



Welcome to the autumn edition of **Community Link**. If you would like to send any articles or information for the next newsletter (Dec 2009 edition) or if you would prefer an electronic copy of the newsletter, please contact me on **0117 9604186**, or email: [steph@chasekingsforestcp.org.uk](mailto:steph@chasekingsforestcp.org.uk). The deadline for articles is Dec 2<sup>nd</sup>, 2009. Thank you. Steph Bengry-Howell, Community Development Worker. TC&KFCP, The **Clocktower**, Tower Road North, Warmley, BS30 8XN. Don't forget to look at the web site: [www.chasekingsforestcp.org.uk](http://www.chasekingsforestcp.org.uk) ! Email details of your group for the directory, volunteering opportunities & news of community events.

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

#### We have moved!

As you can see from the address above, The Chase & Kings Forest Community Project has now moved to the Clocktower at Warmley. Please note that we also have a new telephone number. We will still provide the same support to groups:

- **1 to 1 Support** for small or newly formed groups in Priority Neighbourhoods: Kingswood, Staple Hill or Cadbury Heath.
- **Funding Updates** available by email between newsletters, contact Steph.
- Access to **Grants Online** (a funding database) to find potential funders for your group, we can make an appointment for you to visit the office.
- **Support with funding applications** for small or newly formed groups in the Kingswood, Staple Hill and Cadbury Heath areas.
- **Training**. If volunteers or staff from your organisation require training to help them with running a group - we can provide training and hold information on training happening locally.

These services are free to groups, for more information contact Steph on: **0117 9604186**, or make an appointment by email: [steph@chasekingsforestcp.org.uk](mailto:steph@chasekingsforestcp.org.uk)

#### AGM & Members' Lunch

We held our 28<sup>th</sup> Annual General Meeting, followed by a Member's Lunch on **July 14<sup>th</sup>**. The event was attended by 15 people representing 14 organisations, and was an opportunity for groups to network, share news and seek support. Our Management Committee were elected for the coming year, and are: Michael Packer (Chair), Kay Halley (Treasurer), Sarah Buckle, Mary Hastings, Pat Apps.

We were joined by Derek Pickup from Kingswood Foundation Estate who has recently submitted a Capacity Builders bid to re-furbish an old boiler house on the estate. If the bid is successful KFE will be able to rent individual starter units (workstations) to small groups and businesses. Each work station will come with a desk, chair, p.c., phone, broadband, filing cabinet, services-heat/light, dividers between desks and access to a meeting room. People would have to pay for printing and calls (but not the phone-line or internet). The cost per workstation would be £30 per week; if this would be of interest to your group, let Derek know on: [dpickup@kfl.org.uk](mailto:dpickup@kfl.org.uk)

### News from and for Local Groups



The Clocktower are taking part in

### World Mental Health Day 10<sup>th</sup> October 2009

They are running activities at:

**Suburbs Church, Cadbury Heath**, (situated behind the library).  
**11am-2.30pm**

Activities available: how to prevent stress and depression, knitting workshop, hand massage and displays from the library and health centre focusing on foods which affect our moods...and more.

**For more information**, contact the Clocktower using the contact details below.

World Mental Health Day aims to raise awareness of the importance of positive mental health for all and to challenge the stigma, discrimination and fear often associated with mental health. In South Gloucestershire and Bristol the focus for this campaign will be on the Five Daily Habits for Wellbeing:

- Ensure positive social contacts: *talk with someone you like, smile at a stranger*
- Limit harmful emotions: *acknowledge and let them go, don't harm others with violence or abuse*
- Look after your body: *keep physically active, eat healthily, do not smoke, and drink only in moderation*
- Engage with nature: *walk in a park, grow a plant, stroke an animal*
- Reflect & Learn: *reflect to try to resolve problems and learn something new every day.*

### Crèche Services for Local Groups

The Clocktower Association is now offering crèche services to local groups at affordable rates. For more information call Jane on: **0117 967 1655**, or email: [theclocktowerassociation@btinternet.com](mailto:theclocktowerassociation@btinternet.com)

### **South Gloucestershire Black and Minority Ethnic Carer Development Project**

Carers from all communities face similar difficulties in caring for someone; however there are some differences in the issues faced by black and minority ethnic (BME) communities, such as:

- Communication difficulties, including language barrier
- The need for interpreting and translation services
- Lack of understanding of the health and social care system
- Lack of culturally appropriate and responsive services.

