



The latest from KPC ...!



After School Club Fun



Our Rebound Sessions!



Good Times @KPC

Since our last newsletter we have begun to offer more chances for keeping fit through our fun Rebound Sessions. Karen is running a range of sessions for different age groups (including adults) throughout the week—with some morning/evening slots to tie in with everyone's busy lives. The sessions are a great and quick workout at just 30 minutes. We are also linked into promoting fitness for teenage girls through the Us Girls programme with taster sessions being run at Cynffig Comprehensive. For more info/or to book a place please contact Karen on 01656 745399. Don't forget we also have our Zumba sessions which run on a Tuesday morning—so there are lots of chances to take part and increase fitness & well-being!

We are also continuing to offer a range of support, training and skills development through our daytime programmes under the ESF Active Inclusion Fund—"Steps 2 Progress" and also our Flexible Support Grant "Get 2 Grips" - with a range of training and digital upskilling being on offer. We also provide support for ages 16-24 years under our "Sported" programme. We are able to work with unemployed living within Pyle, Kenfig Hill, Cornelly, Cefn Cribbwr & Porthcawl. If you want to find out more about the programmes/how we can support you please speak to Job Centre Plus who can refer you to our courses. If you are aren't currently claiming any benefits but have low level skills and are not living in a Communities First Post Code, you may still be able to access our "Steps 2 Progress" programme.

We had a great Whitsun Half-Term with good attendance throughout the daytimes for our "Lets Get Active" programme. Again a lot of sports and activities were run to increase fitness, and well-being including Tchoukball, cricket, football and more!

Our evening open access provision for ages 8+ continues to be popular with young people, having a chance to make new friends, take part in activities and have somewhere safe to attend, learn to socialize and be part of something in their community. We also support the centre based in the Youth & Community Building owned by CADDT on Marlas, which is open for ages 11+. Not leaving out the 5-8s group—this is also having great take-up with over 20 younger people taking part in fun activities, crafts, sports on a Friday after-school.

KPC Evening Opening Times for young people ...

KPC Pyle: Mon—Fri

5.30—7.30 for ages 8-12 & 7.30—9.30 for 13+

KPC Marlas

Tues & Thursday 6—9 pm for ages 11+



What can we do for YOU?

KPC wants to expand on what it offers our local community—so if you've ideas for what we can offer/or would like to hire a room etc., please get in touch— we'd really value your input. Just go onto: <https://www.surveymonkey.com/r/DKWNFN7>
KPC staff will also be out & about locally with a short survey—so please take part if they catch up with you!

Wishing Richard Burrows good luck on his amazing Kilimanjaro 10-Day Trek for KPC! - 17—25 June 2016. To show support donations can be made at: www.justgiving.com/fundraising/RichBurrows

** "CUPPA & PLAY SESSIONS" **

*Tuesdays 9.15—10.30 am
£2.00 includes bacon roll (or toast) tea/coffee
A chance to bring along your baby/toddler, and meet with other parents
(*we may change the day of the week in the future—



Fundraise for KPC!

KPC is a charity and works hard to help raise its own funds. Some ways you can help us include:

- * Joining our Weather Lottery for just over £1 per week and the chance to win £20 K
- * Regular Monthly Donations from as little as £2.50 per week!
- * Donating old postage stamps, coins, phones, foreign notes or ink cartridges (sorry toners no longer being taken)
- * Donating unwanted good quality items that we can sell on E-Bay
- * Donating unwanted clothes, shoes, hats, etc. for our regular charity collections!
- * Do your shopping online & raise funds by nominating KPC as your chosen charity : www.easyfundraising.org..uk

GOLFERS—WANTED!

Our Annual Charity Golf Day is being held on
Fri 24th June 2016 at the
Grove Golf Club
Just £160 per team of 4!
Please spread the word!



ANNUAL GENERAL MEETING

We are holding our AGM on Weds
6th July from 6 pm
All welcome to find out more about our work and our future developments. We'd love to see some parents and supports attending!
Please confirm attendance to:
01656 749219 or
Email: kpcyouth@hotmail.com

CARDIFF HALF-MARATHON

Andrew Lamont - One of the original members of KPC is running the Cardiff Half-Marathon for KPC in October 2016
Please show your support for Andrew:
<https://www.charitycheckout.co.uk/1123339/AndrewLamontHalfMarathon>

Building Developments—we are still working on finding match funding towards our new build—and have been given a 6 week extension by Communities Facilities & Activities Programme to secure this in ... any support would be really appreciated!

For further information on the above or any other comments please contact:
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