



the chase and kings forest
COMMUNITY PROJECT

Welcome to the Autumn 2006 edition of **Community Link**. This is my first newsletter since taking over from Emma Collier in August. Some of you I have met, but to those of you I haven't, Hello! If you would like to send any articles or information for the next newsletter, your group needs support, or you would like to access Grants Online, please contact me on 01454 868726, or email: steph@chasekingsforestcp.org.uk. I look forward to hearing from you, Steph Bengry-Howell, Community Development Worker.

News

Arts Festival in Kingswood - 27th to 29th October '06

Kingswood Ten Sing are pleased to be hosting the YMCA National Ten Sing Festival of Performing Arts in Kingswood. This event is aimed at young people between the ages of 11 and 25 years and is suitable for young people with an interest in singing, dance, drama and performing. They hope to have workshops in music making / band / percussion, art, and film as well as singing, dance and drama.



As part of the festival, the group will be welcoming Ten Sing Norway to Kingswood – they will be involved in running performing arts workshops for young people during the following week in local venues, including Kingsfield school. Kingswood Ten Sing are hoping to reach about 1000 young people during this time. The venue for the festival is Kingswood Congregational Church Halls, 1 Hanham Road, Kingswood, Bristol BS15.

There will be a performance at 7.30pm on Saturday 28th October, showcasing what has been achieved during the day and providing the opportunity for Ten Sing Groups to perform.

Kingswood Ten Sing have recently returned from the European Ten Sing Festival in Denmark where they performed for England. Over 2000 young people from across Europe attended the event. For more information about the Kingswood festival, or to join Kingswood Ten Sing, **contact Mary Hastings on 07855222320 or 01179616929** or visit www.ten-sing.co.uk



A new community play project in South Gloucestershire has arrived!

Through consultation with children and young people **Play Rangers** aim to support children and young people to improve play opportunities in their area.

A team of Play Rangers will be situated in local parks and open spaces from **October 9th, 2006** across Staple Hill/ Kingswood, Filton/ Patchway and Yate/ Thornbury, for four afternoons a week and several Saturdays all year round. The project aims to encourage children and young people between the ages of 5 and 15 to use their local parks or open spaces effectively, as well as creating a secure environment for them.

The Play Rangers are aware of issues that affect children and young people and will support them to achieve healthier life styles through experiencing life skills such as cooking, and enjoying bonfires, the environment and team events.

The project will be beneficial for the community as it provides children and young people with a range of play opportunities, will build self-esteem, develop a sense of ownership and encourage them to take care of their local parks and community.

Areas that have been identified for Play Ranger teams in Kingswood/ Staple Hill, are Kingswood Park and Page Park.

If you require **further information** contact **Emma Bevan, Senior Play Ranger at Childrens Playlink on 01454 865629,**
or email: play-rangers@child-playlink.demon.co.uk

Pride in Kingswood Park



The Friends of Kingswood Park, successfully pulled off a '**Pride in Kingswood Festival**' at the park on a sunny Saturday this summer. The event on August 12th was really well attended by people running stalls, putting on performances and visitors.

Have your say on community health services in the Kingswood area

There are three options for developing health services in Kingswood and District. South Gloucestershire PCT want to hear your views.

The options are:

- . Refurbish Cossham Hospital and Kingswood Health Centre
- . New build on Cossham Hospital site and refurbish Kingswood Health Centre
- . New building on Kingswood Health Centre site

The PCT are holding five public workshops for you to discuss the options:

Tuesday 24 October 7-9 pm Cadbury Heath Village Hall,

School Road, Cadbury Heath, South
Gloucestershire BS30 8EN

Monday 30 October 2-4 pm Christ Church,

30 Church Road, Hanham, Bristol BS15 3AE

Monday 6 November 7-9 pm Frenchay Village Hall,

Beckspool Road, Frenchay, Bristol BS16 1NU

Monday 20 November 7-9 pm Kingswood Civic Centre,

High Street, Kingswood, Bristol BS15 9TR

Thursday 30 November 2-4pm Hillfields Park Baptist Church,

Thicket Avenue, Fishponds, Bristol BS16 4EH

To find out more about the workshops, or to comment on the options, call the freephone information line on: 0800 015 5127,

