

Kingswood Connect

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



LLOYDS BANK FOUNDATION
England & Wales



SPRING EDITION 2018

MORE NEWS, MORE EVENTS, MORE CARE

Contents

Community information

Individual care,

Helplines and

counselling

Kingsmeadow@
MADE-FOREVER
coming soon  Changing
lives
together



Your Councillors for **Kings Chase**



April Begley Martin Farmer Kim Scudamore

Tel. 01454 864038 Tel. 01454 864120 Tel. 01454 864140

April.Begley@southglos.gov.uk Martin.farmer@southglos.gov.uk Kim.Scudamore@southglos.gov.uk

If you need any information or help from South Gloucestershire Council, you can visit the ONE STOP SHOP in the Kingswood Civic Centre, or contact the Council on 01454 868009. You can also contact your Councillors directly, or come along to one of our regular **COUNCILLORS' SURGERIES**.

The Kings Chase Councillors will be available on the first Saturday of the month at surgeries to be held at various convenient locations from 10.30 am – 11.30 am

Meet Your Local Councillors

Kingswood Library, High Street, Kingswood

February 3rd, May 5th, August 4th, November 3rd

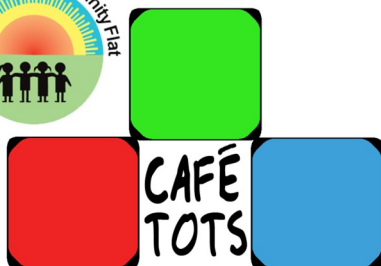
Kingsmeadow Flat, Barrington Close, Kingswood

March 3rd, **Later details see Kingsmeadow @ Made-for-Ever**

New Cheltenham Community Centre

New Cheltenham Road, Kingswood

April 7th, July 7th, October 6th,



STORY TIME
GAMES
CRAFTS

TUESDAY
10 to 11:30

Families welcome
from 0 - 5 years



SINGING

REFRESHMENTS AVAILABLE / TERM TIME ONLY / £2 PER FAMILY

Call 0117 9048425

HOLY TRINITY CHURCH HALL, KINGSWOOD



BROOKS CAFE

SPORTS
POUND



Free vouchers to get active in South Gloucestershire

Drop in Every Thursday 9.30-11.30

Janice from Sportspound available to talk to people about Sportspound, how to be more active and lead a healthier lifestyle. -

@sportspoundSG

The **PARK**
Centre
KINGSWOOD

**Southern
Brooks**

Registered Charity No: 1157061



COMMUNITY PARTNERSHIPS



01454 864613



community.learning@southglos.gov.uk

SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

FREE* Courses Starting January 2018

Course	Start Date & Times	Venue	Length
<u>Cadbury Heath</u>			
OCR Functional Skills Maths	Tues 9 th Jan, 12.45 – 2.45pm	Batch Community Centre	20 weeks
Build Your Confidence to Write Creatively	Thurs 11 th Jan, 10 - 12pm	Batch Community Centre	10 weeks
Introduction to Working in Schools	Thurs 22 nd Feb, 10 - 12.30pm	Batch Community Centre	5 weeks
**NOCN Level 1 Award in Health and Social Care	Thurs 12 th April, 10 - 1pm	Batch Community Centre	10 weeks
<u>Hanham</u>			
IT Skills for the Digital Age	Fri 13 th Apr, 9.30 – 11.30am	Hanham library	10 weeks
**NOCN Level 1 Award in Office Administration Skills	Wed 21 st Feb, 12.30 - 3.00pm	Hanham Library	12 weeks
**NOCN Level 1 Award in IT User Skills	Wed 11 th Apr, 9.30 - 11.30am	Hanham library	15 weeks
An Introduction to Microsoft Office Word	Wed 6 th June, 1 – 3pm	Hanham library	7 weeks
<u>Kingswood</u>			
OCR Functional Skills Maths	Tues 9 th Jan, 9.30 - 11.30am	Kingswood The Park Centre	20 weeks
**ESOL for Everyday Life	Wed 10 th Jan, 9.45 - 11.45am	Kingswood Civic Centre	10 weeks
**ESOL for Everyday Life	Wed 10 th Jan, 12.30 - 2.30pm	Kingswood Civic Centre	10 weeks
**ESOL for Effective Communication	Wed 10 th Jan, 6.30 - 8.30pm	Kingswood Children's Centre	10 weeks
<u>Longwell Green area</u>			
An Introduction to Wellbeing and Mindfulness	Fri 11 th Apr, 10 - 12pm	Longwell Green Or Willsbridge, TBC	10 weeks

Please bring some ID and your NI No. to your first class

Visit our online page for more information:

<http://www.southglos.gov.uk/education-and-learning/adult-and-community-education/>Contact Sam Jones to book a place: Tel: 01454 865943 / email: samantha.jones1@southglos.gov.uk

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

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

www.southglos.gov.uk

Skills
Funding
Agency


South Gloucestershire
Council

Positive State of Mind

Come along and meet with others who have similar experiences at our peer support group.



