

Kingsmeadow

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

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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.

Thanks to the group's efforts, Gilpin is still accepted as a policing priority to help deal with speeding and motorcycles on pavements and the green.

The next Community Safety meeting will be at the Kingsmeadow Community Flat Tuesday 2nd July 11:30 – 12:30

See you there!

Newsletter

May 2013

Kingsmeadow Green - changes on the way!

The Council should shortly approve the funding for the first phase of improvements to the green.

We can look forward to spring planting of the flower meadows over the May school half term.

The full vision also includes natural football posts, outdoor gym equipment, a picnic area and lot lots more.

The next meeting date isn't set yet, but anyone can come and find out more. If you'd like to know when the meeting will be, call either Councillor Bill Bowrey on 01454 864100 or ask at the Flat!

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

Getting growing - calling all young people!

Following on from the green-fingered fun of the February Dreamscheme, the Kingsmeadow Community Flat is getting an addition – a raised flower bed out front!

And you can **help design and build it!** Volunteers from the Feed Bristol project of the Avon Wildlife Trust are coming to the Flat over two days of the May school half-term.



February half-term at Feed Bristol, Avon Wildlife Trust

Feed Bristol's amazing community allotment site. The shape of things to come for Kingsmeadow?

Two day project

On day one, they will be looking for ideas, inspiration, and decisions from young people on the design of the bed and what will go in it.

On day two, they'll be actually building and planting it - with the active help of young people and volunteers!

The bed will go out front of the flat and will hopefully feature a mix of perennial edible plants and space to grow special favourites.

Don't miss the **May Dreamscheme** and your chance to get involved!



Summer at the Community Flat!



May half-term Dreamscheme!

Tues 28th - Friday 31st. Too much to fit on this page! See next page!

NEW! After school homework club

Mondays 4 – 5:30

A fun learning group for children aged 7 – 11 and their parents. Help with homework, fun learning games and quizzes to get your child confident and up to speed! Qualified teacher to help with phonics, reading and writing. FREE including healthy snack.

Toddlers and Parents Stay and Play

Wednesdays from 10 – 11:30.

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

Let's get bendy! Yoga

Tuesdays 6:30 pm. Only £2 a session!

Health Awareness Training Level 2

Starts Wednesdays 5th June 10 am. FREE.

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

New! Jog on!

Every Wednesday at 9:30am – meet at the Flat

A new 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!

New! 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!

Job Club

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

Moorland Work skills & confidence training for the unemployed

10 free driving lessons with every completed course. Contact Helen 07765575056

Back by popular demand!

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 a qualified tutor and volunteers to help you feel at ease! Ring Rinku on 07746795003.

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

A-May-zing May Half Term Dreamscheme!

Tuesday 28th May

10-12 Card Making Session

12pm Choice of Design the Community Garden or group bike ride!



Wednesday 29th May

10 am Meet at the Flat to go to the Family Fun Day at Kingswood Park. Lots of fun activities!

Thursday 30th May

All day gardening session following on from Tuesday's designing session.

Build the raised bed! Make a water irrigation system! Plant some seedlings!



Friday 31st May

10 am Meet at the Flat for a visit to Grimsby Farm

1 – 3 pm Art and crafts session.

Please note

These activities are for children aged 8 – 16. Under 8s **must** be accompanied by a parent. Thanks!

Don't miss out! Come on out!

Even more at the Community Flat!

Beginning in June, Learn Direct at the Kingsmeadow Community Flat with tutor Rinku Khan.

Students commit to at least 10hrs a week tutor time at the Flat for all Learn Direct courses.

All courses are FREE of charge!

Entry 3 level 1 **EDEXCELL** Work skills employability training, CV, Interview techniques

Basic IT (2 days)

Entry 2/3 level 1 **EDEXCELL IT** including universal job match support
BTEC Business and administration
BTEC Customer Services
BTEC Retail

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 IEreferrals@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:

Katie Scaife

Community Worker

0117 984 8107

Email: Katie.scaife@knightstone.co.uk

