

Kingsmeadow

For all area residents - Knightstone, Merlin, Guinness, private tenants, owners!

In this edition:

- Community Safety Group latest
- FREE bicycle loan scheme launched!
- Kingsmeadow Krufts success
- Community Flat summer schedule
- Community seaside trip anyone?
- Struggling to cope? Like a helping hand?

Community Safety Group Update

We're still finalising the works program with South Gloucestershire Council but we hope that it won't be long before we start.

As a reminder, we will be putting in staggered barriers between the top of Gilpin Close and the green to make it harder for motorcycles to get around where they shouldn't. And we are putting planters on to the road in Gilpin to provide visual pinch points to slow traffic. We are doing this because speeding has been raised as an issue in Gilpin.

The next Community Safety meeting will be at the Kingsmeadow Community Flat Tuesday 20 August 11:30 – 12:30

**Everyone welcome
See you there!**

Newsletter

August 2013

The bicycles have landed!

The Kingsmeadow Flat is really pleased to announce that it now has a range of bicycles you can borrow for a day or a week...

COMPLETELY FREE!

Use them for a commute or to take advantage of a lovely day.

Or any time you need a bike!

Open to anyone who lives locally.

A variety of models and sizes are available.

Yes, it's ABSOLUTELY FREE!

You just need to leave a deposit. For more details or to get on your bike call 0117 904 8425 or come by the Flat!

Get out there and get cycling!

Another winning day in Kingsmeadow

KINGSMEADOW KRIETS
DOG SHOW 2013
26th Of July
BARRINGTON GREEN

Dog Agility Dog Competitions
 Bouncy Castles Face Painting
 Stalls Cream Teas



Dean, Freya and Tristan with winning dogs



The judges: Rev Andy, Sue, Cllr. Pat Apps and Kit



Winner, Cutest Puppy



Anxious entrants



Enjoyed by older kids



Winner!



Lovely family day!



More cute puppies

Summer at the Community Flat!

Summer Dreamscheme!

Tues 6 Aug Sports Day! 10-3pm

Tues 13 Aug Trip to Feed Bristol 10:30-2

Wed 7 Aug Art & colouring competition 10 -12
Scavenger Hunt 1-3

Wed 14 Aug Community Tidy 10 - 12
Pizza Making! 1 - 3

Thurs 8 Aug Paper Mache modeling 10 – 12
Football Match 1 – 3

Thurs 15 Aug Library visit & picnic in
Kingswood park 10:30–2:30

Fabulous Fridays! Aug 9 & 16. For young people aged 12 +
Meet at the Flat at 10:00 for a **Bike Safety** session with **Dr Bike** followed by a
fantastic exciting bike excursion – including a trip out of the area!

+ FREE FUN DAY TRIP FOR ALL CHILDREN WHO COME TO DREAMSCHEME!

Jog on!

A friendly jogging group for all ages and abilities. Meet new people and get fit at the same time! Led by licensed run leaders and a personal trainer for fitness advice and tips. Completely FREE - all you need is water bottle and a pair of trainers! Call the Flat for dates/times.

Help with Phonics, English and Maths

1-to-1 tuition by community volunteers who have high level Maths and English skills. Get rid of your gremlins! Come and meet our friendly team who are happy to help in a non-classroom environment. More like sitting in your own lounge with a cup of tea!

Housing officers' surgery

Housing issues? Come speak to Ben Pryke of Knightstone Housing or Emma Gordon of Merlin. Both are available every 3rd Thurs of the month from 2 – 4pm. Next date: Thurs 15th.

Job Club

Monday morning from 10. One-to-one support, cv writing, job searching, help with online applications & job sites. Just drop in! For more information call Karen Brasier 07905598165.

Work skills & confidence training for job seekers

Level 1 & 2 certification available. **10 free driving lessons** with every completed course!

CV writing and Universal Job Match help

Use our laptops and free WiFi to find jobs, complete job applications and write CV's without the pressure of doing it alone. Use the support and guidance of qualified tutors and volunteers to help you feel at ease! Ring Rinku on 07746795003.

Coming in September...

Weekly **Stay and Play** time will start again Wed 4th Sept 10-1:30.

Regular **buggy walks** to various destinations begin 11th September 10 am onwards.
Meet at the Flat. Buggy walks will then happen every second Wednesday per month.



For more details on anything above, call Ceri or Jane at

Kingsmeadow Community Flat

19 Barrington Close, Kingswood BS15 4QD

0117 904 8425 info@kingsmeadowflat.org.uk

Community seaside trip!

The Community Flat is planning a day trip for the last week of the school holidays. But with so many possible destinations, they are having trouble deciding where to go!

The trip will be open to the whole community. The only things decided are that we are going to the seaside and that tickets will be affordably cheap.

So get your vote in! What do you think? Butlin's Minehead? Bournemouth? Dawlish? Weston-Super Mare? Weymouth?

Call 0117 904 8425 or come by the Flat to make your vote, for more information, or to book your place on the coach!

Struggling? Need some support?

Maybe our Individual Empowerment team can help.

They can help with:

- Getting out and about
- Short term crisis support
- Managing money and personal admin
- Finding and getting into education, training, employment and voluntary work
- Getting involved in your community
- Finding and linking in with specialist services.

They offer support that suits you - face to face, or by telephone or email.

Call 0117 9808907 or email Ireferrals@knightstone.co.uk for more information or to get on the list! There is currently an 8 week wait for this service.

You don't have to be a Knightstone tenant to use this service!

For more information on anything in this newsletter, or to submit something for the next one, please contact:

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Community Worker
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