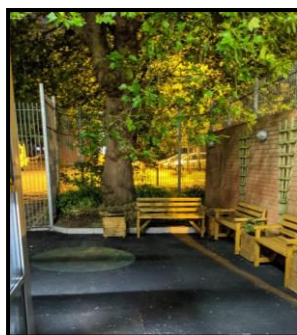




Coniston Community Association



Annual Report: 2019 – 2020



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Officers & Committee Members 2019 – 2020

Chairman: Lew Gray

Vice Chairman: Eric Gordon

Secretary: Lucy Hamid

Trustees

Mr. Edward (Ted) Bathe-Taylor

Mr. Eric Gordon

Mr. Lew Gray

Mrs. Lucy Hamid

Mrs. Annette Morgan (Resigned December 2019)

Mrs. Alison Rao

Mr. Robert Rao

Mr. Alexander Seaman (Resigned July 2020)

Mr. David Sully

Mrs. Sue Williams

Mrs. Win Williams

Centre Manager

Mrs. Amelia Jackson

User Groups (Sections)

Friendship & Exercise Club: Mr. Spencer Davies

LGBTQ+ Group: Mr. David Sully

Plodder Pals: Mrs. Amelia Jackson

The Link Club: Mr. Martin Poole

Watercolourists Group: Mr. Charles Horton

Affiliated Groups:

Blakeney Road Allotments: Mr. Lorne Richardson

Southern Brooks Community Partnerships: Mrs. Julie Close

Age UK: Ms. Sandra Day

Stokes Singers: Mrs. Anne King

Sunday Tea Party: Mrs. Sue Williams

Representatives of Statutory Bodies

South Gloucestershire Council: Cllr. Sam Scott

Patchway Town Council: Cllr. Patrick Cottrell

Chairman's Report

Since our last AGM in October 2019, the Trustees have met monthly to review the financial and legal management of the charity and the maintenance of the Community Centre. During the year, we have worked with South Gloucestershire Council for Voluntary Service to revise our Constitution in line with charity law and have agreed that the Association should become a Community Interest Organisation whose voting members would be the charity trustees, who are listed at the front of the Annual Report.

The Association is grateful for the financial support received this year through grants from Quartet Community Foundation, the Co-op and Patchway Town Council and seeks to maximise its income by renting out the offices on the second floor and by increasing regular and occasional bookings of the community rooms. This year we have been able to totally upgrade the electrical installation in the Centre and purchase soft play and educational equipment for our younger users as well as to continue support of various community groups which use our facilities to offer services to disadvantaged members of the community. This is an important part of our role in Patchway and one which we hope to develop in future.

Coronavirus issues caused the closure of the Centre from the end of March until September and the staff were furloughed except for the Manager and Caretaker. The Centre was used throughout the closure once a week as a distribution centre for food boxes for families in need as part of a support scheme by South Gloucestershire Council co-operating with Southern Brooks Community Partnerships (SBCP). A government grant for small businesses was received to compensate the Association for lost rental income during the closure. The Trustees continued to meet monthly by conference call so that they were fully engaged in the administration of the Centre and its staged re-opening. Information was sent to our user groups on how they could continue to operate remotely during the lockdown.

In July, SBCP decided they could no longer operate the café and the Trustees took the decision to take over its management and to re-open the café in September as Coniston Café, employing the existing chef and manager. Social distancing and safety precautions were introduced according to current government regulations and there are exciting plans for special events to come. The Trustees will review the situation after a year of operation but hope that the venture will be a success as it is such a valuable community asset.

During the year, our Manager, Amelia Jackson, took maternity leave and a temporary manager covered her duties during this time. She returned full-time in September. Our caretaker, Dan Hall, continued to keep the centre secure and in good order.

I would like to thank all our Trustees, Volunteers and Staff for their hard work during 2020 and look forward to another successful year, taking Coniston Community Centre forward into the future.

Lew Gray, Chairman

Manager's Report

It has been an eventful year here at Coniston Community Centre. We adore being part of an ever-growing and diverse Community and seeing what everyone is passionate about, whether it be education, fitness, leisure, or something entirely different. At Coniston Community Centre we think you are all amazing, interesting and an asset to the Community.

