



SEASON: Summer

September 2015

Kingsway Court Health & Wellbeing Centre

Healthier Times

Jackie's on her bike for Kingsway

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Due to Government Grant cuts over the last few years, the Centre is increasingly relying on donations and fundraising to support our activities and events for the local community. Jackie, our fantastic Administrator, is for the 1st time, taking on the Glasgow to Edinburgh 50 mile cycle challenge to help raise some vital funds for our work. What a star! 50 miles of muscle enduring, stamina sapping, pedal power pain, all in the aid of Charity. Please encourage her, every penny you donate, no matter how big or small, will benefit residents in our community and will push Jackie on to cross the finish line.

The Classic Pedal for Scotland ride, the Challenge is now in its 17th year. The 50 miles Glasgow to Edinburgh ride is the event's most popular ride

and attracted over 7,500 participants last year. The ride's huge popularity is due to the combination of a great route that uses a mixture of closed roads, quiet back roads and cycle paths and the fact that it takes in Scotland's two largest cities via stunning countryside.

Please support our work and Jackie's efforts by making a donation, no matter how big or small, ALL donations are greatly appreciated!

Donations for this worthwhile challenge can be made via our website www.kingswayhealth.co.uk and clicking the 'My Donate' button, or by entering this address in your web browser: <https://mydonate.bt.com/event/jackiepedalsforkingsway/239600> Or you can just pop into the Centre during office hours.



Wartime Fancy Dress FUNDRAISER

A COMMUNITY PARTY TO REMEMBER & CELEBRATE
THE MEN AND WOMEN WHO PAID THE ULTIMATE
SACRIFICE FOR OUR FREEDOMS

FRIDAY 13th November 2015
7.30pm till 12 Midnight
Kingswood British Legion



Prize for BEST
Wartime Fancy
Dress Costume

Many Raffle Prizes,
Tombola & Auction
items

All proceeds raised
will go to support
Kingsway Court
Health & Wellbeing
Centre



Get your tickets from
Kingsway Court Health & Wellbeing Centre
Block 50, Kingsway Court



Tickets £5.00

Strictly Over 18's ONLY

Fundraising Party

Building A Better Future For The People Of Kingsway

Our major fundraising party this year will focus on celebrating the men and women who gave so much in the two World Wars to safeguard our rights and freedom. Now don't be thinking for a minute that this is a celebration of war and all the senseless and useless violence which brings nothing but death, grief and destruction. No way. Our party is a celebration of people, not war nor warmongers. This year our Fancy Dress fundraising party happens to fall during Remembrance Week; a time to remember, give thanks to and celebrate the men and women from all our families (as servicemen or civilians) who endured the atrocities of these wars and sacrificed so much so that we might have a better future.

So, we're looking forward to a party full of 'fancy' costumes depicting the times and the people of the two world wars. Come as a soldier, sailor, airman,

nurse, land girl, air raid warden, munitions worker, fire-fighter or engineer for example. Or why not dress up for a party the way our forbearers did when they went out partying during the Rag Time era of 1910 – 1920 or the Swing time of the 1940's. Lots of great stuff to get creative with. Whatever your fancy, just get a ticket and come along. We're having a party and, if the last couple are anything to go by, it'll be great.

Why Your Support For Our Fundraising Is So Important

As you all know, for the last few years we're constantly being told times are hard and money is tight. Some 'bad' men took it and the rest of us have to pay for it.....right? Whatever the reason, we've all felt the impact of 'austerity'. The cuts in benefits and public spending are having a severe impact; particularly in communities like ours.

Last year over 550 men, women and children used our Centre well over 7,200 times between them. In each of the last three years the number of people using Kingsway's services and activities has gone up. This translates to an increase of 55% in numbers of people and an increase of 51% in numbers of visits in the last two years. Sadly, I don't think this remarkable increase in the numbers is wholly down to us getting better at doing what we do; to us at the Centre there is clear evidence of increasing numbers of people needing help in many different ways.



Fun & Frolics at last years fundraising Event

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Over the same period we have experienced cuts in our grant funding and our income has reduced by about 42%. We can still cover the cost of our bills, keep our services and activities ticking over and keep the lights on. We are not raising funds to cover our costs. The amount of money raised is never more than 3 thousand; a small but very valuable amount for our work.

