



**the chase and kings forest**  
COMMUNITY PROJECT

## **News from the Chase & Kings Forest Community Project**

There have been a lot of changes and new developments happening in the Chase & Kings Forest Community Project in the past year. Thanks to the award of funding through the Local Strategic Partnership "Our Area Our Future" we now have funding to employ a full time Locality Manager, a Volunteer Coordinator, 2 days per week and a Locality Development Worker, 2.7 days per week.

In spring 2012 we will be further developing our services, program of support and network events, to groups and recruiting to the new vacant posts. E-bulletins will provide up to date information. Please also check our website for updates.

We are currently piloting new organisational health checks which will be fully launched in spring and that will be supported by a new program of training and networking events. Groups have already benefitted from some of the resources on offer. The health check resources will be developed on an ongoing basis to ensure that groups have up to date information. Early next year we are also planning to move to new premises, we will be looking for volunteers to come and work with us in fundraising , research, administration, database development and we are also looking for a volunteer service volunteer. Our AGM in October was supported by 11 local organisations. We welcomed new trustees to the Board, Margaret Slucutt and a member of the Over 50s Forum. We will be recruiting additional Trustees in early 2012.

C&KFCP is very sorry to be losing Helen Stone, who has worked as Volunteer Development Worker for the past two years. Helen has worked hard to develop the Volunteering Kingswood service which she delivered in Kingswood, Staple Hill and Cadbury Heath, meeting with many groups and individuals in public venues across the area. Due to our funding restructure Helen has decided to move on and will be greatly missed. We wish her every success in her new role at the British Red Cross.

## **NEWSLETTER DEC 2011**

### **Welcome to the Christmas Edition of Community Link**

**Wishing  
you all a  
very  
Happy  
Christmas  
and a  
Successful  
New Year**



Community Link

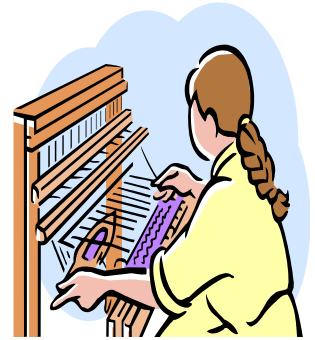
## News from Local Groups

### WARMLEY TOWER WEAVERS

Warmley Tower Weavers are a group of people from a wide range of backgrounds, who share a common interest in the traditional skills of weaving, spinning and dyeing. The abilities within the group range from the novice to the advanced. We always welcome new members and are happy to teach beginners, any of the above skills. Weaving in itself is not expensive, in terms of the yarn used but the weaving and spinning equipment can be very costly and needs a reasonably sized and permanent space in which to operate.

Our home at The Warmley Clocktower, provides us with this invaluable resource and enables us to house our looms and spinning wheels, without the need to dismantle and pack them away each time. In addition to the above, Warmley Tower Weavers also provides a friendly and welcoming social space.

If you would like more information please call **Elisabeth on 0117 9109345 or [warmleyweavers@hotmail.co.uk](mailto:warmleyweavers@hotmail.co.uk)**



#### The Warmley Clocktower

There are lots of different things happening at the Warmley Clocktower including Keep Fit, Art & Craft, Weaving, Book Club & Coffee Mornings.

New for 2012 – Creative Writing & Flower Arranging.

For further information please call **Lisa on 0117 9871655**

### Free new group work programme for younger women

### SURVIVE

Younger women experiencing violence and abuse in their relationships who want to get together with others like them, will be able to access a new programme of support in Kingswood in the New Year. Starting in February 2012. Survive will be running a Freedom Programme for younger women aged 16-24 looking at patterns of behavior which control, dominate and are abusive and violent.

The group is free, on a rolling programme and everyone is welcome to come along and see what an easy group it is to join. There will also be a free crèche run by qualified play staff. In our experience this is an excellent opportunity for women to make friends, gain support and explore their experiences in a safe and confidential setting. Please contact **Terry Jones on 07850912228 or [terry@survivedv.org.uk](mailto:terry@survivedv.org.uk)** for further information and/or about booking a place if you are a young woman or an agency who wants to refer someone.

