

Kingsmeadow

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

In this edition:

- Community Safety Group winning planter design
- Did you know...?
- Planting little seeds with the February Dreamscheme
- What's happening at the Community Flat
- Kingsmeadow Social Club
- Energy saving ideas and offers
- Welfare cuts hurting? Let the government know!



Newsletter

March 2013

The next **Community Safety** meeting will be at the
Kingsmeadow Community Flat
Friday 22 March
10:30 – 11:30

See you there!

Community Safety Group Planter vote - we have a winner!

The wooden planters received the most votes from Gilpin residents. So you can look out for traffic-calming planters like these appearing in Gilpin Close soon!



The winning wooden planter design

A lucky Gilpin resident won the £10 gift card prize. The planters are the latest effort from the Community Safety Group.

Did you know...

You can report nuisance and anti-social behaviour – like motorbikes tearing up the green or footpaths – directly to the police online!

Just go to the online form at
http://www.avonandsomerset.police.uk/LocalPages/ssn/PACT_Form.aspx?bid=124

Reporting these issues means that the police will continue to prioritise dealing with them.

This online form is **NOT** for reporting emergencies, for which you must continue to use 999.

Little ones are welcome at meetings too!
There will be supervised play for them while the adults drink tea and make plans.

Growing great greens in the February half-term!

The Kingsmeadow Community Flat ran an excellent Dreamscheme for children and young people over the age of 8 during the February school half-term.

Willing participants did arts and crafts, cooked up a storm in healthy cookery sessions, made bird feeders, played sports and had two interesting trips out!

A big thank you to Matt Cricklade and team at the Avon Wildlife Trust's Feed Bristol site. Dreamschemers got to learn the basics of gardening and used what they learned back at the flat, planting seeds that will be put out in the community garden later this year!

And thanks as always to the hard work put in by the Community Flat's staff and volunteers, without whom none of these activities could happen.

**Look out for the next
Dreamscheme
running April 2 – 5 from
the Community Flat.**

**For more details, see next
page.**



Spring at the Community Flat!



Toddlers and Parents Stay and Play!

Every Wednesday from 10 – 11:30.

Families with tots aged 0- 5 years can enjoy messy play, story and rhyme time, crafts and games. Spaces are still available! Supported by Sure Start.

FREE Volunteering training

For members of the community. Every Monday 4.30 - 6.30pm. Just turn up and meet new people and find out how to get involved in the community.

Universal job match IT support for job seekers

Every Tuesday, Thursday and Friday 9.30 - 4.30.

Interested? Contact Rinku 07746795003 or ask your PA at Jobcentreplus.

February Dreamscheme! For ages 8+

Tues 2 April	Morning Afternoon	Fossil hunting trip Easter arts and Crafts
Wed 3 April	Morning Afternoon	Cycle trip for ages 12+ Cooking session
Thurs 4 April	Morning Afternoon	Basketball match Football match
Friday 5 April	Morning Afternoon	Big Spring Clean Up Day BBQ and Fun

These activities are free and for children 8-16 years. Under 8s are welcome but must be accompanied by an adult at all times.

Yoga for all

Wednesdays 1pm – 2 pm. £2 per session.

Book a space to avoid disappointment. Come and get bendy!

WiFi Fridays

Fridays between 11am and 3pm. FREE.

Learn how to use email, www, write documents, complete online forms etc. Contact Alan Johnson for details 07873649180.

Health Awareness Training

Weekly starting Wednesday 10 April 10 am – 1pm. FREE.

Learn practical tips and facts on ways to prevent the spread of infections around the home. Places available. Onsite child care included.

Level 2 NVQ Community Development Course

Starting 9 April. Tuesdays 10 – 1 for 10 weeks

For anyone interested in developing their skills and understanding of community development. The course includes topics such as diversity, empowerment, leadership, social justice and working and learning together. For a full course outline, contact the Flat.

**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**



Kingsmeadow Social Club

The next club nights will be:

Thurs 25 April from 6:30

Thurs 6 June from 6:30

At the Kingsmeadow Community Flat

Everyone Welcome!

Hurt by welfare cuts? Want to do something about it?

The charity Housing Justice has launched a campaign to draw attention to the human cost of the welfare cuts. They have set up a website where people affected by welfare reform can tell their own stories. The aim is to counter the negative myths about people on benefits.

Already there are a number of stories on the site. Check it out!

<http://www.tellmystory.org.uk/>

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

Katie Scaife

Community Worker

0117 984 8107

Email: Katie.scaife@knightstone.co.uk

Energy saving ideas and offers

OWL energy monitors allow you to keep track of your energy consumption. They can show you, for example, how much it costs you to leave the TV on standby or boil a kettle, as well as how much you are spending per day or month. Interested? Get a **FREE** one by calling Katie on 0117 984 8107. Supplies are limited!

Energy bills going up? Confused about your options? Join in with Bristol Switch & Save and we'll get a better deal together!

Bristol Switch & Save is a new collective buying scheme helping Bristol householders to save money on their electricity and gas bills. By joining together and negotiating as a group, we aim to get a better deal from the energy market on your behalf.

To find out more, call freephone **0800 082 2234** by 22 March or visit

www.bristolswitchandsave.org.uk



Stay and play Wednesdays at the Community Flat

KNIGHTSTONE