



**the chase and kings forest**  
COMMUNITY PROJECT

Welcome to the autumn edition of **Community Link**. If you would like to send any articles or information for the next newsletter (January 2008 edition) or your group needs support, please contact me on 01454 868726, or email:

[steph@chasekingsforestcp.org.uk](mailto:steph@chasekingsforestcp.org.uk). The deadline for articles is January 15<sup>th</sup>, 2008. I

look forward to hearing from you,

Steph Bengry-Howell, Community Development Worker. TC&KFCP, Mulberry House, Kingswood Foundation Estate, Britannia Road, Kingswood. BS15 8DB

## News

### Member's Lunch

In the last newsletter you may remember I mentioned we were holding a members' lunch on June 29<sup>th</sup> at The Park Centre, Kingswood. We wanted to find out what local voluntary and community groups thought about our organisation and what services they thought we should be offering.

At the meeting we found that people thought we should be providing training/access to training (management committee training, running organisations, fundraising), a web-site (with local information and a forum), a community newsletter (available at community centres and local libraries), signposting to other groups/services, help with finding funding and volunteers, publicity/help with publicity, regular meetings for groups, support with setting up new projects and for small groups and assisting statutory sector organisations with community consultation. We were told that a weakness of our organisation was that it was very Kingswood dominated; we need to work more to serve Staple Hill and Cadbury Heath.

Many of these things we are doing, some we have started to do, and some are planned for the future. We are holding our AGM on **November 8<sup>th</sup>**, when we will have another Members' Lunch. I will report back to people the progress we have made since June; there will also be an opportunity for groups to share their experiences or raise issues. It would be good to find out what people want from these members' lunches too.

### Use of Grants Online

If you would like to search Grants Online (a funding database) to find potential funders for your group, then do let me know. We can make an appointment for you to visit the office. This service is **free** to groups.

Call **01454 868726**, or make an appointment by email:

[steph@chasekingsforestcp.org.uk](mailto:steph@chasekingsforestcp.org.uk)

## **Kingswood Festival August 11<sup>th</sup>**

Kingswood Festival had a glorious start to the day - the sun. We had a magnificent D.J. named Delboy thirty vendors with interesting stalls, and brilliant entertainment that brought laughter to the Park, as acts followed acts, in perfect harmony. The Lawmen, Ten Sing, belly dancers and African drumming and dancing followed by spectacular jugglers. It was great to see representatives from our many different communities in



Kingswood, with Polish and Muslim visitors joining in the celebrations. We would like to thank all who supported us, the visitors and local traders who sponsored our programme and enabled the show to go on. We are very grateful to Pat Rooney, Labour Councillor, who has advised and worked side by side with Friends of Kingswood Park since its conception.

### **Di Block, Friends of Kingswood Park**

FFI about The Friends of Kingswood Park, contact Di on: **0117 9098275**

## **Kingswood Methodist Church awarded UK Online Centre status**

The church, on the corner of Grantham Road and Two Mile Hill Road in Kingswood, hope to provide computer facilities for the public from October. Members of the public and voluntary & community sector organisations are welcome to use the computer suite, set in a warm, comfortable environment. To help you on your way, fully trained tutors / support workers will be on hand to ensure your time there is comfortable and stress-free.

You will be able to access the internet using a simple straightforward on-line guide; the facility will enable you to learn how to use computers from scratch and at your own pace. So, whether you are a terrified novice or vastly experienced you are welcome to call in and make use of our facilities.

Your tutor will be happy to advise and guide you on the use of a range of applications for everyday use as well as e-mail and internet browsing. It's so simple to start and it's on your doorstep.

**For more info** please contact **Don, Rita or Paul on 9412 540**, anytime.

*The new computer facilities are part of Kingswood Methodist church's efforts to offer social, leisure and community learning opportunities where needs are identified.*



**Grimsbury Farm** has a variety of animals, a playground and a picnic area; perfect for a day out or just an hour if you're passing. The farm is open every day from dawn 'til dusk through the year and is enjoyed by families and couples, old and young alike. Admission and parking is free on site.

