

Kingswood Connect

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



AUTUMN EDITION 2017

Upcoming Events

Fundraising

Plus.....

What's On



A GREAT DAY OUT !!!!

Diversity Celebration Event

a huge success.....

Community information

Individual care,

Helplines and

counselling

MORE NEWS, MORE EVENTS, MORE CARE

FREE WHEELERS



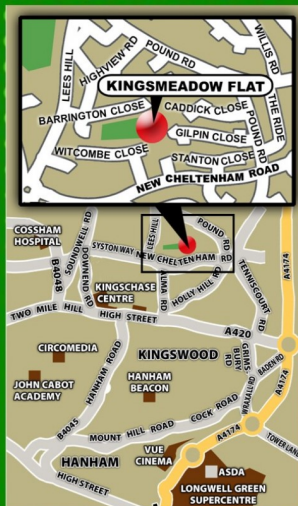
LOTTERY FUNDED

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



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



As a Health Champion

You will

- Meet new people
- Gain a free Level 2 qualification in health
- Gain confidence
- Learn new skills and knowledge
- Have conversations about health
- Attend local groups and events
- Help people lead healthier lives



Health Champions

This scheme helps
you, your friends and
family become
healthier and happier

Use the contact number
below for enquiries
and to let us know
when you are coming

Interested? Contact Health Champion Co-ordinator
t: 01454 868570
e: healthchampions@southernbrooks.org.uk



Kingswood

Beat Surgery

Come along and meet your local Neighbourhood Policing Team. You can talk to us about any issues or concerns and get crime prevention advice.

Place:

Brooks Café, The Park Centre (BC)

Car Park, Southey Park (SP)

Date & Time:

Mon 31st July 17, 10:30-11:30am, (BC)

Tues 31st Aug 17, 2-3pm, (BC)

Sat 9th Sep 17, 10-11am, (SP)

Tues 19th Sept 17, 10:30-11:30am (BC)

Mon 2nd Oct 17, 2-3pm, (BC)

Sun 8th Oct 17, 1-2pm (SP)

Who will be attending:

A member from the local Kingswood Police Team.



Avon and Somerset Constabulary

Working together to make the communities of Avon and Somerset be safe and feel safe

Call 101 or visit www.avonandsomerset.police.uk



CL076_11/2014

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

October
Half Term
Dreamscheme
23rd to 27th October*
(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: janecurtis@kingsmeadowflat.org.uk
Charity No. 1148905

We are a registered company limited by guarantee No. 8126468

From Inspector Clive Summerill, who runs the Police community teams for South Gloucestershire



Having grown up in Kingswood and lived much of my life there, I have always kept a keen interest in local matters, despite now being responsible for all South Gloucestershire's beat team. In the past Kingswood has suffered with noise and anti-social behaviour from the night-time economy. However, in recent times, following the closure of a troublesome premises by police and partner agencies, and with the addition of taxi marshals and effective CCTV, the atmosphere has improved. There's always more we can do to improve our service, especially in these austere times, but the days of having to deploy six police officers just to keep the peace on a Saturday night are in the past.

When it comes to improving our service, we are always looking for ways to increase reporting to the police by the public. The only way to do this is to increase confidence. I want people to know that if they report a crime, and no-one is arrested it's not a waste of time. It's important we get a picture of crime in an area, this helps us understand series of crimes by one suspect, and emerging crimes. We use this information to target our limited resources on the biggest problems in your area, using our data analytics. This helps us get on top of demand, and keep everyone safer.

Whilst 999 and 101 are still available for emergencies and non-crime, we know that waiting on the phone is frustrating, and many people may prefer to use our online portal to report: <https://www.avonandsomerset.police.uk/contact-us/report-a-crime-or-incident/>.

This saves waiting, and is more efficient for us to process. We can also update you via email using our trackmycrime portal, offered to all victims of crime.

**Fibromyalgia/ME/
Chronic fatigue support group**
Kingsmeadow Community Flat,
19 Barrington Close,
Kingswood, Bristol BS15 4QD
Tel: 0117 904 8425

Starts on 27th September,
10:30am-12pm
and continues last Wednesday
of every month thereafter

All are invited
for a coffee
and a chat!