**News from Local Groups**

**Kingsmeadow Community Flat**

Dreamscheme is for all 8-16 year olds living within a 3 mile radius of Kingsmeadow Flat. Come along on the day with a parent/guardian as a parent consent form is needed for each activity. Get involved in learning new skills or work that improves the local Community for which you get rewards in exchange.

**Christmas Activities at Kingsmeadow Flat 2011**

**thedreamscheme Sat 17<sup>th</sup>- Weds 21<sup>st</sup> Dec**



Date	Meet this time.....	To do.....
17/12/11 meet/collect at the flat	6.30pm - 9pm	Disco, fancy dress, games and prizes to be won!
19/12/11 parents with siblings welcome	11am-4pm 11am-1pm	Christmas mosaic tiles – perfect presents Christmas flower arranging – to take home
20/12/11 parents with siblings and all the community welcome	11 am -1pm 7pm -9pm	Decorating the Community Christmas Tree Christmas carols around the tree with hot chocolate and mince pies !
21/12/11	10am-12pm	Cake baking for the Trinity Church luncheon club

**K.C.A. Pre - School**

K.C.A. is a friendly Pre-School in Kingswood for children from 2 yrs 6 months to Primary School age. We provide affordable childcare - helping children learn and develop through the Early Years Foundation Stage. Monday-Friday during term time, 9am-12pm.

NEG Funding - FREE PLACES for ALL 3 YEAR OLDS (Term after their 3rd Birthday)

Ofsted Registered. ALL staff CRB Checked.

Please contact us to arrange a visit...

We look forward to hearing from you !

Kingswood Community Centre High Street

Kingswood BS15 4AB

Tel 07585558405 or email: [kcapreschool@hotmail.co.uk](mailto:kcapreschool@hotmail.co.uk)

**News from Local Groups**



**Free Clover House DVD and booklet worth £15**

Clover House, a charity that works with children who are suffering from emotional, physical or behavioural problems, are pleased to announce that until the end of February 2012 families are able to claim a FREE self-help booklet and DVD worth £15.

Using a unique fusion of Nutrition, Creative Imagery and Massage Therapy, Clover House has consistently produced successful results in treating children of over 83% in just three sessions.

The “Clover House solution” offers a combination of three complementary therapies to use at home. The charity has been successfully treating children and families since 1996. The 60 page booklet contains over 240 tips on nutrition, massage and imagery and the hour long DVD includes interview with families and what they found useful.

The approach is particularly effective in helping children who suffer from stress, anxiety, sleeping, eating and behavioural disorders. We also treat those with chronic conditions such as eczema and asthma. We have helped children cope with their parents divorce and assist children who have been suspended or expelled at school, to make a positive improvement in their behaviour, enabling them to return to normal classes. Examples of case studies are available on the website. If you are worried about the health and wellbeing of your child then simply phone us on **01225 344047** or email [info@cloverhouse.org](mailto:info@cloverhouse.org) to claim this fantastic offer containing advice that they give to parents to use at home. In addition there are free information fact sheets on the most common conditions & treatment available on their website, to download.

Jill, the practice manager will be hosting one day workshops aimed at therapists (but anyone welcome) on information to treating children with the ‘Clover House solution’. They will be held on **25/02/2012** and **26/05/2012**. The cost of one workshop is £50 per person, book early to avoid disappointment.

For more information or if you feel that your child could benefit from a personal session with our qualified team of therapists, please go to our website at [www.cloverhouse.org](http://www.cloverhouse.org) to complete a booking form. As a charity, we only charge £35 for a two hour session that will involve one on one time with each of three therapists and for families that cannot afford it, there is a bursary fund to cover the costs.

Community Link

## News from Kingswood Sure Start

### Tree Dressing Event with Sure Start Dad's group

On Sat 3rd December Wildways and Sure Start joined up to plant a community orchard in Kingswood Park. The Sure Start dad's group, which runs on the first Saturday of every month put on theirs & their children's wellies, and worked together to dig and plant a variety of fruit trees.