There is a volunteer group called the **Friends of Grimsbury Farm** (FOGF) which is made up of local residents, the BTCV Tree Life Centre, Blackhorse RAC and Hop, Skip & Jump in conjunction with South Gloucestershire Council. The friends group work together to improve the farm for the community. Volunteers are always welcome to help whenever and however they can. The **next meeting** of the friends group is on **Tuesday the 13<sup>th</sup> November 2007**, meeting at Hop, Skip & Jump behind the Farmhouse; all welcome.



There are many events planned for the future which include:

- Fence Making
- Dry Stone Walling
- Wassailing
- Spring Open Day 2008

If you would like to help us maintain and improve the facilities, or if you have any questions or suggestions, please email us at: [Chairman.FOGF@googlemail.com](mailto:Chairman.FOGF@googlemail.com).



### **Aspects and Milestones Trust**

We are a not-for-profit charity organisation that supports people with learning disabilities and mental health needs to partake in social, employment and leisure opportunities within the community.

#### **Social Group Activities**

- Skittles **Tuesday** Bitton Sport and social Club **10am-1pm** £2.00 per person— supporters go free
- Skittles **Wednesday** Coal Pit Heath Village Hall **10am– 12** £2.50 per person— (including refreshments) supporters go free
- Gardening group **Thursday** Chasefield Lodge **2pm-4pm** £2.00 per person (includes refreshments)— supporters go free
- Flexercise **Friday** Coal Pit Heath Village Hall **10.30am-12** £2.00— per person (includes healthy refreshments) supporters go free

Contact **Jenny Rondeau 0117 9589923**

#### **The Meeting Place**

The Meeting Place is an organisation run by people with learning disabilities for people with learning disabilities. On the **First Saturday of each month** between **2pm– 4pm**, we have a drop-in. We go to different venues where we have talks, go out for meals, play skittles, and learn first aid, for example. Our next Meeting and AGM will be in October. To find out more about **membership** please contact **0117 9589924**.

#### **Volunteers**

Are you interesting in volunteering with people with learning disabilities, mental health needs or physical disabilities? Do you have skills or hobbies to share? Whether you have registered interest or are just considering then we would like to meet with you. Please contact **Chris or Ria on 0117 9589920**.

#### **Open Day**

We are holding an open day on **October 24<sup>th</sup> 2007** at the Vassall Centre, Fishponds, Bristol to showcase our services to the community. The focus of this day will be to invite people with disabilities, families, friends, support workers, local press and members of the public to have a fun and informative day.



# CLOVER HOUSE THERAPY

## NATURAL HEALING FOR CHILDREN

Registered Charity 1057408

---

Clover House was co-founded by Jill Gill, a massage therapist, and Basil Jones, a psychotherapist. They had been working at the Bristol Cancer Help Centre, which has pioneered complementary therapy for Cancer patients since the 1970s. As a therapist, Basil dealt with many emotional problems in adults and realised that many of these originated from childhood experiences and traumas. Both founders were passionate about complementary medicine and decided that the most effective method of dealing with these problems was to treat them when the patient was still a child. Clover House was formally founded by Trust Deed in April 1996, aiming to 'relieve the sickness and suffering of children and young people through the provision of complementary care, and to publish the results widely'. Our emphasis is to 'treat the child not the problem'; many children come to us having been told that they have a particular condition. Instead of just treating the condition, we work with the child to find out what has been distressing them and give them a practical means of coping with it. We have always believed that it is better to treat children as individuals and not to 'talk down to them'; we are non-judgemental and will never turn away a child.

The three therapies we use are imagery, massage and nutrition. Imagery helps children learn how to banish their fears and traumas; massage gives them a sense of security and of being loved and nutrition strengthens the immune system resulting in a happy, healthy child. While each of these therapies is valuable in its own right, we believe it is the fusion of these therapies that gives us our consistent success rate. During 2006, 97% of the children and families we treated recorded improvements in an average of just three sessions.