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

Kingswood Library

Every other Wednesday — 7.30 - 9.00 pm

Kingsmeadow Community Flat

Every other Tuesday — 4.30 - 6.00 pm

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

For more information contact Rosie: 01454 864164
rosiesinfield@southernbrooks.org.uk



Positive State of
Mind

Free Courses and Workshops

The Park Centre, 20 High Street, Bristol BS15 4AR



Yoga



Tuesdays

1pm - 2pm

For 8 weeks starting

16.01.18

An introductory course to Hatha Yoga, focusing on gentle postures designed to build strength, and align the body to help energy flow more freely.

Mindfulness



Wednesdays

1pm - 2pm

For 10 weeks starting

17.01.18

Practice simple techniques designed to help you live in the moment; and to find peace in accepting the world, and yourself as they are.

Tai Chi



Wednesdays

2:30pm - 3:30pm

For 10 weeks starting

17.01.18

A very gentle introduction to traditional Yang style Tai Chi - a relaxing peaceful martial art, recognised for increasing health and vitality of mind & body.

Therapeutic Music Relaxation Session



Friday

11am - 12pm

On 16.02.18

Come and relax to the sounds of rare acoustic instruments; and discover the therapeutic properties of music.

Happiness Course



Tuesdays

1:30pm - 3pm

For 4 weeks starting

20.02.18

An opportunity to learn techniques and ideas which strengthen mental wellbeing and create a more hopeful outlook.

Tai Chi - Qi Gong



Fridays

11am - 12pm

For 4 weeks starting

23.02.18

A gentle, beautiful and flowing Qi Gong exercise- designed to relax and rejuvenate the body and increase your energy.

Complimentary drinks provided after the classes.



You do not need to attend every course, you can attend as many as you like, and are welcome to come along for a taster!



To book; please see our website
www.southernbrooks.org.uk (Courses > wellbeing)
Or, contact Georgina Green on: 01454 868570
Email: georginagreen@southernbrooks.org.uk



REPS ~ representing the community

Representatives wanted for local online community

Be part of a network of reporters

- FREE
- SIMPLE
- INTERACTIVE



Get yourself on the map!

Submit news or events at

www.twinwave.co.uk/community-journalism-map

Find current news and events, get email alerts plus so much more ...

See www.twinwave.co.uk/reps for all the benefits.

Micro-tasks to create a bigger impact in the community:

- 1) Simply use the sharing tools to promote the Reps Map to your networks.
- 2) Add local news or events by simply submitting a report.
- 3) Get local updates: Health & Wellbeing, Children & Young People, Employment & Skills, Crime.
- 4) Comment and share your views on any events or news that are added.
- 5) Tweet #sglosreps and get your tweets automatically on the map.
- 6) Subscribe to email alerts of things that interest you locally.

REPSYCLE JUNK BAND

~ A tidy idea that brings new people and places together

Improve your wellbeing and the local environment

For all ages, all abilities in all places

- Fun
- Free
- People powered



We are getting together to play some uplifting rhythms and riffems on junk drums and junk instruments.

Join us at different locations throughout the year when you can make it and at places you want to be.

How it works:

- 1) We show you how to make a junk instrument for less than a pound.
- 2) We show you how easy and fun music making can be.
- 3) We (or you) suggest an event or place to play including busking on the street.

No commitment, no charge, no confusion!