All funds raised are used to benefit residents and users of the Centre's programme. They help us pay for things like: workers for a few hours to organise games and refreshments for the kids during holidays; or help with outings for the Women's group and Mother & Toddlers group; hospitality at Christmas time; events in the Community Garden; etc. All the things that bring us together a bit more make us feel a bit better (at least for a while) and help in our children's development through fun and laughter.

This Centre is run by local people for local people.
Every Little Pound Helps Us Help You Build A Better Future

Tickets available NOW £5.00 each. Strictly over 18's only.



Saturday 12th September 1.00pm till 4.00pm Community Harvest Event



We will be holding our annual Harvest event on Saturday 12th September from 1.00pm until 4.00pm in the community Garden. This will again be a celebration of the food that is grown in the raised plots by all the gardeners. Hopefully the sun will be shining and many of you, will come out to join the fun.

Cooking demonstrations, will be on hand from some of our volunteers, with great tasting food all made from produce that can be grown in the garden.

The Kingsway Music Stars will provide musical entertainment by DJ'ing soundtracks and playing some of their own live music, helping to make sure everyone gets into their groove! And our very talented Tamil group will be performing some traditional Sri-lankan dance—well worth watching!

Eric our resident Gardener will be on hand to provide gardening help/tips and information.

All in all we are hoping it will yet another FABULOUS Community day, but to make that happen, we need you to be part of it, hope to see you there!



	MORNING	AFTERNOON	EVENING
MONDAY	9.30 – 11.30AM ESOL Class 10.00—12.00 WELFARE ADVICE Drop-in Surgery 10.00 – 1.00 GENERAL ENQUIRY SERVICE	2.00—4.00PM COMMUNITY GARDEN SUPPORT 2.00 – 4.00PM GENERAL ENQUIRY SERVICE	5.00 –7.00PM TAMIL LANGUAGE GROUP
TUESDAY	9.30 – 11.30AM ESOL Class 10.00—12.00 WELFARE ADVICE (Appt only) 10.00 – 1.00 GENERAL ENQUIRY SERVICE	12.30– 2.30PM ESOL Taster Class 2.00 – 4.00PM GENERAL ENQUIRY SERVICE	
WEDNESDAY	9.30 – 11.30AM ESOL Class 10.00 – 1.00 GENERAL ENQUIRY SERVICE	12.30 – 2.30PM ESOL Taster Class 2.00 – 4.00PM WELFARE ADVICE (Appt only) 2.00 – 4.00PM GENERAL ENQUIRY SERVICE 2.00—4.00PM COMMUNITY GARDEN SUPPORT 3.00–5.00PM COMPUTER CLASS	6.00 – 8.00 PM WELFARE ADVICE Drop-in Surgery 5.00 – 7.00PM KINGSWAY BOARD OF DIRECTORS (LAST WED OF MONTH)
THURSDAY	9.30 – 11.30AM ESOL Class (inc crèche) 10.00—12.00 WELFARE ADVICE Follow Up (By Arrangement) 11.00 AM—1.00 PM MOTHER & TODDLER GROUP 11.00AM – 1.00PM PENSIONERS COFFEE TIME	1.00—3.00PM ESOL Taster Class 3.00–5.00PM COMPUTER CLASS	6.00—8.00 PM KINGSWAY MUSIC STARS
FRIDAY	10.00—12.00 WELFARE ADVICE (Appt only) 10.00 – 1.00 GENERAL ENQUIRY SERVICE 11.00 AM—1.00 PM MOTHER & TODDLER GROUP 11.00—2.00PM COMMUNITY GARDEN SUPPORT	2.00 – 4.00PM GENERAL ENQUIRY SERVICE	6.00 – 8.00PM KINGSWAY WOMEN'S GROUP
SAT	11.00—2.00PM COMMUNITY GARDEN SUPPORT 4.00 –6.00PM TAMIL LANGUAGE GROUP	SUN	1.00—2.00PM COMMUNITY GARDEN GROUP MEETING (1st Sunday of MONTH)

Please note: The programme always has a bit of variety and is subject to change. Check notice boards regularly for new activities and updates

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