Maybe one day the children will be able to pick the fruit with their own children! The morning finished off by making bird feeders for the children to put in their gardens.

For more information on Dad's groups in the area please ring Denise Stevenson on 01454 864144



**News from Community Development Partnerships NHS South Glos**

**Finding Our Feet**

One of 24 pilot 'Finding your Feet' courses was delivered in South Glos on the 3<sup>rd</sup> & 4<sup>th</sup> November. Its aim was to equip people to manage, after the world changing diagnosis, of losing their sight. This pilot was funded by the Department of Health. The initial evaluation by 10 people, who are losing their sight and 5 carers, was very positive. They all made individual action plans, for example: walking to the nearest post box, using a kindle, doing ballroom dancing. They also learnt what modern technology can do for them and had the opportunity to think through the emotional upheaval of what has happened and how to stay positive despite this.

The group intend to continue to meet and provide mutual support and help to others, in the same predicament. The Primary Care Trust is working with the Council to see what can be done to continue this help and support.



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## News from Cadbury Heath Library

### You're never too young to join in! Bookstart Bear Club at Storytime

Our weekly Storytime with stories, songs and a simple craft is free & fun for babies, pre- school children, parents and carers too, and now you can join the Bookstart Bear Club as well! When a child joins the Bookstart Bear Club they will receive an attractive membership pack, containing a bookmark, door hanger and a passport to collect special paw print stamps every time they visit the library. There are certificates to collect after each set of 6 stamps until 10 certificates have been collected. Storytime is every Monday throughout the year from 9.15 – 9.45am

### Cadbury Heath Library opening hours

**Friday 23 December 9.00pm – 5.00pm**

**Saturday 24 December 9.30pm – 1.00pm**

**Sunday 25 Dec-Wednesday 28 Dec – CLOSED**

**Thursday 29 December 9.00am – 5.00 pm**

**Friday 30 December 9.00am – 5.00pm**

**Saturday 31 December 9.30am – 5.00pm**

**Sunday 1 January CLOSED**

**Monday 2 January CLOSED**

**Tuesday 3 January 9.00am – 5.00pm**

**Wednesday 4 January CLOSED**

**Thursday 5 January 9.00am – 5.00pm**

### Stories Round the Tree

Get into the Christmas spirit with festive fun and stories.

Monday 19<sup>th</sup> December 5.30-6.30 pm Free for all the family



### Mobile library comes near you!

There is a mobile library which tours South Gloucestershire on a two-week timetable. On it you can find books and maps for loan, large print and talking books, community information, a local history collection, DVDs for hire and jigsaws for loan.

A hydraulic lift is available for people who cannot climb the stairs.

**Alternate Tuesdays – Warmley: Community Centre 10.30 – 10.45am**

**Warmley: Riverside Way 11.00 – 11.20am Longwell Green: Larkleaze 11.30 – 11.45am**

**Longwell Green: Avondale Court 11.50am – 12.10pm - Shellards Rd 12.15 – 12.30pm**

**Remaining dates for 2011: 20 December**

**Alternate Thursdays – Oldland Common: School Rd 9.45 – 10.00am St Annes Drive 10.05 – 10.25am**

**Oldland Common: Cherry Gardens 10.35 – 10.50am**

**Remaining dates for 2011: 29 December**

## Training Opportunities



### **CVS South Gloucestershire are offering training to help support your groups and work that you do in South Gloucestershire**

#### **Grant Fundraising**

Develop your skills in grant fundraising – including from the Lottery, Trusts and Foundations and increase your chance of success. The day will include guidance from Big Lottery in making applications to Awards for All. You will also receive training in how to search national funding databases to find funding opportunities that are right for you

#### **Trainers: NCVO and Geni Hall-Kenny**

**Date: Wednesday 15th February Venue: TBC Time: 9.30am to 4.00pm**

**Cost: £30 for the first delegate, £50 for two from the same organisation**

#### **Commissioning for Public Services – for Trustees and Managers**

This introductory session will give an overview to trustees and managers of commissioning and procurement processes and provide Trustees with an understanding of their legal responsibilities.

