

What's been happening at .....



**January 2017!**

**Welcome to 2017 @ KPC!**

KPC has been a hive of activity with the start of 2017! - Lots of initiatives to “Get Fit for 2017”, as part of the New Year, New Me resolutions! Our older members have started their “Challenge Me” Project—which is on-going weekly, looking at ways of improving their self and lifestyles, looking at decision making, setting goals (and achieving them) and looking at different approaches to issues! (See below with their planking challenge!). We are also working in conjunction with the Active Young People’s Department at Cynnfig Comprehensive to offer rebound in their lunch hour too! We’re also offering a range of fitness/exercise for adults—and continuing with our weekly Zumba sessions, and adult rebound. These are great ways to increase fitness, well-being, and meet new friends! Our Messy Play continues to be very messy! - with toddlers having the chance to learn about textures, play, and for mum’s/ dad’s/grandparents to have a chat, socialise and make new friends.

Our work with unemployed has been busy this month—with courses running in Health & Safety in the Workplace to enable learners to achieve their CSCS Green Labourer’s Card—essential for any of them wanting to go into construction. We’ve also run accredited courses in Health & Safety in the Workplace, and Food Hygiene Level 2. All courses are aimed at improving chances of employability, building on skills, increasing confidence, and developing work readiness. Alongside this we offer a range of support including Digital upskilling (even for those with no knowledge), one to one support with literacy, help with creating CVs, accessing Universal Jobs-match and how to job search.



**Evening Open Access Sessions**  
**Monday–Friday**  
 5.30–7.30 pm for ages 8-11  
 7.30–9.30 for ages 12+  
 Also our Marlas (Cornelly) Provision  
 is open  
 Tues & Thurs nights 7–9 pm  
 £2 annual Membership,  
 50p per session



**After School Clubs**  
 5-7s  
 Run every Friday  
 A great end to the school week, a  
 chance to develop core skills, play and  
 make friends!  
 Lots of fun activities, play and  
 sports/art/crafts  
 £2.00 per session

## Community Ideas ....

What would you like to see in our Community?

What do you feel is missing?

KPC is exploring the Asset Based Community Development model—and seeks the ideas from the heart of our community. Please feed these into: [kpcyouth@hotmail.com](mailto:kpcyouth@hotmail.com) or complete our short survey

<https://www.surveymonkey.co.uk/r/3XXG6K>

**Preloved  
BABY & TODDLER  
SALE**

**Want to do a Post Xmas Clear-out/or a chance to grab some lovely bargains! Come along to KPC on Sat 18th February from 10—12 midday FREE Admission—Refreshments on Sale, and Raffle! Stalls also available to pre-book at £5.00! - Please contact the Centre to book!**

## Fundraise

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!

Don't forget when shopping online you can help raise funds by nominating KPC as your chosen charity :

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

No additional cost to you but loads of retailers now make a % donation to your chosen charity each time you shop! Win/Win!

## “Time 4 Project”

A new 12 week programme of support for children/young people aged 8+ who live in Foster Care—the programme is designed to give them some focussed “time” and support, a chance to learn new skills, develop social and friendship groups! Runs until end of March 2017

Mondays : 4—5.15 pm for ages 8-11

Wednesdays: 4—5.15 pm for ages 12—16

Open to young children from across Bridgend County

## New Year, New You ..? Get Fit @ KPC!



**Zumba Classes  
with Michelle on  
Tuesdays  
9.30—10.30 am**

**FREE with voluntary contribution  
All abilities Welcome!**

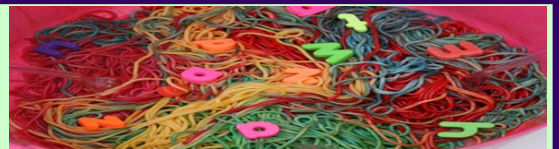
### Rebound Fitness!

A great way to exercise, in a fun way—sessions for adults on:

Tues Evenings: 6 pm &  
Friday Mornings 9.15  
am - £1.50



**Messy Play Sessions  
Tuesday 10—11 am  
Just £2.00, includes a Cuppa!**



**Charity Golf Day 2017 ..... Fri 23rd June 2017! Are there any golfers out there—who'd like a fabulous round of golf in good company at the Grove Golf Club Nr Porthcawl! We are looking for teams of 4—team entry to include a buffet lunch, coffee on arrival just £140! - Please spread the word, and get in touch!**

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

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