Clover House was originally based in the town of Oldland Common, in 2003 Basil retired and we moved to Saltford, on the A4, between Bath and Bristol. Jill Gill has remained with the charity and as practice manager is responsible for the day-to-day running of Clover House and the supervision of its therapies. Our team of therapists has changed several times since 1996 but our success rate has continued to improve. In 2006 we passed our 10<sup>th</sup> anniversary and also celebrated the production of a new DVD and booklet, containing practical tips that parents can use at home, which we sell through our website, [www.cloverhouse.org](http://www.cloverhouse.org).

Clover House holds **Free Open Evenings**, on the **first Wednesday of each month**, for anyone interested in finding out more about the charity's work, from parents & teachers, to therapists and journalists. Those wanting to attend should email [info@cloverhouse.org](mailto:info@cloverhouse.org) or **telephone 01225 344047**.

## Carers Emergency Card – have you got yours?

The Carers Emergency Card was launched at the end of January and already over 900 carers have signed up. Approximately 60% of Card holders are over the age of 65 and most are caring for a spouse, though almost 150 are parent-carers and over 100 are adult children caring for a parent.

**“I think it’s a very good scheme. It gives me peace of mind when I’m out shopping. I can’t fault it at all. I haven’t had to use it as yet, but knowing the card is in my purse gives me peace of mind,”** wrote Heather of Stoke Gifford, who cares for her husband who has had a stroke.

Carers also reported that they found the registration process very simple. **“How can you improve it when it’s so easy to acquire? – even a ring back because I didn’t put what type of container the medication is kept in,”** says Leslie, who cares for his elderly, frail wife.



All carers who worry what would happen to the person they care for should *they* have a health emergency can carry the Card. Carers who do not have local friends or family to step in are *not* excluded from the scheme – if an accident or sudden illness for the carer would leave another person vulnerable in the community, the Local Authority needs to know, in order to respond appropriately. It is a free service, paid for by the Princess Royal Trust, along with Bristol and South Glos Adult Community Care teams.

*If you would like to carry a Card, or have questions about the scheme, please ring the Princess Royal Trust Carers Centre on 0117 965 2200. If you need help to fill out the registration form, staff will do it with you, making a home visit if necessary.*

### **The Carers Centre Needs Volunteers!**

Could you spare an hour or two on **Friday 21<sup>st</sup> December** to help the Princess Royal Trust Carers Centre collect money at the Kings Chase shopping centre in Kingswood? ‘Flag days’ in shopping centres are a vital way for us to raise money for our work supporting carers of all ages, and they can be good fun for those who take part!

**Volunteers** are also needed for an **out-of-hours telephone support service**. If you have spare evenings, good listening skills and a non-judgemental approach to others, please contact Nikki for further information. Volunteers need to be able to commit themselves to 10 initial training sessions that will take place in working hours.

***If you are interested in volunteering for the Carers Centre, please contact Nikki Jones at the Carers Centre on 0117 958 9907.***

### **Top 10 tips for Community Groups**

From Vicky Harrison – Freelance Trainer and Consultant

- 1) **Founder Member Leaving** - This can often lead to a period of difficulty. Make sure that before the person leaves you learn how to do the things that they previously did for the group. Also make sure they pass on all information and documents that you will need.
- 2) **Poor timekeeping at meetings** – Produce an agenda before you start the meeting and go through with the group and decide how much time you will spend on each item, don't leave it to chance. If necessary set an alarm or some other method to keep you all on track ( Egg timers work well especially if they are fun).
- 3) **Planning funding** – Think at least 6 months ahead about funding. A funding application can take 6 months to process. Always keep copies of all the applications that you make.
- 4) **Employers for the first time** – If you are about to become employers for the first time then make sure that you get proper legal advice. Get everything checked and rechecked by somebody who is up to date on current employment law.
- 5) **Speakers/Trainers not available for your event** – Book the trainer or the speaker before you book the venue. A venue can be changed but a speaker with specific knowledge may be difficult to replace and they often are booked up 3 or 4 months in advance so think ahead.
- 6) **Publicity missing the mark** – Plan carefully that you will send you publicity to. It is better to do mailing that is small but carefully targeted. Things like mail outs to the general public have a terrible success rate.
- 7) **Confusion over what you are about** – Spend time as a group making a list of your aims. What exactly are you trying to achieve for your beneficiaries. What is it you are trying to change in the world? Be focussed, write down your aims and stick with this.
- 8) **Burn out of members** – Try to get as many people as possible involved and give them specific roles. If it is nobody's job then nobody will do it and it will keep falling back on the same people. Write a short role description for each person in the group – a few bullet points.
- 9) **Cannot prove why the group is needed** – collect every bit of evidence that you can that the group is needed and how it has changed people's lives for the better. Keep all the information together on the computer or in a folder and keep adding to it. This will help when you apply for funding.
- 10) **Notice boards not noticed** - Less is more when it comes to notice boards. People can only take in so much information. Keep plenty on the notice board. Make sure things are pinned on straight and that one person updates the notice board on a weekly basis.