Join in at www.twinwave.co.uk/repsycle.html

Free Job Clubs

Interview Skills

CV Writing

Job Applications

Volunteering



Patchway

Every Friday 11am - 1pm

Coniston Community Centre, Coniston
Road, Patchway, BS34 5LP

01454 868570

clairegilchrist@southernbrooks.org.uk

Kingswood

Every Thursday 1pm - 3pm

Kingswood Library, High Street,
Kingswood, BS15 4AR

01454 864164

rachelherault@southernbrooks.org.uk



Registered Charity No: 1157061



COMMUNITY PARTNERSHIPS

Improve your physical and mental health

HAPPY NEW YOU

FOR AGES 40+

CREATIVE LAB

Weekly creative learning workshops

- * **Make a drum from junk**
- * **Get fit with a rhythm workout**
- * **Find your inner voice**
- * **Relax with sound**

Made For Ever Centre
Fisher Road
Kingswood
BS15 4RQ

18th April 2018 10.30am - 11.30am

25th April 2018 10.30am - 11.30am

2nd May 2018 10.30am - 11.30am

9th May 2018 10.30am - 12.30am

FREE Tickets

<https://www.eventbrite.co.uk/e/creative-lab-for-ages-40-tickets>

or contact Paul on 07932 448627

paul@twinwave.co.uk

FREE



Kindly funded by MAF



Twin Wave CIC
Creative Therapies and Community Development

www.twinwave.co.uk/creative-lab.html



FUN IN THE PARK

**SUNDAY 10 JUNE 2018
KINGSWOOD PARK**

HELP US make this year's Fun in the Park the best ever. 2018 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.

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

26th March

Till 6th April

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

MyGame

How do I get back on court?



Lisa xx

Walking Netball is a slowed down version of the game of netball, designed for anyone looking to exercise in a relaxed, supportive and friendly environment. A game of Walking Netball is for all ages and abilities and every session contains a gentle warm-up.

WALKING NETBALL IS COMING TO KINGSWOOD

Made Forever Youth Centre,
Fisher Road, Kingswood,
BS15 4RQ

MONDAYS 6:30-7:30PM

£2.50 a session

Or FREE with SportsPound vouchers

LAUNCHING: 19th February 2018

**Please register your interest before your
first session:**

sportspound@southglos.gov.uk



Macmillan Cancer Support fully endorse
England Netball Walking Netball sessions
as a great way for ladies who are
recovering from cancer to get active



www

Walk this way
**[englandnetball.co.uk/
walking-netball](http://englandnetball.co.uk/walking-netball)**



**South Gloucestershire
Drug & Alcohol Service**

**Would you like to meet with
DHI in a local, friendly cafe
and have a free hot meal?**

**2nd and 4th Wed of every month
lunch time 12 –2**

Starts 10th January 2018

BROOKS CAFE at THE PARK CENTRE

- ✓ **Have a chat with our friendly peers who have lots of experience to share.**
- ✓ **Find out about drug and alcohol services and how we can help you.**
- ✓ **Get advice about other issues.**
- ✓ **Enjoy a healthy and delicious free meal.**



New Sergeant Joins the Neighbourhood Policing Team.

Hello, I am **Darren Warr** and have recently taken up the position as the **Neighbourhood sergeant for the Kingswood Neighbourhood Policing Team** based out of Kingswood Civic centre. Geographically I have responsibility for your three beat teams covering the communities of Kingswood, Hanham/Longwell Green and Cadbury Heath.

I am delighted to be responsible for the Local policing of my home town. I was born and raised in Kingswood and went to school at Falconride and Kingsfield School. All of my childhood was spent in and around Kingswood from playing in Courtney Road playing fields, attending cubs/scouts at Kingswood Congregational Church to the Saturday Night Treat of Fish and Chips from the Clocktower. Later as I grew up I moved into nights out with my friends socializing in the various local pubs where many a great night out was had. I remained living in Kingswood and bought my first house near to the Old Kingswood Police station and in 1995 joined the constabulary as a special Constable and as you will have guessed working out of the Kingswood Station.

A year later I joined the Constabulary as a full time officer and since then have worked as a patrol officer covering at one time or another the whole of the South Glos area. On promotion I moved into the Centre of Bristol where I worked as a custody Sergeant at Trinity Road Station and later within a City Centre Policing role at Bridewell Police station.

I have many friends and family who live in the area and continue to shop and socialise in Kingswood. I therefore feel very much part of the fabric of Kingswood Life and want everyone to feel safe and Be Safe. I see a great number of hard working, fantastic people living and working in Kingswood. I do not want to see them or anyone else being a victim of a crime or Anti social behaviour. I will work tirelessly with my Team and Partner Agencies to bring to Justice those who decide for example to commit crimes, engage in Anti Social Behaviour or involved in illegal drugs. I love Kingswood, it is a great place to live and work.

I would encourage people to help us about any criminal activity in the area by picking up the phone and calling anonymously Charity Crimestoppers on **0800 111 333**, or by going on line through via the Crimestoppers website.