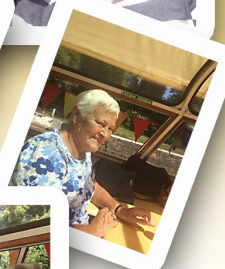
Fibromyalgia Action UK

Fighting for Freedom from Fibromyalgia



Friendship and exercise clubs SOUTH WEST AREA

BOAT TRIP SUMMER 2017



Eileen; 90 years old; 'I have been coming to Friendship Club from the start, I enjoy mixing with people'.

Phyllis; 77 years old; 'Since joining Friendship & Exercise Club, 5 years ago, my arthritis in my hips seems better.'





Diversity Festival

Saturday 15th July 2017
Attendance figures and
equality breakdown



CERI NAYLOR. C.O.
KINGSMEADOW FLAT

Kingswood Diversity Event 2017 was the creation of 3 community focused organisations; Kingsmeadow Community Flat www.kingsmeadowflat.org.uk; Creative Youth Network www.creativeyouthnetwork.org.uk and TwinWave www.twinwave.co.uk and supported by Big lottery *Celebration fund*; South Gloucestershire Council *Members award fund* and *Merlin Housing – Dragons Den fund* in recognition that the event is a worthwhile focus for Kingswood, South Glos. The planning teams social media efforts via facebook and Twitter meant more than 350 views were recorded for each post. Our facebook page gained 50 members in the lead up to the event.

Kingswood Diversity Event 2017 was held in recognition that the face of Kingswood is evolving. Some of these changes are gradual but all of them are real and affect both existing and new members of the Kingswood community. By taking a forward thinking approach to these changes, the festival would bring these diverse backgrounds and influences together for the benefit of Kingswood as a whole. Kingswood Diversity Festival 2017 is a first attempt, in a series of events, to celebrate this diversity.

Together we created an event of **free family fun** where approximately 350 attended and enjoyed a day out, experienced new **cultures** and **influences** and met **new people** who were part of the **Kingswood** community.

Of approximately **400** visitors attend the event, **Diversity team** were able to capture information of **183** individuals (all adults) We estimated that on average there were 2 children accompanying **80** adults that day.

183 recorded, **64** were **Merlin** residents.

Female – 108 Male – 55

BME – 25 White/English – 112 European – 7

Bisexual – 4 Gay – 3 Heterosexual – 102 Other - 4

Disable – 13

Travelled by Car – 43 Walked – 48

183 people asked to give words to describe Diversity!

Put simply, through live **music** we listened to 6 local bands and artists, had over 20 stalls/stands providing creative **art, food, wellbeing** and, most importantly, **fun**, Kingswood Diversity Festival 2017 aimed to be a Festival with a **difference**.

Cawon



DIVERSITY CELEBRATION



**THANK YOU FOR EVERYONE WHO
PARTICIPATED IN THIS EVENT
HERES TO DIVERSITY 2018!!!**





01454 864613



community.learning@southglos.gov.uk

SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

FREE* Courses Starting September 2017

Course	Start Date & Times	Venue	Length
<u>Cadbury Heath</u>			
Improve Your English	Thurs 21st Sept, 1 - 3pm	Batch Community Centre	10 weeks
Improve Your Maths	Tues 19th Sept, 12.30 - 2.30pm	Batch Community Centre	10 weeks
Parents - Get Yourself job ready!	Thurs 28th Sept, 10 – 12pm	Batch Community Centre	8 weeks
Volunteering into Paid Work	Thurs 21st Sept, 10 – 12pm	Batch Community Centre	5 weeks
Unlock the Writer Inside	Thurs 28th Sep, 10 – 12pm	Batch Community Centre	10 weeks
Wellbeing and Mindfulness	Fri 29th Sept, 10 - 12pm	Batch Community Centre	8 weeks
Introduction to Working in Schools	Thurs 2nd Nov, 10 – 12pm	Batch Community Centre	6 weeks
Return to learning: Maths & English Skills Refresh	Thurs 11th Jan, 10 – 12pm	Batch Community Centre	10 weeks
Introduction to Childcare	Thurs 11th Jan, 10 - 12.30pm	Batch Community Centre	5 weeks
Build Your Confidence to Write Creatively	Thurs 11th Jan, 10 - 12pm	Batch Community Centre	10 weeks
Introduction to Working in Schools	Thurs 22nd Feb, 10 - 12.30pm	Batch Community Centre	5 weeks
NOCN Level 1 Award in Health and Social Care	Thurs 12th Apr, 10 - 1pm	Batch Community Centre	10 weeks
<u>Hanham</u>			
IT for Beginners	Wed 20th Sept, 9.30 - 11.30am	Hanham library	10 weeks
IT for Work	Wed 20th Sept, 1 - 3pm	Hanham library	10 weeks
IT for Work	Wed 20th Sept, 6 - 8pm	Hanham library	10 weeks
Improvers MS Office Skills for the Workplace	Wed 10th Jan, 9.30 - 11.30am	Hanham library	10 weeks
NOCN Level 1 in Office Skills	Wed 21st Feb, 12.30 - 3.00pm	Hanham Library	12 weeks
NOCN Level 1 Award in IT User Skills	Wed 11th Apr, 9.30 - 11.30am	Hanham library	11 weeks

