



WINTER

December 2015

Kingsway Court Health & Wellbeing Centre

Healthier Times

'Tis the Season to be Jolly



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On Friday the 18th December the Centre will be holding an Open Day from 11am till 4pm. The aim of the day is to get the opportunity to 'catch up' with our neighbours and residents, over a glass of traditional Scottish mulled wine (over 18's only of course) and mince pies. If you're up for it, you can also de-stress with a FREE neck/head massage. Our Charming Cherub Toddler Group will be entertaining us with a few Christmas songs, and our very own Kingsway Music Stars will also be on hand to entertain us.

Look forward to seeing you on the 18th. Merry Christmas and Happy New Year from all the Staff, Directors & Volunteers at Kingsway Court Health & Wellbeing Centre.



One of our young entertainers At last year's open day

A Jolly Good Time had by ALL

On 13th November, the Centre held a Wartime Themed fundraising event in the British Legion Club. A real fun filled night was had by all, as we celebrated ordinary men and women that paid the ultimate sacrifice for us, so that we would have the freedom to 'party'. The BBC props department loaned us a few wartime artifacts, which for some was very nostalgic, and for others a lesson on history! Many local businesses and organisations contributed to the event by donating prize items and cash donations, and on the night Directors & staff worked behind the scenes ensuring the tombola, raffle and auction were a huge success and managed to raise a grand total of £1,815.24! A huge BIG Thank you to all who contributed in helping make this evening a roaring success.



Help Make A Difference



Unfortunately due to changes in the benefit system and austerity measures, many many more people are having to rely on foodbanks to survive these days. Foodbanks do not have a limitless supply, they rely on grant aid/charitable funding and the goodwill of donations from local communities, and are operated mostly by volunteers. Many people from our local community would love to help those in the unfortunate position of having to resort to using foodbanks, but feel their contribution

wouldn't make any difference, please be assured every item received by the foodbank is invaluable in helping those in need. Kingsway Court Health & Wellbeing Centre will have a 'collection box' during the month of December, where people can bring in non perishable items, which will be passed to the foodbank prior to Christmas. If you can donate anything at all, from a tin of rice pudding to 3-4 items or even a full shopping bags worth, please just drop it into the Centre, it will be very much appreciated and hopefully go a long way to helping others enjoy the Christmas / New Year holidays. If you can help, please bring your item/s to the Centre during office hours. Thankyou.

URGENTLY NEEDED

Baby Wipes
Biscuits
Carrier Bags
Deodorant
Diluting Juice
Fish (tinned)
Fruit (tinned)
Household Cleaning Products
Jam
Laundry Powder / Liquid
Meat (tinned)
Milk (UHT)
Pasta / Rice Cooking Sauce
Potatoes (tinned / instant)
Rice Pudding & Custard
Shampoo
Sugar
Vegetables (tinned)
Washing up Liquid

LOW ON STOCK

Brown Rice
Lentils
Toilet Roll

WELL STOCKED

Baked Beans / Soup / Tinned Tomatoes / Cereal / Pet Food / Tampax / Sanitary Towels / Tea Bags / Coffee



Attention All Budding Gardeners

The gardening season has come to an end and it's now time to let the soil recover and replenish, by adding fresh compost and soil to the beds. Last year was very productive with bumper crops of potatoes, cabbages, beet root, turnips and flowers.

We're coming up to that time again, when it's time for existing Gardeners to clear out their plot and hand keys

in to Jackie in the office. If all Gardeners could do this, and hand keys in after the festive period. Anyone interested in keeping their plot next year, or any new budding Gardeners out there looking to secure one of the plots, must register interest with the Health & Wellbeing Centre. A meeting will be held in January 2016 to determine bed allocation.

Kingsway Music Stars Support Aberlour's 140th Anniversary

Scotland's children's charity Aberlour has celebrated its 140th anniversary, in a glittering reception with First Minister Nicola Sturgeon.

The organisation, which is the largest solely Scottish children's charity, welcomed more than 250 supporters, funders and those who use the charity's services, to the National Museum of Scotland in Edinburgh on Tuesday (1 December 2015).

The First Minister gave a powerful speech about Aberlour's work before a program of entertainment got underway, including a performance by a children's choir and showing of short films by a BAFTA winning filmmaker.

Five of our young people from the Kingsway Music Stars travelled to Edinburgh with other young members from Aberlour's Youth Point in Govan to take part in the anniversary celebrations.

They formed part of a 40 piece choir who sung 'One Scotland' a song especially created for the occasion. Following the formalities all the children got the chance for a photoshoot with our First Minister Nicola Sturgeon.



ATTENTION

Re-Launch of Kingsway Court Health & Wellbeing Centre's Lunch Club will take place in January 2016, for further details pop into the Centre or contact us on 0141 959 0129



Kingsway Court Health & Wellbeing Centre

Christmas Opening Hours
**The Centre closes
on Friday 18th December at 4pm
and re-opens on
Monday 4th January at 9am**

Some useful numbers:

Scottish Refugee Council (*Free phone*)
0800 085 6087

GHA Repairs & Maintenance (*Free phone*)
0800 4797979

Strathclyde Police Headquarters
0141 532 2000
or for emergencies dial
999

NHS 24/ GP Out of Hours
111

Women's Aid (*Free phone*)
0808 2000 247





Kingsway Court Health & Wellbeing Centre



OPEN DAY



Friday 18th December 2015

De-stress yourself in the run up to Christmas with a **FREE** neck/head massage, some mince pies and a wee glass of mulled wine.

And enjoy being entertained by our Charming Cherubs Toddler Group and Kingsway Music Stars / Youth Group



11am till 4pm



**Just Drop-in
ALL WELCOME**

Merry Christmas & Happy New Year

To ALL Kingsway Residents



Kingsway Court Health & Wellbeing Centre, Block 50 Kingsway Court, GLASGOW G14 9SR