I would also ask if people can register at work or home any of their personal possessions, free of charge, using a web based site called **Immobilise.com** which is a free web based property registration service supported by Avon and Somerset Police that allows you to register all your belongings.

It works by allowing police officers across the country to tap into a shared database of stolen property. The more items registered on both the property and stolen item databases, the easier it is to find owners of any recovered property. Bikes, mobile phones and laptops are just a start of what you could register. You can also store photos of your items.

Keep your property safe and start registering now on- www.immobilise.com

You can keep up to date on your local Neighbourhood Team by visiting the Avon and Constabulary web site and putting your postcode into the section mentioned "in your area". There you will also see links to a wealth of other information from local news stories to crime prevention advice.

You can also contact your local neighbourhood team through the local page who will be more than happy to help in anyway they are able.

PS Darren Warr.

KINGSMEADOW FRIENDSHIP AND EXERCISE CLUB



BEING WITH MY
FRIENDS, AND
EATING LOVELY
CAKES IS ALL
I NEED

LOVE HAVING
A LAUGH
WITH SPENCER
AND DI
WHO MAKE
THE EXERCISE
CLASS SO
MUCH FUN

GAMES,
LAUGHTER
AND FRIENDSHIP.
THANKS
KINGSMEADOW

Everyone has skills or ideas that can help us help people who need us at Kingsmeadow Community Flat and Kingsmeadow Friendship Club. Our amazing trustees and volunteers do their best for people of all ages and backgrounds. From counselling and benefits advice, to fundraising events and family fun days, coffee mornings and financial advice for those who need it, from young single parents to pensioners.


South Gloucestershire
Council


LOTTERY FUNDED

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

Community Champs

Social Action Project!



COMMUNITY CHAMPIONS

- **What:** Boccia, inclusive activity that an individual propels a ball to land close to a target ball.
- **Where:** MADE Forever Youth Club, Kingswood, BS15 4RQ
- **When:** Wednesday 21st Feb, 28th Feb, 7th March (7:30-8:15pm)



Working with...



Project Aims

- Support young people to be physically active.
- Coaching sessions to leave young leaders upskilled.
- Funding to buy boccia kit for the youth club to leave a lasting legacy.

Supported by...



COMMUNITY CARE WITH STREET CLEANSING SERVICES, DREAMSCHEME PARTICIPATION AND FUNDRAISING



**KINGSMEADOW
COMMUNITY FLAT
19 BARRINGTON CLOSE
KINGSWOOD
BS15 4QD**



Enforcement role includes:-

- Traffic Management requests for Cleansing Streetworks
- Street cleansing Inspections
- Requests for litter picking equipment
- Working alongside other teams
- Investigating:-
 - Illegal advertising / Fly posting reports
 - Nuisance & Abandoned vehicle reports
 - Litter & Fly tipping reports

- Litter picking, Fly tip & detritus clearance
- Mechanical sweeping, gully sucking, gritting
- Graffiti / Fly posting removal
- Emptying Litter & Dog bins
- Cleaning Public Toilets
- Dog Warden services

The Dreamschemers spent the first day of half term litter picking, weeding and leaf fall/detritus clearance around the Made4Ever Youth Centre site. The transformation of the front of the building was fantastic.

The second day was spent making and selling cakes to the general public in Kingschase Shopping Centre to raise funds for Kingsmeadow Flat. Despite the cold weather, the young people collected over £113.

The last day was spent enjoying themselves at Avon Valley Country Park and the funfair for the day. The weather was cold and wet, but this did not worry them.



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.

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**



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

Session begins at 5.30pm. Please contact number below for further details

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.

Children's Dreamscheme starts February Half Term 2018

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

Last Wednesday of every month. All are welcome for a coffee and a chat.

Kingsmeadow 2018 AGM @ Made For Ever

All welcome at AGM 2018 taken place on Wednesday 28th March 2018, 10.00am—12noon. This year we are holding the meeting at Made For Ever Centre, Fisher Road, Kingswood, Bristol, BS15 4 LE, the AGM will be followed by food and refreshments and a chance to catch up with partners, colleagues and friends.

South Gloucestershire Over 50's Forum open meeting for any resident over 50 on Thursday 22nd March 2018, 10.30am at Cadbury Heath Village Hall, School Road. Tel 07967102141

Charity No.1148905. We are a registered company limited by guarantee No 8126468

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

