUNITY PARTNERSHIPS

Leading the fight
against dementia
**Alzheimer's
Society**



GIRLS FOOTBALL – Y3 and Y4

TRAINING AT LEES HILL PLAYING FIELDS

Mondays 5.45 -6.45pm

JOIN NOW!

Is your daughter interested in football but have nowhere to play?
Come along on Monday evenings at Lees Hill and join our growing team, with female coaches and a fun environment to learn some new skills.

Never kicked a ball before?
Already a budding footballer?

Everyone is welcome!

Kayleigh – 07795 064492

Laura – 07535 207244





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



Are you 16-30?

Do you need skills?

Struggling to find work?



Dont know where to turn?

Come along to our drop in, at Kings Meadow Community Flat, Barrington Close, Bristol BS15 4QD



The Prince's Trust Drop in

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 & Girls, for ages 9+

Thursdays. 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.

October Half Term Dreamscheme 2016 starting 24th October Mon-Thurs 10-3pm

Please contact Jane on 07584258707 for more details.

Walking for Health

First Wednesday of every month

Community Safety Meeting /Walkabout

Please contact below for more details

Enquiries please contact Kingsmeadow Community Flat on 0117 904 8425

Website: www.kingsmeadowflat.org.uk

Email: info@kingsmeadowflat.org.uk

19 Barrington Close, Kingswood, Bristol, BS15 4QD

