

Kingsmeadow Community Flat



Kingswood Connect

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

SUMMER EDITION 2017



BIG
LOTTERY
FUND



LOTTERY FUNDED

Upcoming Events

Summer Fundraising
Diversity Celebration
Dreamscheme dates
What's On.....

Plus.....

Community News
and information
Individual care,
Helplines and
counselling



MORE NEWS, MORE EVENTS, MORE CARE

Multisports Street Games

Aged 9+

Street Games - Tuesday & Thursday

Time: From 5.30pm

For more information contact:

sport@southglos.gov.uk

Or call **01454 865821**



**Venue : Kingsmeadow
Community Flat**



[illegible]

**Including shopowners
and individuals.**

**We as a charity can
give away your
unwanted gifts to
our clients who cannot
afford these items on
a regular basis**

Please pop into our community centre at the address shown below to drop off your unwanted gifts.

Many thanks.



Kingsmeadow Community Flat

19 Barrington Close, Kingswood, Bristol BS15 4QD

Office Tel. 0117 9048425

Website : www.kingsmeadowflat.org.uk

Charity No. 1148905

We are a registered company limited by guarantee No. 8126468

Friendship and exercise clubs

SOUTH WEST AREA



- gentle exercise
- games
- tea & coffee
- make new friends
- first session **FREE**
- small charge thereafter

Please phone us first to ask any questions and have a friendly chat

Brian Gardner

T 01454 862296

Spencer Davies

T 07825 155954

"I thoroughly enjoy the exercise. The people are lovely and it makes me feel great!" (Pat)

2017



South Gloucestershire
Dementia Action Alliance
A friendlier community for all



www.southglos.gov.uk/friendship

FREE WHEELERS



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

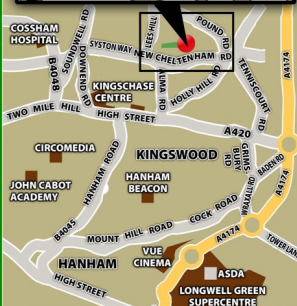


LOTTERY FUNDED



**KINGSMEADOW 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**





MoneySmart Course



**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.*

Sessions take place at:-

**KINGSMEADOW COMMUNITY FLAT
19 BARRINGTON CLOSE
KINGSWOOD
BRISTOL**

To book your place, call:

Ceri on 0117 9048425

Emmanuelle on 0117 951 5751

moneysmart@northbristoladvice.org.uk





KINGSWOOD DIVERSITY FESTIVAL

"a festival with a difference"

15 July 2017 Noon 'til 5pm

**LIVE MUSIC, PERFORMANCES, FOOD,
KIDS ZONE, WELLBEING TASTERS,
STALLS AND MORE....**

FREE ADMISSION

We will be giving away free food tokens to
early birds!!

CONTACT

0117 9477948

**KINGSWOOD ESTATE
20 OLD SCHOOL HOUSE
BRITANNIA ROAD
BRISTOL BS15 8DB**



OR EMAIL kingswood.diversityfestival@gmail.com

Have you been affected by antisocial behaviour?

**We have an antisocial behaviour
service in South Gloucestershire**

Victim Support gives emotional and practical support to victims and witnesses of antisocial behaviour and we can liaise with the various agencies involved on your behalf.

We work completely independently of the police, local authority, housing or other government agency. It's an impartial, confidential service which is victim led and free to access.

You can contact the Independent ASB caseworker on

Name: Jasmine Barnott
Telephone: 07950 892 945
jasmine.barnott@victimsupport.org.uk

www.victimsupport.org.uk
Registered charity number 298028





Drop-in Sessions

**12-4pm Every other
Friday**

**@ Kingsmeadow
Community Flat**

A college based
around
your needs
and where
being well
is actually on the
curriculum!

**Meet a Student
Advisor, enrol on courses.
Come and find out about
what is on offer across
South Gloucestershire.**

**Every two weeks ongoing
from 19th May - 2nd June
16th June - 30th June**

FREE COURSES

Learn

Smile

Grow

Contact us today!

01454 821856

TheWellbeingCollege@merlinhs.co.uk

Volunteers Needed at the Kingsmeadow Community Flat

- IT Technician
- Admin Support
- 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.

Armed Forces Day 2017

Saturday 24 June

10:30am – 4:00pm

Page Park and Staple Hill High Street



Our annual Armed Forces Day event is free to attend for all, as we show our gratitude and appreciation to our past, present and future military forces from air, land and sea units.

On the day there will be a parade assembling at 11:00am on Page Road by the Staple Hill Royal British Legion branch, which will then parade along Staple Hill High Street and Broad Street. The parade will include veterans, cadet groups, bands and military vehicles. The procession will end in the park, where a drumhead ceremony will be held by a local reverend.

There will be a wide variety of stalls, stands and activities in the park, including a large number of military vehicles and weapons from the past and present.