www.southglos.gov.uk

**Skills
Funding
Agency**

South Gloucestershire
 Council



01454 864613



community.learning@southglos.gov.uk

SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

<u>Kingswood</u>			
Improve Your English	Thurs 21st Sept, 9.30 - 11.30am	Kingswood Civic Centre	10 weeks
Improve Your Maths	Tues 19th Sept, 9.30 - 11.30am	Kingswood Civic Centre	10 weeks
ESOL for Life in the UK	Wed 27th Sept, 9.30 - 11.30am	Kingswood Civic Centre	10 weeks
ESOL for Life in the UK	Wed 27th Sept, 12.30 - 2.30pm	Kingswood Civic Centre	10 weeks
ESOL for Work	Wed 27th Sept, 6.30 - 8.30pm	Kingswood Children's Centre	10 weeks
Wellbeing and Confidence - Steps to Change	Mon 30th Oct, 10 - 12pm	Kingswood Civic Centre	7 weeks
Wellbeing and Mindfulness	Fri 26th Jan, 10 - 12pm	Kingswood Civic Centre	8 weeks
<u>Longwell Green</u>			
Knitting: Gifts for Winter	Fri 29th Sep, 10 - 12pm	Longwell Green Community Centre	10 weeks
Crafts: Gifts for Winter	Fri 29th Sept, 1 - 3pm	Longwell Green Community Centre	10 weeks
Wellbeing and Confidence - Steps to Change	Mon 22nd Jan, 10 - 12pm	Longwell Green Community Centre	8 weeks

Come to your local library or Community venue to find out about Community Learning, get advice and enrol on a *free course. Sessions are as follows:

- Cadbury Heath Library - Monday 4 September 4.00pm to 6.00pm
- Hanham Library - Thursday 7 September 1.00pm – 3.00pm
- Kingswood Library - Wednesday 6 September 5.00pm - 7.00pm
- Longwell Green Community Centre - Thursday 7 September 10.00am – 12noon
- Park Centre (Brooks Café), Kingswood - Friday 8 September 10.00am – 12noon

Visit our online page for more information:

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

** For adults aged 19+ with few or no qualifications. Other terms and conditions apply*

*** ESOL courses are for those whose English is not their first language. These courses and accredited employability courses are subject to fees unless you are on means-tested benefits. Please ring for further information*

Please contact Community Learning to book a place:

Tel. 01454 864613 or email community.learning@southglos.gov.uk

You will need to bring some ID and your NI No. to the first session

www.southglos.gov.uk

**Skills
Funding
Agency**


South Gloucestershire
Council



HANHAM ABBOTONIANS LEES HILL PLAYING FIELDS KINGSWOOD

RECRUITING **NOW** FOR CHILDREN
ENTERING YEAR 2 AND YEAR 3 IN
SEPTEMBER



TEAM SPONSOR
KINGSMEADOW
COMMUNITY FLAT

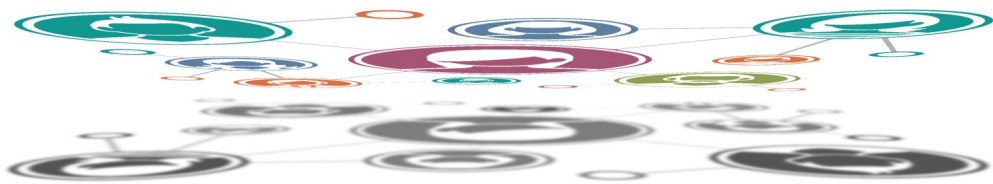
- FREE two week trial period
- FA qualified coaches
- FUN and friendly environment

Contact Daryl for more information

DarylNaylor01@gmail.com

07794 638019





A message from Paul Cunningham, Chairman of Connecting Kingswood.

