



Kingswell Newsletter



(For Prayer and Information up to Christmas 2009)

Kingswell continues working out its vision of providing a practical Christian response to the needs of local young people and families. The staff and volunteers work every day, to meet needs, build confidence, and support people who are isolated. We offer **somewhere to go, something to do and most importantly someone safe to talk to.** As Christmas approaches, we think about our values rooted in peace, joy, goodwill and hope. That is why we are here to spread it about. As you read the newsletter please think of how you can support the work in a variety of ways. If you need help please call in and ask for one of the staff who will direct you to the right person. We hope you will find the newsletter of interest, we could tell you lots more but confidentiality means that much of what we do is not for sharing. We hope you get the gist of the work from what we have written. Thanks for your interest and for those of you who have stuck with us for the last few years a special thank you.

The Directors.



“ I love coming to the youth group, it is such a good place to come and meet my friends and we always get to do so many fun things. The leaders are so fun and make me laugh.”

With thanks to Energise Shropshire, sports unlimited funding and ball sports community coaching; we have been able to run a series of multi-sports workshops. Nine young people who don't usually participate in organised sport, had the opportunity to learn ball skills such as football, basketball, golf etc. With thanks to funding from Millichope we are able to provide similar workshops in the future.

The youth group continues to run on a Wednesday evening for 2 hours and the young people regularly enjoy activities such as: Cooking, Computers, Arts, Sports and Trips.

Over the last year we have run many different themed evenings. A Slovakian evening, hoola - hooping and more recently an evening focusing on environmental issues. With trips planned to Laser Quest, bowling and the Ice Arena in the coming year

OFAAD

Oswestry Families Affected by Alcohol and Drugs



OFAAD and OFAAD FACES is a community service provided by Kingswell, we support people who are dependent on alcohol or drugs, providing a 5-day-a-week drop-in service for users part funded by Shropshire County Council's Community Chest Fund. We can now run this project for a further year. F.A.C.E.S is overseen by Lyn Berman and run by volunteers. The group is for people recovering from drug and alcohol dependency and offers a safe and welcoming environment which offers a series of holistic activities including craft and sports etc. *“ F.A.C.E.S provides me with support when I most need it. I am always welcomed with a smile by the volunteers and staff and this is so important to me.”* Service User.

FACES is part of the worklessness group that enables people to return to work or to education (with one of our regular service users recently returning to the work place). For clients to take part in this group a referral can be made by Lyn Berman.



In addition **OFAAD Drop In** offers support and help to adults who are trying to overcome / manage a substance dependency (Drug and Alcohol). Our drop-in offers one to one support helping adults with homelessness, benefits etc.

We deal with many practical issues and address individual needs on a daily basis. With many clients needing day to day support.

Over the last year we have noticed a greater need for this kind of support in our local community.



SPOTLIGHT ON...



It gives us great pleasure to introduce one of our new volunteers. Mrs Rebecca Yerkiss. Rebecca is 35, a mother of three and has recently moved to the Oswestry area when her husbands job relocated to Chester.....

Why have you volunteered at Kingswell?

I decided when my son went to nursery that I wanted to volunteer for a good cause. Then one day at Carreg Llwyd Church I heard Gill Buckeridge talking about Kingswell. I was really interested and wanted to get involved in some way. I went to a volunteer training event and heard one of the staff give a talk about the Counselling Services that Kingswell provides. I felt fired up by the evening and when I heard about PACE (Pregnancy Advice Centre for Everyone) it sparked my interest and I am looking forward to gaining the training that I need to be part of the team.

What Skills do you bring to Kingswell?

I have had previous work experience in admin and believe I have good organisational skills. I am a good communicator and think that I am friendly and approachable and a good listener. I can also make a good cup of coffee.

Favourite Food? I like spicy food so it would have to be a Chicken Bhuna.

Favourite Book? My favourite book is a children's book called "You are Special" by Max Lucado. The story is about a little wooden puppet that goes to see the wood carver because he doesn't feel like he is special. The wood carver makes the little wooden puppet believe that he is special no matter what the rest of the world thinks.

What is your favourite saying in life? My mother always told me when I was younger "Treat others as you wish to be treated." I still remember this now and think that it is an important saying to live by.

We really appreciate the support we get from our volunteers. This year we have a huge number of people offering their skills to the work that we do. Our new volunteers are dedicated to fundraising, counselling, volunteer co-ordinating and the Pace pregnancy advice team. If you would like to find out more about volunteering with us please contact Alison Sims.

Long term Investments in Futures...

If you feel moved to support Kingswell, and want to invest in the futures of young people and families in Oswestry then please fill in one of our donation forms and return it to Alison Sims at the Centre . It is great when we know that supporters are practically walking with us. We work from a value base which sees everyone as equal, because we believe we are all created equal. We also try to work in a responsive way with those whose needs are not necessarily popular with funders. We appreciate the time you have taken to read this newsletter and ask that if you can't give money then you consider praying or volunteering at the Centre whenever you can. We have a variety of opportunities from general maintenance to helping out with some of the groups and doing general office work. The investment we think has guaranteed long term returns.



Trefonen Hill Walk

Kingswell Centre was chosen by the organisers of the Trefonen Hill Walk to be the local charity they would support this year. During the week many staff, volunteers and clients got involved with the event. £4,250 was raised and donated to the Centre. Many thanks to everyone who was involved in organising the Trefonen hill walk and took part in the events over the weekend. Barn dances, walks, Church services, Fell Runs, Coffee and Cake selling, Garden Walks etc. it was a fantastic community event. Thank you Trefonen.