The day will also include performances from singers and bands. The event is free to enter and has something for all the family to enjoy.





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.



FUN IN THE PARK

**SUNDAY 11 JUNE 2017
KINGSWOOD PARK**



LOTTERY FUNDED

HELP US make this year's Fun in the Park the best ever. 2017 will be an exciting year in Kingswood Park and you need to be part of the action,

We need lots of sporting activities, children's activities, entertainment, community activities and a variety of stalls. We need to see Kingswood businesses strutting their stuff and having fun meeting their customers.

Schools and children's groups are the lifeblood of our community. Come along and show Kingswood what you can do!

If you have information you need to put out there, here is your chance! If you have a community project to promote, let's find you a spot.

Our theme - Presley in the Park - remembering the 40th anniversary of the King's passing, may give you more inspiration.

If you have a big idea that will really make Fun in the Park buzz - we want to hear from you now!

Contact the Friends of Kingswood Park

by phone: 07790234087

by email: friendsofkingswoodpark@gmail.com

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 **30th-31st May & 1st June**

 **Summer Time** 
Dreamscheme

31st July to 24th August^{1*}

(3 days per week *may vary)

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

Email: janecl Curtis@kingsmeadowflat.org.uk

Charity No. 1148905

We are a registered company limited by guarantee No. 8126468

Check out The Big Lunch Page Park



SUNDAY 4TH JUNE

11.00 am - 5.00 pm

Music on the bandstand

Children's rides, games and entertainment

Food and information stalls

Bring a picnic and share with friends



Annually on the first Sunday in June

www.thebiglunch.com

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ASDA

HALIFAX

walk and talk

Every Wednesday
From 10.30am to 3.30pm

A gentle local walk
promoting health and
mental well-being
plus Coffee and a chat
Everybody welcome
Meet at Kingsmeadow
Community Flat



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.

Kingswood Library

Every other Wednesday

7.30 - 9.00 pm

Kingsmeadow Community Flat

Every other Tuesday from

16/05/2017

2.00 - 3.30 pm

Find dates on our website:

www.southernbrooks.org.uk

For more information contact Clare 07814 288916

clareallen@southernbrooks.org.uk



Positive State of
Mind

First Steps to Work

Free Course



WHAT YOU WILL LEARN

- > Successful online job search
- > Exploring childcare barriers
 - > How to write a great CV
- > Job interview preparation, techniques and expectations
- > Training, education and volunteer opportunities
- > Understand entitlements such as working tax credits

WHEN AND WHERE

Starts 1st June 10am –12pm

Every Thursday for 6 weeks

Kingswood Library, High Street
Kingswood BS15 4AR

BOOKING INFORMATION

- 📞 Contact Ternaya or Philip on 01454 868572
- 🌐 Book online at www.southernbrooks.org.uk
- ✉ Email training@southernbrooks.org.uk

Strong Communities Powered by People

- 📞 01454 868570
- 🌐 www.southernbrooks.org.uk
- ✉ office@southernbrooks.org.uk

**Southern
Brooks**
Registered Charity No: 1157061

COMMUNITY PARTNERSHIPS



01454 864613



community.learning@southglos.gov.uk

SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

Free Courses for adults aged 19+ with few or no qualifications.

Find us across South Gloucestershire.

<http://www.southglos.gov.uk/education-and-learning/adult-and-community-education/>

Courses cover Health and Wellbeing; Confidence; Digital Skills and Computers; ESOL; Job Skills such as Working in Schools, Childcare and Health and Social Care; and maths and English qualifications

Come and Learn!

"If you want to learn something, or a course catches your eye, push yourself to try it out because you might meet new people."

Donna Payne achieved English L2, here is what she said:

"It's social and fun. You get to meet a new circle of friends who are on the same journey as yourself"



www.southglos.gov.uk

**Skills
Funding
Agency**


South Gloucestershire
Council

What's On



Buggy walks

Please contact Jane for more details on 07584258707

After School Homework Club

Mondays 3.30 - 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+

Tuesday & Thursdays. Meet at Kingsmeadow Community Flat, session begins at 5.30pm.

Café Tots Toddler Group at Holy Trinity Church Hall High Street Kingswood

Tuesdays from 10—11.30 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 - 3.30pm at New Cheltenham Community Centre. For details contact - 0117 9048425 Or Spencer on 07825155954

“Free Wheelers” - Please contact Terry on - 07917004279

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.

May Dreamscheme 2017 starting 30th, 31st May, 1st June and Summer Dreamscheme 31st July to 24 August 10-3pm (days will vary on occasion)

Please contact Jane on 0117 9048424/07584258707 or email janecurtis@kingsmeadowflat.org.uk for more details.

Walking for Health 10.30am meeting outside Kingsmeadow Community Flat

First Wednesday of every month. All are welcome

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