Email: bhsp1@bristolpct.nhs.uk

Visit the website: www.avon.nhs.uk/bhsp

or write to:

Bristol Health Services Plan

FREEPOST BS1 078

King Square House

King Square

Bristol BS2 8EE

Minicom: 0117 900 2675

Avon Fire & Rescue Service helping to stub out smoking in South Gloucestershire

South Gloucestershire Primary Care Trust (PCT) and Avon Fire & Rescue Service (AF&RS) are working together to help residents quit smoking. Following an exciting combined effort for No Smoking Day with the PCT, AF&RS is now going to host Stop Smoking Courses. The PCT will be running the free NHS Stop Smoking course at Yate Fire Station, Station Road, Yate, on **Monday evenings starting on the 16th October**. At these sessions local residents can find out more about coping during their attempt to quit and about Nicotine Replacement Therapy. They will also receive plenty of help and support.

Amanda Hall of the South Gloucestershire Stop Smoking Service said: "It has been found that smokers are four times more likely to quit by using the NHS Stop Smoking Services"

As well as the health risks for smokers, there are also potential dangers from fire, which is why the PCT has teamed up with AF&RS. Stuart Matthews, Fire Safety Officer at Yate Fire Station, said: "Smoking increases the risk of fire in the home. We are called to about one smoking related fire every month in the South Gloucestershire area. These are for a number of reasons, from people falling asleep while smoking, to cigarettes and cigars being thrown into bins before they are properly extinguished. We hope that smokers will realise the many benefits of giving up - not only for the sake of their health and that of their family and friends, but also for the safety of themselves, their family and friends."



For more information on this course plus specialist **community clinics** in Patchway Health Clinic and **Kingswood Civic Centre** or other help and support to stop smoking across South Gloucestershire, **contact the Stop Smoking Service on: 0117 3302439** or email NHSstopsmokingservice@sglos-pct.nhs.uk
For more information on Avon Fire & Rescue please visit: www.avonfire.gov.uk

For more information on South Gloucestershire Primary Care Trust (NHS) please visit: www.sglos-pct.nhs.uk



The Kingswood Foundation is expanding its work with young people and aims to become a *centre of excellence for inspiring young people through the arts.*

They are looking for dynamic trustees to oversee the development of the organisation at an exciting time.

The Foundation work with young people from all backgrounds, through schools, youth clubs and others, to develop their artistic skills and personal confidence. They work with high quality youth workers and artists at the top of their fields, ranging from dance, film and circus to photography, music and sculpture.

The Foundation also manages a 29 acre site in East Bristol with offices and studio space. They have 23 charity tenants.

They are particularly looking for trustees with experience of youth, the arts, buildings, legal or financial work, but, enthusiasm for their vision is vital too. You must be willing to commit to a minimum of 4 meetings a year.

If you are interested or have any questions, please call Sandy Hore-Ruthven on 0117 947 7948, shoreruthven@kfl.org.uk www.kfl.org.uk

Kingswood Foundation Estate – rooms for hire

Light airy rooms for hire in kingswood. Discounts for charities, educational and youth status bookings.

Comfortable meeting rooms with a choice of sizes for 5 – 30+ people.

On-site café that can supply refreshments to your meeting. Also a dance studio and activity room, with showers, for hire.

Free parking and sunny gardens to take a break in. Available 7 days a week.

Disabled access. 4 miles from Bristol city centre.

For more information phone Carol or Christine at the Kingswood Foundation on 0117 9477948. Website: www.kfl.org.uk

The Chase & Kings Forest Community Project
October 2006



Volunteer and 'give something back'

Did you know that in the East Bristol, Kings Chase and Staple Hill areas there is a greater proportion of people who care for others than in other parts of South Glos?

The Princess Royal Trust for Carers would dearly like to help these people have a short break from their responsibilities, but in these areas lack volunteers to do this work.

If you like being with people, have a couple of hours to spare once a week or once a fortnight and would like to give something back please ring Liz Doling on 0117 958 9986 or e-mail: lizd@carer-sg.org.uk - She'd love to hear from you!

Carers' comments:

"Having a volunteer to come and chat with my wife has given me some time 'just for me' which has helped me to feel less stressed. I am very grateful for the support I am getting."