I Would like to make a donation to The Kingswell Centre gift Aided. My details are;

First Name; Surname;

Address Postcode;

I would like to Gift Aid the enclosed donation of £.....

I would like to Gift Aid all donations made to the Kingswell Centre since 6 April 2000, and all further donations until I notify you otherwise.



Prayer Points for 2010

Some people who read this newsletter use it to pray for our work...Thank you for all your prayers over the last year. Please find below some topics of prayer for the year ahead.

- 3 new volunteer Directors
- Safety for the team who run the Centre
- That the young people who come to clubs will thrive
- That the Counselling clients will feel they have choices and be able to make the right ones
- That the families affected by Drug and Alcohol issues will find a way forward
- That we will get funding for a Centre Coordinator

Safe and Sound Volunteer Training.

This year we received funding from the Shropshire County Council Community Chest Fund to run training courses for Kingswell volunteers. Tudor Humphreys ran an evening informing the volunteers on the background of the Centre and the work that we do. We also invited CCPAS (Churches Child Protection Advisory Service), who delivered "Facing the Unthinkable". This course looked at **Safeguarding Young People and Vulnerable Adults**. Over 50 volunteers from Kingswell and other agencies attended it was a good and informative day. Our next Kingswell Safe and Sound training is offering our volunteers basic drug and alcohol awareness training (Dec 10th). Also P.C Morgan Nunns will be providing us with self defence lessons.



One to One Counselling

There have been many changes to the One to One Counselling team over the last year.

We would like to wish Yvonne Davies, who until recently was volunteer Counselling Co-ordinator a fond farewell. Yvonne has dedicated her time to this service for many years and she will be missed by staff and volunteers at the Kingswell. On a brighter note we have also gained a new member to the counselling team.

Over the last year we have seen an increase in the number of referrals that we receive with many organisations even GP's asking Kingswell for help for their patients. Kingswell Counselling team now consists of Gill, Wendy and Sarah. **If you have counselling training and feel that you are able to offer these to the One to One service please contact Alison at the office.**

Facing the Unthinkable



Safeguarding children in church & the community

Funding News

We are delighted that we now have a volunteer who is dedicated to tracking down local funding for the work that we do at the Kingswell Centre. Dominic has been working very hard and has submitted funding bids to many organisations.

He has also organised some local events to highlight the work we do at the Kingswell Centre.

A fishing competition arranged in conjunction with Morgans Angling Centre and a Bring and Buy and Raffle raised £310.

Our thanks go to the many local business men and women who donated prizes to both events.

Morgan Foundation and Lloyds TSB Foundation

On 16th November we were meant to have a visit from Steve Morgan, Founder of the Morgan Foundation. He is considering along with the other Trustees of the Morgan Foundation whether to support our appeal for funding for a Coordinator post for 2 years. Steve was ill, so the decision is being delayed until we can see him. We recently heard that we have received funding from Lloyds TSB Foundation for £8,000 a year for the following two years. We are what we are, there will be no window dressing for the visit, so when they come we hope that they will see that the faithful work done since April 1983 (when the lease was signed and the refurbishing of the current building was started), is worthy of their support. We started in order to build bridges and we want to continue that work for a good few years more in the hope of making a lasting difference in our community. **We hope they feel able to join us in investing in futures.**



“PACE”- **Pregnancy Advice Service for Everyone** offers advice to anyone who is looking for help **relating to unplanned pregnancy** and offers counselling to those who have been **affected by still birth, cot deaths, miscarriage or abortion**. Over the year we have given advice to 30+ new clients face to face and over the telephone.

Our **PACE OUT** schools worker is still going into Oswestry School and presenting a course of three lessons which cover many subjects such as Sexual Health, Self Esteem and Negotiating Relationships. This has been delivered to three different year groups in the last Year. Alison has also offered her help to Ben Mayho (CTOD schools worker) with Life Academy. PACE is part of Care Confidential and we have all been saddened by the passing of Joanne Thompson; The founder and co-ordinator of the Care Confidential Network.

Exciting Opportunities to get involved with Kingswell Centre: Directors Wanted!

Kingswell is a small Youth and Family Centre in Oswestry. The team of staff and volunteers are committed to being a practical Christian influence in the support of young people and families, especially those who are most vulnerable.

Kingswell requires 3 new Directors who will help steer a strategy for the future and compliment and strengthen our existing board. Applications are invited from people who share our values and purpose. This is an unpaid position and requires a minimum commitment to attend bi-monthly management meetings and support a key area of activity.

We are looking for people who can support the work of the Directors and bring one or more of the following qualities, skills or experience: -

- Enthusiasm & vision to develop the Kingswell Centre in meeting the practical, social and spiritual needs of the community it serves.
- Christian / Church Community Service Projects management/leadership.
- Understanding of duties of charity trustees; governance, accounting, funding.
- Experience in Human Resources.
- Networking & Co-ordination with supporters and members.
- Experience related to the core work of Kingswell i.e. family support, youth work.

If you are interested and think you can commit to a period of 3 years please complete the application form (available from the Kingswell Office or website) or have an informal chat with one of the current Directors: -

Tudor Humphreys (Tel: 07896564311), Chris Elmitt (07801312472), Richard Elmitt (Tel: 01691 650862), Dave Pass (01691 655739), Phil Lewis (07808719181), Phil Worton, Brian Johnson. Applications must be returned by January 3rd. Applicants will be selected and invited to attend an informal presentation evening on January 23rd. Nominations are formally recommended at the AGM on February 6th.

Further information will be available at www.kingswellcentre.org.uk or from the office.

*The Directors, Staff and Volunteers would like to wish you
a Happy Christmas and a Joyous New Year.*