**To find out more** about this project contact **Saban** at the Carers Centre on **01179589985** or [Sabanh@carers-sg.org.uk](mailto:Sabanh@carers-sg.org.uk)

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### **COSSHAM HOSPITAL REDEVELOPMENT**



The first stage of the work to redevelop Cossham started in August. Henshaw House on the edge of the site is now being adapted to house Outpatients, Audiology and Radiology during the redevelopment of the main building. The community teams previously located at Henshaw House and South Gloucestershire Crossroads are now at the Vassall Centre, Gill Avenue, Fishponds. The main scheme is due to commence in February 2010. Our proposals are being

considered by Bristol City Council and it is hoped that they will go to their Planning Committee on 23<sup>rd</sup> September.

**For more information** please call **Paul Frisby** on **0117 330 2432**, or email him at [Paul.Frisby@sglos-pct.nhs.uk](mailto:Paul.Frisby@sglos-pct.nhs.uk)

#### **Home Energy Help**

With soaring energy prices and the winter fast approaching, this time of year can be a very worrying time for vulnerable residents in South Gloucestershire. We aim to ensure that people are aware of the various grants that are on offer in order that they are able to heat their homes to a comfortable standard. Certain households have a greater requirement for heat than others. Those that need to spend 10% or more of their income to meet fuel costs are deemed to be living in fuel poverty. The Home Energy Team have developed a series of free talks and presentations aimed at a variety of community groups to ensure that people are aware of the help that is available in order to reduce fuel bills through insulation and more efficient heating. Our presentations cover the following topics: energy advice and information; awareness raising of energy efficiency and affordable warmth; identifying and helping people in fuel poverty under the Government's Warmfront Scheme and South Gloucestershire Council's Warm & Well Scheme.

**For more information**, or to **arrange a presentation** for your group, please call **Debby Paice** or **Calum Allan** on **01454 865453**

### **Local Volunteers Needed to Help Local Carers.**

The Princess Royal Trust Carers Centre is currently recruiting local volunteers for the 'Break for Carers' sitting service. Volunteers usually offer a couple of hours a week to keep a disabled, frail or unwell person company. This enables their unpaid, family carer to take a much needed regular break. If you are reliable and trustworthy and enjoy building relationships with new people, this rewarding experience could be for you. The Carers Centre fully trains and supports all volunteers and all expenses are reimbursed. If you would like to find out more please contact **Amy Flood** on **0117 9589903**.



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### **Services for Stroke Survivors and their Carers in South Gloucestershire**

South Gloucestershire Council has received a grant from the Department of Health to develop and improve stroke services within the area. My role is to assist in developing services for stroke survivors and their carers. I am interested in hearing your experiences of community stroke services to identify the present gaps and to explore issues, such as transport, which result in you being unable to access certain services.

A number of different projects have been funded focusing on enabling stroke survivors and their carers to live a full life in the community. These projects are:

- o **Bristol Area Stroke Foundation** provides individual counselling and family support, stroke groups and carer support.
- o **Different Strokes** offer support and encouragement to stroke survivors in the form of a local exercise group.
- o **Exercise on Prescription for Stroke Survivors** provides access to an individualised exercise programme over a 12 week period.
- o **'Life after Stroke' Carers Course** is an education programme covering various topics including effects of stroke, different therapies, diet and medication and looking after yourself.
- o **'Moving on' Project- Employment Opportunities** enables stroke survivors to receive support to seek and maintain paid employment, voluntary work or further education.
- o **Thornbury Stroke Group** provides social activities including weekly swimming sessions and an art group and indoor bowls group.