## Events

### News from Cadbury Heath Library

We now open at 9.00am on weekdays and invite readers to pop in on Friday mornings for a coffee. Do take advantage of this time when the children are at school to choose your books in peace!

We will be taking part in the open day for South Gloucestershire libraries, "**Make a noise in libraries**" day, on **Saturday November 3<sup>rd</sup>**. There will be competitions, quizzes and other activities for young and old. At 2pm, for half an hour, we will be having a performance of **live music** from **Fingers and Frets**. Fingers & Frets is a unique mix of instruments – mandolins, mandola, banjos, guitars, concertina and percussion, playing music from around the world including jigs, reels and 'easy listening' music.

We do hope that lots of residents will come and join on this day!



We now have an Audio Bat trail pack that can be borrowed to enhance your walks in 3 local trails, **Avon Valley Woodlands**, **Warmley forest Park** and **Wick Golden Valley**. These have been produced by South Gloucestershire Council's **Wild Roots Project**. The packs have been especially created so that the trails are also accessible to people who are partially sighted or blind. They are also **available** at **Hanham**, **Kingswood**, **Staple Hill**, **Emersons Green** and **Yate** libraries.

In October Spider-man is back! Weave your answers to our web of questions for a chance of winning a portable DVD player , cinema tickets or copies of Spider-man £3 DVD. Call in to your local library to pick up the questions!

For more details and information about what is on in South Gloucestershire libraries, see the website at [www.southglos.gov.uk/libraries](http://www.southglos.gov.uk/libraries) or pop in to **Cadbury Heath Library**, in **School Road, Cadbury Heath**.

**October 07 to February 08 events at Willsbridge Mill**

Sunday 14 October, **Apple Day**, Willsbridge Mill, 12 -5pm

A crop of fruity activities to celebrate our local orchard growing heritage including local produce orchard games, longest peel competition, apple art – 'The Big Draw' workshop, displays of old English apple varieties, home made apple cakes from local recipes, pruning and planting demonstrations and fruit and nut wanders in Willsbridge Valley Local Nature Reserve.

A South Gloucestershire Food & Drink Festival event.

**Free entry**, suitable for all ages.

Wednesday 24 October, **Rotters and Stinkers**, Willsbridge Mill, 10-12.30 & 1.30-4pm

Join us for a fungal foray into the woods at Willsbridge Valley Local Nature Reserve and learn more about marvellous mushrooms, terrific toadstools & other fascinating fungi. A family drop-in event suitable for all ages.

Children £5.50 (AWT members £4) Adults free

Friday 26 October, **Owl Prowl**, Willsbridge Mill, 7.00-9.00pm

Join Ian McGuire, Hawk & Owl Trust, on a magical exploration of Willsbridge Valley at night to listen out for those wonderful night time birds.

**Free but limited places** so please **ring 0117 9177270 to book**

Refreshments available. Bring a torch.

**Tree Dressing, Sunday 2 December**, Emerson's Green, 2-5pm

**Free event** for all the family

**Tree Dressing, Sunday 9 December**, Willsbridge Mill, 2-5pm

Join us in a celebration of trees and their value to us. Tree folk lore walks, gift bag printing, storytelling, craft stalls, homemade cakes and soup. All culminating in a lantern lit procession and performance to dress the trees. Fun for all ages.

