

Your Community, Your Voice, Your Say



Autumn Edition 2008

See our website

www.conistoncommunitycentre.org.uk



Patchway Art & Craft Club is proud to announce a Learning Programme for 2008/09, giving a chance for people who are interested in art and craft, but do not know where to start, or are keen to develop an existing skills base. The Club aim to invite learners, as they become practising artists, to join their weekly Club. They meet at Coniston Community Centre, Wednesday nights 7.30 – 9.30pm, as will the Learning Programme.

Drawing Skills	24 th Sept – 26 Nov 2008 (minus 29 Oct)
Relief Printmaking	28 January 2009
Embroidery	25 February 2009
Batik	18 March 2009
Feltmaking	29 April 2009
Pottery	13 & 20 May 2009
Creative Crochet	10 June 2009

A maximum number of people able to take part in this **FREE** opportunity. If you are a local resident keen to develop your creative skills, please enrol with Kate O'Brien, Coniston Community Worker on 01454 868570, or email her at kateobrien@sbcommunitypartnership.org.uk

Patchway Art & Craft Club wants to thank the Quartet Foundation for funding this programme.

You too can set-up a group of your own with my help. Want to share ideas on a certain interest; set-up a support group or club; want to learn a new skill?

Contact the Community Worker, Kate O'Brien with your ideas, some people who feel the same way and I can help you step forward to help your ideas become a reality. I can also help you gain access to upskill you in areas such as Project Planning; Confidence; Communication; Dealing with Challenging Behaviour; Youth Work; Child Care; First Aid; and Basic Food Hygiene.

You can phone Kate on 01454 868570, or email her kateobrien@sbcommunitypartnership.org.uk



Courses

Self Defense

Are you 19yrs and over? Do you feel vulnerable when you are out? Would you like to learn techniques to be more aware and able to protect yourself? If we gain sufficient people interested we would run a course later in the year.

Please contact Kate O'Brien, SBCP Community Worker, to become involved on 01454 868570, or email kateobrien@sbcommunitypartnership.org.uk

Pilates for Mums

Are you a new Mum looking to regain your prenatal figure & core muscle strength? We are looking to put on Pilates for Mums course to be able to exercise with your baby. If we gain sufficient people interested we would run a course later in the year.

Please contact Kate O'Brien, SBCP Community Worker on 01454 868570, or kateobrien@sbcommunitypartnership.org.uk to become involved.

Get on with Maths

Did you find maths all gobbledegook at school?

Maths can be fun – enrol on this course and find out how easy Maths can be!

Wednesdays 7pm-9pm at Patchway Library 10 sessions starting 24th September

Get on with English

Are your spelling, grammar and punctuation in need of a 'pick-me-up'?

Join this small group to improve your English skills.

Mondays 7pm-9pm at Coniston Community Centre 10 sessions starting 22nd Sept

Computer Skills for the Workplace

Do you need to upgrade your computer skills to improve your job opportunities?

This course will introduce you to software programmes needed for the workplace.

Limited places, so enrol early.

Tuesdays 6.30pm-8.30pm at Patchway Library 10 sessions starting 23rd Sept

Beginners Computer Club

Has technology passed you by? Would you like to improve your computer confidence?

This course is aimed at those who have little or no computer knowledge. It is designed for learners who prefer to learn at a slower pace.

Thursdays 10am-12 noon at Patchway Library

10 sessions starting 25th September

- All learners must be aged 19 years or over.
- Preference will be given to learners with few or no qualifications.
- All learners MUST enrol by phoning 01454 863836 before Friday 12th Sept 2008

News

Children and Young Persons' FunDay on the Parade, as part of Patchway Festival. The great weather lent itself to the packed afternoon of activities. We must thank [Asda](#) for kindly donating the BBQ food; Patchway Youth Centres' Bands 'Thee Undecided' and 'Let's Blame Ben' for their fabulous musical entertainment, you will all go far; the Labour Club for allowing us to base the band outside their Club and use their electricity; Priority Youth Housing, Connexions West of England for coming down to promote their 16-19yr old JobShop which runs 2-4pm at Coniston Community Centre; Megan and Gwyn Coniston Community Centre's Management Team for their fabulous help with the BBQ ; Stuart and Ruth for their great help as Youth Workers; Cat Newberry and her team from Patchway Youth Centre; Maggie Haycock and her sunvisor workshop, joining us to let us know of the local learning opportunities (further details enclosed); Andy and his amazing Circus Skills workshop, which kept people occupied to the last minute; the young people for being so helpful in helping us clear away; SBCP Coniston After School Club which runs at Coniston School for providing such a great activity and Speak Out for Years 7&8, Saturday 4.30 – 6pm @ Patchway Youth Centre for the same; The Quartet Community Foundation for making this great day happen.



Coniston Core Programme

Little Sunbeams Day Nursery

All day or part-time care for babies and children 0 - 4 years

Tel: 0117 931 1927

Toddler Group - Tuesdays and Fridays, 9.30 - 11.30am

Bring your child to come and play, meet local parents. All welcome.

Children's Dance 6-11years - Thursdays 3.30 - 4.30pm

Qualified instructor - Contact Amy on 07731 451885

Ladies Fitness Class - Thursdays 6.15 - 7.15pm

Qualified instructor. All welcome. Contact Ros on 07979 555 424

Watercolour Class - Friday 2 - 4.30pm

Intermediate session, beginners welcome, tuition given.

Tel: 01454 868 530

Patchway Art & Craft Club - Wednesdays 7.30 - 9.30pm

Practising artist, or want to learn from other group members?

Bring your materials & improve your skills. Contact Mandy on 0117 9695971

Fitness Pilates - Mondays 6 - 7pm

Qualified instructor. All welcome. Tel: 01454 868 530



Computer Classes

Mondays 12 - 4pm, Wednesdays 9.30 - 4pm, Thursdays 12 - 4pm

Tel: 01454 850 508

North Bristol Advice Centre - Wednesdays 9.30am - 12.30pm

Free, independent & confidential advice on debt, welfare & benefits.

Appointments required

Tel: 0117 951 5751 email: team@northbristoladvice.org.uk

Jobshop for 16-19yr olds - Tuesday 2 - 4pm

Helps young people access information, advice and support in securing employment, training and education opportunities.

Contact Pam or Ewan at Connexions West of England on 0117 969 8101

or Zoe or Alice at Priority Youth Housing on 01454 865 732.

Dog Training - Tuesday evenings

For puppies, older dogs or dogs with social issues

Phone Jean to make bookings on 0117 965 4543, or 07506 726484