

What's been happening at



April 2017!

A Big Thanks to Bridgend Ford Dragon Engine Vibrant Volunteer Team!

A huge thanks to all at the Ford Bridgend Plant's Dragon Engine Team who have chosen KPC as their Vibrant Volunteer Project for 2017! This will mean a big help generally around the project with maintenance and improvements to the Centre and grounds. Huge thanks to Ceiren Jones and the team who came down recently to do a re-paint of two of our rooms, as well as other maintenance jobs. We'd also like to send a big thanks to Johnstone's Decorating Centre who generously supplied paint for the project. The team will be spending further week's throughout the year working on a range of projects. We would also like to thank other sponsors who have contributed towards the project including: Atlascopco, Guhring, Roehm, and Mapal.



Girls Tag Rugby has now started on a Tuesday night, coached by new volunteer Paul Morgan



The fabulous team from Fords who are part of the Vibrant Volunteers 2017!

From left to right: Gavin Herbert, Ian George, Ceiren Jones, Paul Rosser, Gareth Griffiths, Dean Matthews, Chris Eley, Dan Doherty and Jason Jones



TESCO Bags of Help



Easter @ KPC! - "Lets Get Active!"

We will be open daytimes in the school Holidays

(except Bank Holidays): 11—3 pm for ages 8 +

Daytime cost per session: £3.00

With Evening Open as normal

Don't forget to look out for KPC when you next visit Tesco's—we are currently one of the projects selected under their "Bags of Help" Scheme—and we are hoping for support with everyone's "green token" towards our project called "Kings of Potato's & Carrots" (KPC) - for some of the unemployed guys we work with—giving them a chance to take on a local allotment to grow vegetables for themselves, our community and also use here at KPC. A great project with the chance to develop skills, reduce social isolation and be part of something positive.

What does KPC mean to you and your family Please let us know! - We're trying to get feedback on the Social Impact of KPC in our local community ... if you're a past member, current member, adult attending sessions for employment or IT help, rebound, Zumba etc., messy play or ASC .. What do you think of what KPC offers to you and your family? - please message us on Facebook, by email, drop us a line, or give us a call! (see over for contact info)!



Do you enjoy working with children/young people or the community—do you have any skills you can offer: sports/dance/music/cooking/IT etc? Please get in touch to find out more about current opportunities we have—at both Pyle & Marlas



GOLFERS WANTED!

We are holding our Annual Charity Golf Day at the Grove Golf Club on Fri 23rd June
 Team Entry (until 30 April): £140 for a team of 4 players, after this date £160.00 per team!
 Includes golf, refreshments and a buffet meal afterwards
 We are also hoping to have some great evening entertainment on the night—with Phil & Ash. Tickets will be available shortly—so even if you're not a golfer—you can still come along and support the event and have a great evening out!

AFTER SCHOOL CLUB!
FRIDAYS 3.30—5 PM
 Ages 5—7—£2.00 a session
 A great way for your child to socialise, play & have fun!



“Get Messy!”

Messy Play Sessions
 Tuesdays
 10,30—11.30 am
 Just £2.00, includes a Cuppa!
 Ideal for babies that can sit up unaided up until approx. age 2 years—a great way to meet other mums, for your baby to play and develop through interactions/playing with new textures



Fundraising at Tesco's with our older Members

HOW TO SUPPORT US!

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!

Zumba Classes with Michelle will be Re-Starting
THURSDAY 27TH APRIL
 and will now run from 10—11 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
 Just £1.50 each



Starting Thursday 27th April WALKING RUGBY



9.30 for 10 am start—all ages/abilities welcome—male/female
 £1.50 for 40 mins of fun followed by cuppa & chat!

Need some help with employment skills/brushing up or learning the basics of IT, or improving your literacy skills?

If you're 25+. Long term unemployed and not living in a Community First Post code, we can offer you FREE support with digital learning, accredited training, help with updating your CV, job searches and applications!
 Ask at Job Centre Plus or pop in for a chat!

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

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