If you would like to **know more** about the projects or share your views, please call: **01454 862354** or email: [Tina.Downing@southglos.gov.uk](mailto:Tina.Downing@southglos.gov.uk)

## Events and Meetings

The Care Forum is holding the following meetings:

### **Transition from children to adult's health and social care services**

#### **Joint Bristol and South Glos CYP and Adult Networks Event**

Tuesday, **6<sup>th</sup> October** 2009, 1pm (for lunch) 1.30-4pm

#### **The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ**

Sue Dolby, Transition lead for Bristol's Health Services Plan will meet with the voluntary and community sector to discuss the important issue of transition from children to adult's health and social care services. Health and social care commissioners will also be attending to take part in discussions groups and answer questions. **To book** contact Katharine Gonzales on: **0117 958 9345** or email [events@thecareforum.org.uk](mailto:events@thecareforum.org.uk)

### **Transforming Community Services in South Gloucestershire – Lunchtime Discussion Meeting**

Monday **12<sup>th</sup> October**, 1pm – 2.30pm, **Meeting Room 4, the Vassall Centre**

NHS South Gloucestershire and The Care Forum's Voluntary Sector Services team are holding a lunchtime meeting on South Gloucestershire's draft Transforming Community Services strategy (TCS). TCS is a change programme for the delivery of primary health care services. Each Primary Care Trust is developing its own Transforming Community Services strategy taking into account local conditions and characteristics. This is your chance to feed into South Gloucestershire's strategy and is open to all voluntary and community organisations interested in health and social care in South Gloucestershire. Lunch will be provided, **booking is essential** for this event: contact [williamward@thecareforum.org.uk](mailto:williamward@thecareforum.org.uk) or Tel: **0117 965 4444**.

### **Bristol and South Gloucestershire Older People's Voluntary Sector Network Lunch**

Monday **19 October**, 1-2.30pm,

#### **Rooms 2 and 3, the Conference Centre, The Vassall Centre.**

The main topic will be Falls Prevention with presentations from Rob Benington, Injury Prevention Manager, NHS Bristol; Jackie Strang, Falls Co-ordinator at NHS South Gloucestershire; Dawn Kelly, Bristol Care & Repair Falls Prevention Service. We will also discuss the Better Support for Older People in South Gloucestershire Consultation. We will be providing a sandwich lunch. **To book** contact Katharine Gonzales, Events Administrator, The Care Forum: **0117 958 9345** email: [events@thecareforum.org.uk](mailto:events@thecareforum.org.uk)

### **The Care Forum AGM & Annual Conference**

The Impact of the Environment on Health & Social Care, Wednesday **25<sup>th</sup>**

**November**, 2-4.30pm (1.30pm for tea and coffee), The Conference Centre **The Vassall Centre**. The Keynote Speaker is Simon Evans, Senior Research Fellow, Health Training and Research Centre, University of the West of England. **To book** contact Katharine Gonzales, Events Administrator, on: **0117 958 9345** or email: [events@thecareforum.org.uk](mailto:events@thecareforum.org.uk)

## **Kingswood and Staple Hill "Planning for Real"**

Four meetings have been arranged to take forward the Planning for Real process in Kingswood and Staple Hill. The meetings will identify actions that have already been implemented, what still needs to be done and which department, agency or group can take the lead - drawing on the support of others as necessary.

### **The two Kingswood "Planning for Real" meetings will take place in Committee Room 1 at the Kingswood Civic Centre:**

#### **1. Thursday 1st October**

1.15pm-Arrival and refreshments; 1.30pm-Local Environment; 2.15pm-Leisure and Recreation; 3.00pm-Community Facilities; 3.45pm-Housing; 4.30pm-Finish

#### **2. Friday 2nd October**

1.15 pm-Arrival and refreshments; 1.30pm-Work, Training and Local Economy; 2.15 pm-Crime and Safety; 3.00 pm-Traffic and Transport; 3.45 pm-Health; 4.30pm-Finish

### **The two Staple Hill "Planning for Real" meetings will take place in the Salvation Army, 21 Broad St, Staple Hill, South Gloucestershire, BS16 5LN:**

#### **1. Monday 5th October**

1.15pm-Arrival and refreshments; 1.30pm-Local Environment; 2.15pm-Art, Culture & Leisure; 3.00pm-Community Facilities; 3.45pm-Housing; 4.30pm-Finish

#### **2. Tuesday 6th October**

1.15 pm -Arrival and refreshments; 1.30pm-Work, Training and Local Economy; 2.15 pm-Crime and Safety; 3.00 pm-Traffic and Transport; 3.45 pm-Health; 4.30pm-Finish

**For more information, or to register your attendance, contact: Matthew Hemson**  
Priority Neighbourhoods Community Coordinator, South Gloucestershire Council, on:  
**01454 864605**