"Our volunteer gives my husband friendship and shows that someone is interested in him even though he is disabled."

Cadbury Heath Toddle Woddles

Provided for young parents by young parents.

Completely free, completely relaxed.

No fuss, No pressure, No fees

Free crèche

Meeting @ Kingsway Church, Earlstone Crescent

On Wednesdays from 9:30-11:30

Starting on Wednesday 11th October

For more information, contact Rachel or Hannah,

on: 07748042714 or 01173307579

News from Cadbury Heath Library

Come and see what we can offer you:

- Free internet access
- Free use of PCs and scanner
- DVDs
- CDs
- Computer games
- Borrow from our shelves or
- Search the 2,000,000 item catalogue



- Access the catalogue from home www.southglos.gov.uk/libraries
- Large print books
- Spoken word tapes
- If you have a question but don't have the answer, ask us
- Photocopying and fax services
- **Coffee morning every Thursday 10am**



And for the children.....

- **Storytime** for pre-school age children, **2.15 on Fridays during term time**
- Holiday activities for the older ones
- **Chatter Books Reading Club for 5-7 year olds, first Saturday of every month at 2.30pm**

We're here: School Rd, Cadbury Heath, South Gloucestershire, BS30 8EN
Tel: 01454 8655711, Fax: 01454 865712
Email: cadburyheath.library@southglos.gov.uk

Home Library Service

Some of our readers can't get to the library and have no one who can deliver books to them in the Cadbury Heath area.

Could you spare a few hours a month to help? **We are looking for volunteers** who are reasonably fit and preferably car owners to visit people who are unable to use their local library because of disability, frailty or responsibility as a full time carer.

If you think you can help please ask at the Library for details.

Funding news

South Gloucestershire Small Community Grants 2007/2008

The annual round of small grants opened on Wednesday 4th October and will close on Wednesday 15th November.

Applications are for community and voluntary groups in South Gloucestershire to develop projects and provide activities that meet local need. Applications from small or newly formed groups are particularly welcome. The average grant award last year was £1,028 but you may apply for up to £3,000.

The final decision on grant awards is made by South Gloucestershire Councillors at Area Forum meetings. The criteria for awarding grants this year for areas relevant to groups in Chase and Kings Forest are:

The Chase Area

- Applications will not be considered from Town and Parish Councils.
- Applications will not be considered from schools and associated organisations.
- Salary costs will not be funded.
- A maximum of £3,000 to be awarded in any round of awards.

Kings Forest Area

- Applications will not be considered from Town and Parish Councils
- Applications will not be considered from schools but applications from associated organisations will be considered.
- Salary costs to be funded in the first year of operation only
- A maximum of £3,000 to be awarded in any round of awards

Area Wide (for projects/groups working across the district)

- Applications will not be considered from Town and Parish Councils
- Applications will not be considered from schools and associated organisations
- Salary costs to be funded in the first year of operation only
- A maximum of £3,000 to be awarded in any round of awards

Before you apply for a grant it's advised you read the Guidance Notes and Local Criteria information, regarding who is eligible to apply and information about the grants process.

For information or assistance on Small Grants, phone the grants helpline on: 01454 868164 or email grants@southglos.gov.uk.

Or check out the website www.southglos.gov.uk for an on-line application form. Go to Hot Topics **OR** select A - Z and then G for Grants.

The Big Stash

The next **closing date for bids is 17th November** (the panel will meet on 28th November).

The government has given funding to Local Authorities for young people aged 13 to 19. South Gloucestershire has been given a total of £232,954. Groups of young people can make a bid for funds by filling in a simple form, and providing information about their bid in a medium of their choosing, such as a video, powerpoint presentation, or photographs.

For further information visit: www.southglos.gov.uk/thebigstash or email the YOF development worker at thebigstash@southglos.gov.uk.

The Big Boost

For young people aged 11 to 25 who want to get involved in their communities. The Big Boost is funded by the Big Lottery Fund and run in partnership with The Princes's Trust, UnLtd and Changemakers. **Awards** are available **between £250 and £1000 to young people aged 11-16**. The average award is £750. They are given to small groups of at least four young people (up to a maximum of 20), led by an advisor or mentor that the group chooses. The Big Boost are hoping to give out 1,800 awards in this age group over two years.