Connecting Kingswood is a partnership of all the organisations that are trying to make a difference in Kingswood. It includes local councillors, the community facing team in South Gloucestershire Council, funded agencies and charities. The group meets four times a year and the aim is to identify where help is most needed in the community and to ensure that members act in a coordinated fashion to provide that help. It hopes to fill in the gaps and iron out the overlaps.

I have been the chairman for the last six months or so. I am a Bristolian (lived in Crispin Way as a child) and currently work for Leidos, which is a technology company that has a contract with the MOD at Abbey Wood. Our offices are in Emersons Green.

The aim of this newsletter is to keep the residents of Kingswood informed of what's going on in the community, what support is available and to celebrate the fact that Kingswood is a good place to live in. It has quickly become obvious that we need to find effective ways of communicating these issues. This newsletter is part of that but I would also like to draw you to the following communications outlets:

Internet - My Kingswood <http://www.mykingswood.co.uk> is a great website with loads of information. I would like to draw your attention to the survey for local residents, which will help us to help you. Please find time to give us your views at <http://www.surveymonkey.co.uk/r/PGYN323>

Facebook – there is a Kingswood Residents, South Glos page. It currently has over 400 members and that is growing quickly. There are frequent posts about local events.

Local information can be found at the Information Drop-In between 10 and 2 every weekday at The Park Centre.

I have been really impressed with the enthusiasm of all the people that are working with this community, and hopefully this newsletter and the outlets above will help us to provide you with the support and information you need to improve your life in Kingswood.

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, or leave a message for Catherine or email:

catherinesama@kingsmeadowflat.org.uk

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

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.

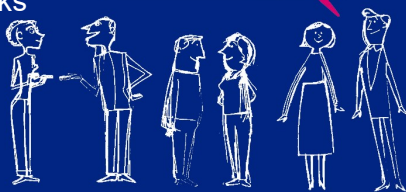
Come along to

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



"It is such a good environment.. Everyone is lovely and they don't judge me"

"It is really nice to meet people who understand how I feel"



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

Kingswood Library

Every other Wednesday from 27/09/2017

7.30 - 9.00 pm

Kingsmeadow Community Flat

Every other Tuesday from

19/09/2017

4.30 - 6.00 pm

Find dates on our website:
www.southernbrooks.org.uk

Or Tel: 01454 868 570



Positive State of
Mind



An Alzheimer's Society initiative

Come along to our free session, and find out about the small ways that you can help to make your community more Dementia Friendly

Tuesdays:

20th June 2017 22nd August 2017

17th October 2017 5th December 2017

3-4pm @ Kingswood Leisure Centre

Church Rd, Staple Hill, Bristol, BS16 4RH

Access: Disability access & parking

With thanks to

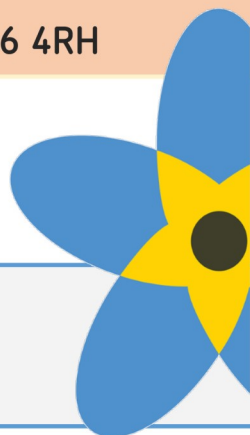


Circadian Trust
giving more

For information and to book your place:

Telephone: 01454 868570 or

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

Registered charity no. 296645



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.

Who is SportsPound for?

People aged 14+ and adults who are new to Sport, or returning to sport, living in 6 areas across South Gloucestershire

Where can I find out more?

To find out if you are eligible to receive SportsPound vouchers, contact a local “Nominating organisation”, who are in all 6 of the areas; including the libraries, Health Champions and some charities, or where you see the SportsPound logo. Alternatively contact the Sportspound team.

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)

What's On

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.

October Dreamscheme 2017 starting 23rd to 27th October 10-3pm (3 days per week, may 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.

Fibromyalgia/ME/Chronic Fatigue Support Group

Starts 27 September at 10.30—4.00pm, continuing last Wednesday of every month.

All are welcome for a coffee and a chat.

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

