

KCS Newsletter

Issue 2

May – August 2018

Dates for your diary:

- Most Courses at the shop kick off week commencing 7th May
- Citizens' Advice Bureau sessions take place at the shop on the third Thursday of the month. In addition to the general appointments, the CAB are offering support with on-line universal credit claims and setting up a bank account amongst other things: 17th May; 21st June; 19th July
- Local Councillor Surgeries take place at the shop every second Friday of the month but do not take place in August: 11th May; 8th June; 13th July
- National Careers service are at the KCS every first Friday of the month but do not take place in August: 4th May; 1st June; 6th July
- In the Summer holidays, the KCS will be organising some exciting activities for children and some for the elderly. If you are not already, do sign up to our mailing list to be the first to hear about activities and events. Just pop into the shop or drop us an email, details overleaf. If you live on the Kingswood Estate, look out for posters in the notice boards

Kingswood Community Shop (KCS) Well Being Open Day

A fantastic open day was held at the shop on Wednesday 14th March. Our volunteer Bee kicked the afternoon off by rustling up an amazing healthy lunch...gorgeous sandwiches and cinnamon pear deserts...all very gratefully received, thanks a lot Bee!

Another of our volunteers Madelline (featured right) ran a floristry session where she showed everyone how to arrange flowers in baskets, buckets and vases. It was an education to everyone in the room to learn about how to care for flowers, present them nicely and keep them going for longer. She delivered the session in a humorous, captivating way and had everyone mesmerized as she made it all look so easy!

Other highlights on the day included a beauty area run by Karlene from K'Dvia. Some of the local Mums made the most of the free eyebrow threading. Also present were some of our

partners, Kingswood Estate Residents Association (KETRA); Link Age Southwark & Digital Champions. KCS would like to extend thanks to everyone who came and made it such a memorable occasion.



Feedback

It's important to us to make sure that we are continuously gathering feedback from our users, neighbours and partners so we used the open day to ask people what they value about the shop and for ideas going forwards.

We had lots of useful comments and ideas to our questions. If you would like to see all the feedback, this is displayed in the KCS on the pin-board so please pop in and take a look.

Here's a snapshot of what you value:

- *the staff are very friendly and helpful, especially with the computer questions*
- *I live alone and it is nice to have somewhere to come and meet people I also enjoy the exercise class*
- *I like the shop as it makes feel happy and supported, not a lot of places have this kind of support*

And a few of your ideas:

- *Table and chairs outside in the better weather as sometimes the shop doesn't come across as being open to all*
- *More workshops for men*
- *Book exchange for cultural differences*
- *Open more hours & welcome people- create a hub*
- *Family sessions, after school, weekends & school holidays*
- *Choir, art classes, gardening, food growing*

Changes at The Kingswood Community Shop

Going forwards, we plan to open the shop every day Monday -Friday but on Mondays and Fridays the shop will only be open in the mornings, closing at midday. This is partly because our 5 year funding from the Lottery has come to an end and we need to find new ways to develop and consequently finance the shop. Whilst this is not an ideal situation, this is also a brilliant opportunity to reevaluate what we do at the shop. We would

be very interested to hear from our local community if there are any residents/users out there with ideas/skills that could contribute to the offer at the shop and an interesting, varied timetable. We want to involve the community in shaping how we deliver services so please show your support by coming in and giving us your feedback...your voice is important and participation in our community shop is key to its success!



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Follow us on Twitter
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Kingswood Community Shop

Courses

We run a variety of courses at the KCS including 8 week courses in ESOL & IT. Our chair based exercise classes are always popular and there are currently a few spaces. Chair based exercise is aimed at the over 50's and is good for: Limb mobility, muscle strength, co-ordination, balance, range of movement, health advice, healthy eating tips, weigh in and food diary.

The course is delivered by an occupational therapist and costs only £2. Chair-based exercise takes place at the shop from 11am-midday on Wednesdays. Come along and join in!

Knit & Natter!

The ladies who come to our knitting circle are currently learning how to crochet and are having a great time getting to know each other whilst making some amazing scarves, hats, headbands, dolls and anything else that can be created with wool & needles!



All our courses can be seen on the timetable below. If you are interested in signing up for any of our courses contact Rebecca using the details to the left. We are also interested to hear about the kinds of courses that you would like to see happening at the shop, so please get in touch!



Volunteering

The KCS is always on the look out for new volunteers to help with running the shop. If you are friendly and have some administrative skills we would love to hear from you. One volunteer said of their experience here:

"Before volunteering at the shop I did not socialise or talk to a lot of people having to stop work through my health issue. Since volunteering at the shop I have improved my communication skills, and I get to talk and meet new people all the time. I have attended some of the courses and this has helped me get my confidence back up"

If you have a few hours a week that you could spare your local community shop, please contact Rebecca.

KCS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
10am	ESOL Course 10am-midday	IT Course 10am-midday	Chair based exercises 11am-midday	Customer Care / office skills/ business start up Course (Starts 24th May) 10am-midday	Councillors surgeries & National careers service sessions please see 'dates for your diary'
11am					
Midday	Shop Closed	Knitting circle 1-3pm	IT Drop in 1-3pm	South-wark Housing Officer Support advice around housing issues 10am-4pm	Shop Closed
1pm					
2pm	Shop Open for drop in; tea, coffee, photocopying	Shop Open for drop in; tea, coffee, photocopying and internet	Shop open for drop in; tea, coffee, photocopying and internet	Shop open for drop in; tea, coffee, photocopying and internet	Shop Closed
3pm					
4pm					

Even if nothing on our timetable takes your fancy, pop in for a cuppa during one of the drop in sessions and get to know your neighbours, we're a friendly bunch here!