Awards of between £500 to £5000 will be given out to **young people aged between 16 and 25**, (average award £2,500). Awards in this age group are given to individuals or small groups (with a maximum group size of 4). In this age group 2,400 awards will be given out over the two years.

For more information, visit: www.thebigboost.org.uk

Big Lottery Fund New Programmes

Breathing Places

Opened for applications on 9 October 2006, **closes for applications on 13 December 2006**. This is a UK wide small grants programme (£300 to £10,000), developed in partnership with the BBC. For groups who want to develop, create, improve access to, and encourage the use of, local green spaces that benefit wildlife and communities. This includes local woodland, roadsides, parks, local nature reserves or wildlife areas, ponds, green corridors and wildflower meadows.

Voluntary and community groups, schools, statutory health bodies, parish councils and town councils may apply. Groups must have a constitution and a bank account. Only one grant will be awarded for each breathing place and it must be spent within one year of being awarded.

For more information call the Big Advice Line on 0845 4 10 20 30 or visit:

www.bbc.co.uk/breathingplaces.

Family Learning

Opened for applications, 19 September 2006, **closes for applications, 29 August 2008**. To fund projects that encourage adults and children to learn, together, as a 'family', i.e. at least one parent or adult carer and at least one child under the age of 16. They will only fund projects that encourage family members to participate in and enjoy educational activity more, increase skills and knowledge of family members (including confidence and effective communication), and encourage positive interaction between parents and carers. Grants are available between £10,000 and £500,000, but the average grant is expected to be between £100,000 - £150,000, projects can be funded for up to five years. They are looking for imaginative projects, especially those where learning is not based on getting a qualification, and where the practical barriers to learning are removed, by for example, providing travel costs, additional support for disabled participants, or childcare. Registered charities, voluntary or community groups, statutory bodies (including schools and children's centres), charitable or not-for-profit companies, social enterprises, and private sector organisations can apply.

For further information and an application pack, call the Big Lottery Fund Advice Line on **0845 4 10 20 30** or visit: www.bbc.co.uk/breathingplaces.

Awards For All

The joint lottery grants scheme for local communities, relaunched throughout the UK. For grants of between £300 and £10,000, that can be spent within one year.

For further information, visit: www.awardsforall.org.uk

Clover House DVD and Booklet

Clover House has been operating for 10 years to relieve the sickness and suffering of children and young people through a successful programme of three complementary therapies: nutrition, imagery and massage; taught as self-help techniques for life style changes. Last year they had an 86% success rate in an average of three sessions.

They have now detailed their work and advice into a DVD and a booklet. The DVD gives an explanation of a massage routine, nutritional advice, some general communication and imagery techniques for parents (or professionals), with the collaboration of seven families, plus their stories and experience. The 60 page booklet gives additional information in a boxed, easy reference of 250 quick "sound bites", including full nutrition advice, massage, imagery techniques, how to help children's self esteem, parenting, communication and discipline and how to show love to children.

For more information, contact Jill Gill, at Clover House on: 01225 344047, or at: info@cloverhouse.org

Events, training & networking

Community Development Training @ The Park Centre, Kingswood

Southern Brookes Community Partnership, South Glos Council, Learning Skills Council. Running for one 3 hour session a month for the next 12 months.

FFI: Julie Snelling on 01454 868570

Owl Prowl @ Willsbridge Mill Avon Wildlife Trust

Wednesday 1 November, 7 – 9 pm
Join Ian MacGuire, from the Hawk and Owl Trust on a magical exploration of Willsbridge Valley to listen out for these wonderful birds of the night. Warm up afterwards with hot drinks and muffins.