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South Gloucestershire Council – Community Engagement  
**PRIORITY NEIGHBOURHOODS STAKEHOLDER EVENT**  
**7<sup>th</sup> October 2009, 9.30 am – 4.30 pm, Greenfield Centre, Winterbourne**

Priority Neighbourhoods are areas which experience multiple deprivation and are therefore the least well off neighbourhoods within South Gloucestershire. South Gloucestershire Council identified Staple Hill, Kingswood, Patchway, Cadbury Heath & Filton as Priority Neighbourhoods in October 2006. In July 2009 West Yate & Dodington were also identified as a Priority Neighbourhood. A Profile of each Neighbourhood has been produced and Summaries of these will be available for discussion at this event, also available will be neighbourhood newsletters and planning for real outcomes.

The day will include presentations and workshops. **Lunch & refreshments will be provided.**

For more information and to book a place, **contact the Community Engagement Team on 01454 863275**, or email: [Priorityneighbourhoods@southglos.gov.uk](mailto:Priorityneighbourhoods@southglos.gov.uk)



### Safer & Stronger Group Meetings

#### Kingswood Safer & Stronger Group

Thursday, October 8th, 10am-12pm  
at The Park Centre, Kingswood

#### Boyd Valley & Bitton Safer & Stronger Group

Wednesday, November 4th, 7pm-9pm  
venue to be confirmed



**Friday November 6th 2009**

**BAWA, Filton, Bristol**

**9.00am - 1.30pm**

Balancing Work and Care:  
The Social and Business Benefits of  
Supporting Carers in Paid Work



#### This is a conference for:

- employers - large and small
- senior managers
- carers in employment & self-employed carers

#### Did you know?

- 15% of all people in work also look after someone at home
- losing staff who are carers costs money
- failing to support carers costs money
- supporting carers gives competitive advantage
- supporting carers enables staff development
- supporting carers enhances corporate values and image

#### An opportunity to explore:

- the benefits of supporting carers in the workplace
- how to develop carer friendly policy and retain skilled workers

**To book a place** and sign-up for **more information** ring **0780 747 9926** or **0117 958 9978**, or email: [conference@carers-sg.org.uk](mailto:conference@carers-sg.org.uk)



  
**Avon Wildlife Trust**  
Willsbridge Mill Environmental Education Centre  
**Oct 09 - Feb 2010 Events**

**Sunday 25 October: Apple Day Community Festival, 12 - 5 pm**

A crop of fruity activities to celebrate national Apple day. Orchard games, display of many traditional apple varieties, apple pressing, apple tasting, chutney and preserves demonstration, longest peel competition help raise awareness of declining orchards and their wildlife and the urgent need to restore them to centre stage in the English landscape.

**Free Entry**

**Wednesday 28 October: Autumnal Antics, 10.30 - 12.30 pm or 1.30-3.30 pm**

Tree trekking and wild food walks to explore nature's harvest. Using amazing colours and textures of Willsbridge Valley create your own natural sculpture. Half term holiday family drop in event. Booking not necessary.

**£6/child (4yrs plus) Adults FREE**



**Saturday 31 October: Owl Prowl, 7 pm - 9 pm**

Celebrate Halloween and join Ian MacGuire, of the Hawk and Owl Trust on a magical exploration of Willsbridge Valley to listen and look out for these wonderful birds of the night.

**Please ring to book - 0117 9177 270**

**£10/Adult, £6/Child (8yrs and over)**

**Sunday 6 December: Tree Dressing Community Festival, 2 - 5 pm**

A spectacular celebration of trees and their value to wildlife and people. Environmental art workshops to dress the tree, as well as tree folk lore walks, storytelling, seasonal gift making using recycled materials. Homemade cakes and soup. Event culminates in lantern lit procession to dress the tree.

**Free Entry**

**Sunday 18 January: Wassailing Community Festival, 2 - 5 pm**

A lively ceremony to awaken the sleeping orchard and its wildlife to ensure a bumper harvest later in the year. Make noisy instruments, present toast to the robins the guardians of the orchard and sing Wassailing songs! Home made apple refreshments.

**Free Entry**

Willsbridge Mill is signposted off the A431 in Longwell Green, 6 miles from both Bath and Bristol. Cyclists can reach the Mill using the Bristol to Bath Railway Path - alighting at Avon Valley Railway's Bitton Station and following A431 a short way towards Bristol.