Sunday 20 January 2008, **Wassailing**, Willsbridge Mill, 2.00-5.00pm

Join the lively ceremony to revive this long lost local tradition which takes place to ensure a good fruit harvest the following season. Make noisy instruments and lanterns for our procession to wake the orchard up from its winter slumbers. Fruity trails, orchard games, home made apple refreshments

**Free entry**

FFI tel 0117 932 6885

Wednesday 20 February '08, **Spring Quest**, Willsbridge Mill, 10-12.30pm & 1.30-4pm

Follow the trail round Willsbridge Valley and see it springing into life and colour. Inspired by your walk, help us to make shadow puppets for a spectacular spring puppet show. Children £5.50 (AWT members £4) Adults free.

Family drop in event, suitable for all ages.

Sunday 9 March 2008, **Rocky Horror Show** (working title). Family event to launch new geology trail and leaflet.

## Training

**South Glos Community Learning Service** are offering the following courses in the **Kingswood/Staple Hill** areas this autumn. These courses are FREE to those aged 19 and over with few or no formal qualifications.

- **Accessing Community Information:** for those with English as a second language. An opportunity for people to come together and develop their spoken English skills – and find out more about their local community  
Our Place, Berkeley House, Staple Hill, **Mondays: 1.30 – 3.30pm**
- **Accessing Community Information:** for those with English as a second language. As above!  
The Park centre, Kingswood, **Thursdays: 10am – 12 noon**
- **Creating Confidence** x 6 sessions  
A short course for anyone who would like to look at ways of developing their confidence, reflect on their skills and achievements – and begin to look at personal goals for the future.  
Our Place, Berkeley House, Staple Hill, **Tuesdays: 9.45 – 12 noon**
- **Computer Skills:** Get those Skills, get that Job!  
6 weekly sessions to help you learn new skills to improve your job and training options.  
Downend Library, **Tuesdays: 6 – 8pm**
- **Computer Skills:** Get those Skills, get that Job!  
6 weekly sessions to help you learn new skills to improve your job and training options.  
Kingswood Library, **Thursdays: 1pm – 3pm**

PLEASE call **Helen on 01454 864638** for more information about these or other courses, including Literacy & Numeracy workshops, or to enrol on any of these courses. Some spaces still left!

### **CVS Autumn Training Programme**

**Media Training, Wednesday 24<sup>th</sup> October 2007**, 9.30am – 3.30pm

The Jubilee Centre, Savages Wood Road, Bradley Stoke. BS32 8HL

Reviewing and putting into practice interview techniques and thinking through how we handle journalists. You will need to take 3 stories from your area of work.

**Free to CVS Members**, Non CVS Members £25. **Lunch will be provided**

**Websites Made Easy, Wednesday 26<sup>th</sup> September 2007**, 9.30am – 3.30pm

Turnberries Community Building, Thornbury. BS35 2BB.

A workshop to help you to plan and map out your ideas, so your organisation can plan to produce it's own website.

**Free to CVS Members**, Non CVS Members £25. **Lunch will be provided.**

**FFI:** Sarah Buckle on: 01454 868729 or email: [trainingdev@cvs-sg.org.uk](mailto:trainingdev@cvs-sg.org.uk)

## Funding news

### South Gloucestershire Small Grants

The annual round of small grants for voluntary and community groups in South Gloucestershire opens on **Monday October 8<sup>th</sup>**. Grants are awarded to develop projects and provide activities that meet local needs, including art & culture, children & play, community safety, developing communities, enhancing the natural & built environment, learning activities, promoting equality & tackling poverty, sports and supporting vulnerable people.

The **closing date** for applications is **19<sup>th</sup> November**.

An online application form & further information will be available at [www.southglos.gov.uk](http://www.southglos.gov.uk), from October 6<sup>th</sup>. Select **G** from the A-Z, then **Grants**, followed by **Community Grants**.

If you do not have access to a computer, you can ring the helpline on: **01454 865865**.