Partnership event with South Gloucestershire Council's Wild Roots project – celebrating local heritage
Adults £5, children (8yrs +) £3 (includes refreshments) Booking essential. FFI: 0117 9177270

G.I.T.C.H. Meeting

Thursday 2 November, 10.30am
At The Grange

FFI: Steve Skidmore
Community Development Worker,
Oldland Parish Council at:
skidmore_steve@yahoo.co.uk

Equalities Training Session

South Glos Community Devpt Team/
CVS South Glos

Tuesday 7 November, 10am-12.30
A free workshop which will enable you to write your Equalities Policy.
The Conference Room, The Ridgewood Centre, Station Road, Yate. BS37 4AF

FFI: Pat Taylor on: 01454 865683, or
Sarah Buckle on: 01454 868729

South Gloucestershire Partnership Against Hate Crime invites you to The 1st Annual South Gloucestershire Hate Crime Conference

Wednesday 15 November
9.30am-3.30pm

Cleve Rugby Club, Cossham St,
Mangotsfield, BS16 9EN

FFI: Sarah Dean (Safer South Glos) on:
01454 868586 or email:
sarah.dean@southglos.gov.uk

A Day of Pampering Just 4 Women at Willsbridge Mill

A free event, with free lunch and a free crèche. Indian Head Massage, Reiki, Relaxation, Art Workshop, Card Making, Henna Tattooing.

Tuesday 21st November
10am – 2pm

The Disability Discrimination Act

The Care Forum

Tuesday 21 November, 10am-12noon
The Meeting Room, The Care Forum,
The Vassell Centre, Gill Avenue,
Fishponds, BS16 2QQ.

Training session to raise awareness about the goods and services provisions of the Act.

FFI: Katharine Gonzales on:
0117 9654444, or email:
events@thecareforum.org.uk

Free Electric Blanket Testing

Consumer Safety Information/Advice
Tuesday 21 November 10am-3pm
Patchway Fire Station

South Gloucestershire council
FFI and to book a place:

Fiona O'Driscoll on:
01454 863632

Domestic Violence: Everyone's Business

A South Glos multi-agency conference which aims to raise awareness of domestic violence and to build on, and develop existing multi-agency work in tackling it in South Gloucestershire. The conference will provide an overview of existing services and initiatives in the district, as well as workshops. Delegates will be invited to contribute to a review of the South Gloucestershire Domestic Violence Strategy (2005).

Thursday 23rd November 2006 @
Bradley Stoke Community School
FFI: Charlotte Bedlan, Domestic
Violence Co-ordinator, Safer South
Gloucestershire on: 01454 868761

Full Cost Recovery Workshop

Tuesday 28 November, 10am-12noon
The Park Centre, High street,
Kingswood. BS15 4AR
The Care Forum and
CVS South Glos
FFI Gillian Turner on: 0117 9654444
Or email:
gillturner@thecareforum.org.uk

Presentation Skills

CVS South Glos
Wednesday 29 November,
9.30am-3.30pm
Greenfield Centre, Park Avenue,
Winterbourne. BS36 1NJ
£25 CVS members, £40 non-members
FFI: Sarah Buckle on 01454 868729 or
email: trainingdev@cvs-sg.org.uk

Kingswood Community Safety Group

Next meeting: Thursday 30 November
The Labour Room,
Kingswood Civic Centre
FFI and time: Steve Shield on
Steve.Shield@southglos.gov.uk

Marketing Made Easy

CVS South Glos
Thursday 7 December, 9.30am-3.30pm
The Jubilee Centre, Savages Wood,
Bradley stoke. BS32 8HL
£25 CVS members, £40 non-members
FFI: Sarah Buckle on 01454 868729 or
email: trainingdev@cvs-sg.org.uk

Tree Dressing @ Willsbridge Mill

Sunday 10 December, 2.30-5.30pm
Continuing with the Big Switch
campaign we will look at our
environmental impact on trees and
celebrate their value for us and for
wildlife. Activities focus on all things
woody and will include the ever
popular lantern lit procession to dress
one of the Willsbridge Valley nature
reserve trees. Free entry.
FFI: 0117 932 6885

G.I.T.C.H. Meeting

Thursday 11 January, 10.30am
At Kingsway Church
FFI: Steve Skidmore
Community Development Worker,
Oldland Parish Council at:
skidmore_steve@yahoo.co.uk

Wassailing @ Willsbridge Mill

Sunday 21 January, 2pm-5pm
Join the lively ceremony to revive this
long lost local tradition which takes
place to ensure a good fruit harvest
the following season. Help plant up
more fruit bushes in the Wild Waste
Garden. Make noisy instruments and
lanterns for our procession to wake
the orchard up! Fruity trails, orchard
games, home made apple
refreshments.
Free entry.
FFI: 0117 932 6885