For trustees and managers of charities, who want to find out about commissioning and competitive tendering as a possible new avenue for their organisation. This course will enable you to understand the principles, processes and assess potential risks and benefits to your organisation.

**Wednesday 14th March 2012**

#### **Training for Management Committees and Boards of Trustees**

Over the years CVS South Gloucestershire has worked with many Boards of Trustees and Management Committees. We are now able to offer a bespoke training service to work with a Committee or Board on any aspect of governance or organisations development. If you are re-focussing your organisation, have new Committee or Board members, need to undertake some business planning or just wish to review your operation we could help.

#### **For more information and/or to book a place**

**Please contact Helen Black on 01454 865205 or [helen.black@cvssg.org.uk](mailto:helen.black@cvssg.org.uk)**

#### **Cancellation Policy**

Please note that if you cancel your place on a training session, you will need to give at least 2 weeks' notice to ensure no cost is incurred. Anything less than 2 weeks' notice, the full cost of the course will be invoiced.

**Training Opportunities**



**Free 2012 Courses for Adults (19+) at The Park Centre Kingswood  
(Opposite the Civic Centre)**

**Confidence and Motivation**

Develop confidence, reflect on skills and achievements, look at personal goals for the future  
Every Friday starting 20th January at 1pm to 3pm (6 weekly sessions)

**Introduction to Spreadsheets**

Understands the basics of using a spreadsheet, keep track of your personal income and outgoings, Create graphs and charts  
Every Thursday Starting 12th January at 9.30am to 12.30pm (4 weekly sessions)

**Getting Started**

An introduction to using the computer for complete beginners  
Every Monday from 16th January at 5.30pm to 7.30pm (5 sessions) or every Friday from 20th January at 9.30am to 11.30am (5 sessions)

**Internet & Email for Jobseekers**

learn how to use the internet for job searches / applications and use email to send a CV's  
Every Thursday from 12th January at 12.45pm to 2.45pm (5 sessions)

**PowerPoint for Parents**

Help your child create presentations for their homework, create a slide show, catch up with modern technology  
Every Friday starting 20th January at 12.45pm to 2.45pm (4 sessions)

**For further information or to book your place on a course please contact Louise on  
01454 862193 or email: [enquiries@theparkcentrekingwood.co.uk](mailto:enquiries@theparkcentrekingwood.co.uk)**

## Funding Sources

### **BBC Children in need**

BBC Children in Need provides grants for up to three years to properly constituted not for profit organisations working with disadvantaged young people aged 18 or under. Within the BBC Children in Need grants programme, organisations can apply for Small Grants of £10,000 or less per year for up to three years and for Main Grants of over £10,000 per year for up to three years. Funding is available to organisations (including schools) that work with young people who are suffering from illness, distress, abuse or neglect, are disabled, have behavioural or psychological difficulties and / or are living in poverty or situations of deprivation. Examples of projects that recently received funding include: St. Philip's Church Community Project, Bournemouth, which received a grant of £25,332 to help fund a 'drop in' football club and a cooking club for deprived young people to help build self esteem and confidence.

**Closing date for applications 15th Jan 2012**

<http://www.bbc.co.uk/Pudsey/grants/generalgrants.shtml>

### **Comic Relief Older Peoples Programme (UK)**

Comic Relief has announced that it's Older People Programme will open for applications on the **16<sup>th</sup> January 2012**.

The aim of the programme will be to support projects that help older people cope with the challenges of this particularly harsh financial climate and the resultant exclusion and hardship it is causing. This programme will be aimed at supporting older people (65+) to build their knowledge and skills to manage their money more effectively, ensure access to good, independent financial advice, guard against financial scams and abuse and cope better with cold homes. Comic Relief are especially interested in how older people can be supported to manage the extreme rising fuel and food prices. In addition, the programme aims to encourage partnerships with voluntary sector organisations and banks, building societies, credit unions, energy companies and others to recognise and respond better to the needs of older people. There is no maximum grant level that can be applied for, however, the minimum grant level will be £10,000. There will be a two stage application process: The closing date for stage 1 is the **13th February 2012**. Applications chosen for further consideration will then have until the end of March to apply.