### Bright Ideas Grants Programme

Open to registered charities and voluntary groups with a constitution and a turnover of less than £200,000. **Age Concern**, the UK's largest charity working with and for the elderly offers grants of up to £2,000 towards new or expanding services or activities which **directly benefit older people**. Examples of activities that can be funded are day centres and luncheon clubs, visiting & befriending, information & advice services, health & safety initiatives, arts, cultural and reminiscence activities, foot care, bathing and hairdressing, respite for carers, gardening and domestic services, and activities enabling older people to make their voices heard in society. Applicants can apply for revenue and capital costs. The next **deadlines** for applications are: **25<sup>th</sup> October** 2007 (allocation date 8<sup>th</sup> November), **29<sup>th</sup> November** (allocation 13<sup>th</sup> December), **10<sup>th</sup> January** '08 (allocation 24<sup>th</sup> Jan), **14<sup>th</sup> February** (allocation 28<sup>th</sup> Feb).

For more information visit:

[http://www.ageconcern.org.uk/AgeConcern/grants\\_members.asp](http://www.ageconcern.org.uk/AgeConcern/grants_members.asp)

or contact The Grants Unit on: **020 8765 7738**

### GreenPrints Flagships

Is an England-wide volunteering programme which offers funding and practical support for green space improvement projects carried out by young people aged 16-25. Five of the country's leading not-for-profit organisations are working in partnership to provide support and funding to help young people improve green spaces in our communities. SITA Trust, v the youth volunteering charity, BTCV, The Wildlife Trusts and the BBC's Breathing Places campaign, have joined forces to develop a two-year programme which will offer funding of up to £10,000, as well as support and practical expertise from the partners, to enable young people to make a real difference to the communities in which they live. The funding is open to not for profit organisations, for projects designed and delivered by groups of volunteers aged 16 to 25. For **more information** visit:

<http://www.sitatrust.org.uk/apply/greenprints> or **call: 01454 262910**

### **The Wakeham Trust**

Supports groups of individuals as well as small community and voluntary groups that want to improve their communities. The Trust are particularly interested in supporting neighbourhood projects, community arts projects, projects involving community service by young people, or projects set up by those who are socially excluded. The Trust normally gives grants to projects where an initial **£75 to £750** can make a real difference to getting the project up and running. To be eligible, applicants need to be registered charities or have access to a registered charity that will be willing to accept funds on their behalf. Examples of activities they have funded include a grant of £250 to three young people in Leamington Spa who were trying to set up a youth club; and a £500 grant to a Furniture Reclamation and Delivery Enterprise in Stockton-on-Tees to purchase power and hand tools in order to do minor repairs and refurbishment.

Applications can be made at any time. For more information, **call: 01730 821748**  
Or visit: <http://www.wakehamtrust.org/index.php>

### **Small Changes - Big Differences Bursaries**

The Guardian's "Small Changes, Big Differences" bursary in association with Ford Flexifuel is offering grants of between £50 and £5,000 to spend on making a small change that will mean a big difference to individuals and their community. The funding can be spend on projects such as; buying "hippos" to place in the toilets of a community centre to save water; putting up some hanging baskets to improve the look of an area; or buying some solar panels for a school to save money and energy. The bursary is open to individuals over the age of 16. To apply for a bursary, fill in the online form and describe what you would spend it on in less than 400 words. The **closing date** for applications is the **29th October 2007**.

<http://www.guardian.co.uk/fordflexifuel/bursary/0,,2139907,00.html>

### **The E.ON Source Fund**

Local community groups and not for profit organisations that wish to implement **sustainable energy projects** in their buildings have the opportunity to apply for **grants of up to £30,000** through this fund. Examples of organisations that have been funded in the past include schools, local-based and national charities, special education colleges and wildlife parks. Projects that can be considered for funding include the purchase and installation of one or more renewable energy technologies (e.g. wind, solar thermal, PV, wood etc); an energy efficiency makeover for a building that could demonstrate significant energy savings and also behavioural change amongst users; or the use of new or innovative technology to deliver either energy savings or micro-generation capacity. The **deadlines for applications** are **21st December 2007**, **25th April 2008**, **5th May 2008**, **8th December 2008**.

They prefer people to contact them for **further information** by email: [source@eon-uk.com](mailto:source@eon-uk.com); or by visiting their web-site <http://www.eon-uk.com/2060.aspx>