Ring Traveline 0870 6083608 for up to date bus and train times. Nearest train station - Keynsham 1 mile

Visitors with a disability are welcome to park adjacent to the Mill, please follow the 'disabled' signs off A431 on Willsbridge Hill

Suitable for all ages and good access to events for the disabled.

**For further details** please contact **Ruth Worsley** or **Alison Logan**, Avon Wildlife Trust on: **0117 932 6885**, email: [ruthworsley@avonwildlifetrust.org.uk](mailto:ruthworsley@avonwildlifetrust.org.uk) or visit: [www.avonwildlifetrust.org.uk](http://www.avonwildlifetrust.org.uk)

## Training

### Certificate in Community Development

**Southern Brooks Community Partnership** is running a **Certificate in Community Development** starting on Thursdays in October, for 120 hours. The **cost** of the course is **£400**, which can be paid in instalments. The course is ideal for anyone who is directly engaged in community development work. It also caters for the increasing diverse range of people who are involved in working or volunteering in the community, including workers in health, social care, education, community safety, housing, environmental development, childcare, library, open spaces and leisure services. In addition it will be of value to town and parish council staff and elected councillors who wish to develop their experience and skills of working with their communities. By the end of the course you will be able to

- Understand the nature of different communities
- Understand the communities in which they live and work
- Enable communities to identify their needs
- Gain skills to work collectively with those communities
- Gain knowledge to support communities
- Refresh and update skills and knowledge
- Engage people in community development
- Work in partnerships
- Work with diversity
- Work with groups

**For more information** or to **book a place** please ring the office: **01454 86 8570/01** or fill in and return the booking form on our website: [www.sbcommunitypartnership.org.uk](http://www.sbcommunitypartnership.org.uk)

## Funding Sources

### Comic Relief

Comic Relief has announced the next application deadline for grants through its Red Nose Day UK Funding Programmes. Grants are available that support projects by not for profit organisations within the following programme areas: Mental Health; Domestic and Sexual Abuse; Refugee and Asylum Seeking Women; Sport for Change; Young people aged between 11 and 25; and Local Communities. Comic Relief has also announced two new programmes coming soon in the areas of: Young Carers (managed by the Princess Royal Trust for Carers); and Older People. There are no minimum or maximum grants in most of these programmes, but on average grants are of between **£25,000** and **£40,000** per year. Funding can be used to cover both running and capital costs. Comic Relief are keen to make sure that the funding reaches all parts of the UK, especially areas which often miss out, such as rural communities.

The next (Cycle 2) application **deadline** is 12 Noon Friday **13th November**, applications can be made from 1st October.

The deadline for Cycle 3 is 5<sup>th</sup> March 2010

FFI: Telephone: **020 7820 5555**, email: [info@comicrelief.com](mailto:info@comicrelief.com) or visit:  
[http://www.comicrelief.com/apply\\_for\\_a\\_grant/uk](http://www.comicrelief.com/apply_for_a_grant/uk)

### Ecominds

Ecominds is a grant programme which helps people with experience of mental distress get involved in local environmental projects that improve mental and physical health, such as:

- improving open spaces and wildlife habitats
- designing public art
- recycling

Ecominds, run by Mind, as an award partner of the Big Lottery Fund, is looking to fund smaller projects with grants of up to **£20,000** due to the phenomenal success of the other funding sizes. To be eligible for funding projects must have:

- both a mental health and environmental perspective
- involve people with direct experience of mental distress
- encourage community access, collaboration, and improve the environment and environmental sustainability
- have a budget of under £250,000

The **deadline** for Small bids (up to £20,000) is:

12:00 noon, **Wednesday 30 June 2010**

The closing dates for the larger applications (which are currently oversubscribed) are:

12:00 noon on Friday the 30<sup>th</sup> October 2009 for large bids (£60,001 to £150,000)

12:00 noon on Friday the 8<sup>th</sup> January 2010 for Medium bids (20,001 to £60,000)

FFI: Call the Changing Spaces advice line on: **08453 671 671** or visit:

<http://www.mind.org.uk/ecominds/>

## Erach & Roshan Sadri Foundation

Charities and organisations have the opportunity to apply for grants of between **£2,000** and **£100,000** through the Erach & Roshan Sadri Foundation. Applications from individuals may also be considered. The Foundation seeks to support educational and welfare projects, projects that relieve poverty by alleviating homelessness and assisting members of the Zoroastrian religious faith. Projects that the Foundation has funded in the UK in the past include:

- A Saturday Education programme
- Funding for a Muslim school
- Support for young carers in Wiltshire
- A mentoring programme
- Playground refurbishment

The trustees meet four times a year: March 1st, June 1st, September 1st and December 1st.