<http://www.comicrelief.com/apply-for-a-grant/programmes/managing-money-better-comic-reliefs-new-older-peoples-programme>

## Funding sources

### Healthy Communities Small Grants Programme (England, Scotland and Wales)

The People's Health Trust has announced that they will be announcing the first recipients of their Health Communities small grants programme.

The Health Communities small grants programme will make awards of between £5,000 and £10,000 to local projects which help people live longer healthier lives, and address health inequalities. The People's Health Trust are particularly keen to support grassroots activities through their small grants programme, which is currently open in 9 local society lottery areas.

Funding will be available from other local society lotteries in the coming weeks and months, and local charities and community groups are urged to check the People's Health Trust's website for details.

[http://www.peopleshealthtrust.org.uk/index.php/apply-for-funding/local-society-lottery?dm\\_i=10CZ,MFYW,57OTOG,1TGA5,1](http://www.peopleshealthtrust.org.uk/index.php/apply-for-funding/local-society-lottery?dm_i=10CZ,MFYW,57OTOG,1TGA5,1)

### New Energy Efficiency Funding Announced (England and Wales)

The Department of Energy and Climate Change has launched a £30 million investment in community green schemes and public sector energy efficiency.

The funding takes the form of a new £10 million Local Energy Assessment Fund (LEAF) launched to help local communities develop energy projects with an additional £20 million in loans for energy efficiency in schools, universities, hospitals, local authorities and other public sector buildings.

The LEAF, managed by a number of community networks and administered by the Energy Saving Trust, will be run as a competition, with the chance for around 200 community organisations to get to grips with energy efficiency and renewable energy generation. Organisations including parish councils, voluntary associations, development trusts and faith groups, are all eligible to apply.

Up to £50,000 is available for each successful community, to be used to help assess the potential for energy efficiency and local renewable energy generation in their locality.

Funding is allocated in two rounds.

**The first round closes at noon on 22 December 2011 with successful applicants notified in the week beginning 9 January 2012. The second round will close to applications at noon on 20 January 2012 with successful applicants notified at the end January.**

Application to this fund is through GRANTfinder

## Funding Information

There are now a number of free funding databases:

**NCVO Funding Central** - is a free website for all voluntary sector organisations, including community groups, providing access to funding and finance opportunities, along with tools & resources. Visit : **[www.fundingcentral.org.uk](http://www.fundingcentral.org.uk)** to register.

**Charities Information Bureau** - This web site contains a funding information database offering a free searchable facility for individual project searches and ready to go packs for particular themes, such as Sport, Health & Social Welfare. To register visit: **[www.cibsouthandwest.org.uk](http://www.cibsouthandwest.org.uk)**

## A Big Thank you to all our Groups

The Chase & Kings Forest Community Project would like to thank all of you who completed and returned the Annual Survey recently. This provides vital information for the development of services in South Gloucestershire in 2012. This information will be used in the Strategic Partnership meeting, which will be attended by the Chief Executive of the Council, the Police and other relevant people.

We really appreciate the time you have taken to provide us with this information, especially at such a busy time of year and with time being so pressured especially in the smaller projects.

## Help & Support from the Development Worker - C&KFCP

**Dawn** is able to offer help, advice & support on the various aspects and needs around the running & sustaining of your groups/projects. She is more than happy to help with things such as seeking out funders/funding, that potentially match up with a particular group/project, advise & assist with funding applications, identify training opportunities, advise & help with the promotion of your group project, or to help you use **Grants On-line** or **Grantfinder**.

## Newsletter

If you would like to send any articles or information for the next newsletter or if you would prefer an electronic copy, please contact Dawn.

**Dawn** can be contacted on: **0117 9604186** or email **[dawn@chasekingsforestcp.org.uk](mailto:dawn@chasekingsforestcp.org.uk)**

Thank you, Dawn Chaloner, Community Development Worker, TC&KFCP, The Clocktower, Tower Road North, Warmley, BS30 8XN.

Also look on our website: **[www.chasekingsforestcp.org.uk](http://www.chasekingsforestcp.org.uk)**.