The next **deadline** for applications is the **1st December 2009**.

**FFI:** fax: 01672 562101, email: [markcann@ersf.org.uk](mailto:markcann@ersf.org.uk) or visit: <http://www.ersf.org.uk/index.html>

## The Terrence Higgins Trust Young Leaders

The Terrence Higgins Trust Young Leaders launched the fourth small grant scheme for Sex and Relationships Education (SRE) on September 3rd. Young Leaders are inviting groups of young people aged 13-19 to apply for a grant to run projects around sex and relationship education. Young people wishing to apply must do so in partnership with a youth organisation or a school. In particular, Young Leaders are keen to support young people that come up with innovative and creative ideas about how to educate their friends about sex and relationships. Through this programme grants of up to **£1,000** are available to develop a project that benefits young people. The type of activities that can be funded include:

- Community events with workshops and information on sexual health
- Residential/day trips or sleepovers focusing on sex and relationships
- Peer training on contraception
- Pod casting sound bites
- Mystery shopping SRE services
- Projects to address sexual bullying

The **closing date** for applications is the **25th October 2009**.

Decisions will be announced on 9<sup>th</sup> November; projects must be completed by 26<sup>th</sup> February 2010.

**FFI:** call: **0845 12 21 200**, email: [youngleaders@tht.org.uk](mailto:youngleaders@tht.org.uk) or visit: <http://www.tht.org.uk/howwecanhelpyou/youngpeople/youngleaders/applyingforagrant/>

## UnLtd Sport Relief Awards

UnLtd, the charity that supports Social Entrepreneurs, is accepting applications under its Sport Relief Grants Programme. UnLtd Sport Relief Awards are funded by Comic Relief and provide opportunities for young people to bring communities together, to help promote understanding and solve problems through sport, arts and recreational activities. The UK wide funding programme is for 11-21 year olds, who are prepared to go the extra mile and use their passion for sport and arts to bring respect and understanding to their communities by setting up their own projects. There are **three funding streams** that young people can apply for. These are: **"Try it"** which provides grants of up to **£1,000** for young people to try out their idea; **"Shape it"** which provides grants of up to **£5,000** to develop ideas and **"Do it"** (for 18-21 yr olds only) which provides grants of up to **£10,000** to grow projects. A wide range of activities are funded, such as: Touch rugby...graffiti art...abseiling...indoor cricket...drama...american football...fencing...street surfing...cheerleading...and many, many more!

Applications can be submitted at any time.

**FFI:** contact Stuart Thomason on: **0207 566 1122**, email:

[stuartthomason@unltd.org.uk](mailto:stuartthomason@unltd.org.uk) or visit:

<http://unltd.org.uk/template.php?ID=110&PageName=sportrelief>

## vcashpoint Round 7

V, the independent charity set up to encourage young people to volunteer, has announced that the next funding round of its vcashpoint scheme is now open for applications. Working in partnership with the HSBC bank, vcashpoint is a £1 million initiative that will provide grants of up to **£2,500** to young people to set up their own volunteering projects within their community. The type of activities that could be supported could include:

- Running activities for children
- Transforming a community space
- Supporting victims of bullying
- Running workshops for young people
- Setting up a local campaign
- Clearing up a beach
- Running music art or sports events for disadvantaged people
- Organising a festival to bring different cultures or communities together

The next funding **deadlines** are:

Round 7: Monday **25 January 2010** at 12 noon.

Round 8: Monday **10 May 2010** at 12 noon.

**FFI:** Call: **0800 089 9000**, email: [vcashpointqueries@bss.org](mailto:vcashpointqueries@bss.org) or visit:

<http://www.vgrantfunding.com/cashpoint/init.pl>

To register to receive Funding Updates,  
Or if you are small or newly formed group and need help with an application  
form call Steph on: 0117 9604186 or email:  
[steph@chasekingsforestcp.org.uk](mailto:steph@chasekingsforestcp.org.uk)