Throughout the year there have been several changes in Centre users. We currently have over 70 regular hirers, varying from fitness classes, to training sessions, corporate events, rehearsals, art classes and so much more.

Unfortunately, we have recently lost Ann Physiocare, but we have gained Moo Music, Pop Up Play Village and many more, as well as our existing groups being able to develop and expand this year. For example, Danceworks offering Ballet Bunnies on Saturdays, Whitlock Martial Arts introducing a Monday class and Bristol Panto Productions offering additional workshops.

This year we have expanded our Baby & Toddler Group too: Plodder Pals, by offering Family Craft Sessions, Children's cinema session as well as our regular stay & play sessions, which have proven to be popular in the area and aided advertising of the Centre's facilities too.

Our main commercial users are DHI, Lowri Beck and United Medical; however, Nurseline and Emerging Health have increased their usage of the Centre too. Our nearby neighbours: 1625 Independent People & Coniston Medical Practice also make a significant amount of bookings, and we are lucky enough to have such a diverse and multicultural community, whereby the Indonesian Society, Finland in Bristol, RUBRIC (Russian Language School) and Tamil Association Bristol are here regularly too offering culture and language classes.

In addition, our permanent tenants have altered since we have said goodbye to Ann Physiocare. DHI and Southern Brooks Community Partnerships remain offering amazing services and support to the Community from the top floor of the Centre.

The Link Club have taken a pause due to Covid-19 but continue a per session basis and still have a large following and utilise the facilities here.

As far as the building itself is concerned a vast amount of practical and cosmetic improvements have taken place. The lighting has been replaced on all floors, solar panels are regularly maintained and have proven beneficial, an evac chair remains hung up and accessible on the 2nd floor.

Our Centre Manager remains in her post and there are currently 4 Cleaners and 1 Caretaker. We also have a select number of trusty Volunteers, with a wide variety of skills and talents.

This year our Centre Manager has also been able to take part in and complete a wide variety of training courses; such as Child Protection Training, Covid-19 Training, Level 2 Food Safety for Catering, Resus training, Nasogastric Tube Feeding training, Infant Massage Instructor Training. And there are plans for additional training courses already underway.

We have maintained our involvement in the Community through the Covid-19 pandemic, by providing care packages and offering online community groups and socially distanced events. We will be planning more fun and interesting events soon, including Craft Fairs and themed evenings.

Amelia Jackson, Centre Manager

User Groups

Coniston Café

Jamie & I work very hard to ensure the cafe is running as smoothly as possible.

Minimise waste and recycle as much as possible.

The cafe has been running at a steady pace since we reopened in September. The community fridge has made a welcomed return providing a top up for a lot of residents. COVID has influenced our senior customers, I believe the fear is still very much an issue for them preventing them from venturing out just yet.

We are busy planning for our future at the cafe in the hope that COVID does not hinder that.

We plan on holding a theme night in November “winter warmer” an autumnal feel to the menu.

Fresh, home cooked hearty meal. We have already sold quite a few tickets which is a great start.

In collaboration with mamas and southern brooks we will also be going ahead with the food club which will be an amazing opportunity for the community. Unlike food bank it is open to everyone to use.

It is £1 membership for the year and then £3/£3.50 a week to buy a bag of food that in fact is worth between £10-£15.

The long-term goal is for us to start holding cooking classes using the food club bag of food. We can show participants how to create a meal with items they may be wary of or not tasted before.

Kelsey Booy (Baker Booy) bakes cakes for us which is fantastic as now we can support a small local business to.

The whole team Old & new are glad to be back serving the community and feel motivated for the future.

- Sharron Mitchell

Friendship & Exercise Club

Patchway Friendship & Exercise Club is held at Coniston Community Centre every Friday. There are two classes one is 09:30 – 10:30 and the other 10:30 – 11:30. The session aims to provide healthy living and improved mobility for the more mature in a friendly and welcoming environment.

The Club has grown in members over the last 12 months and continues to thrive. The Club is enjoyed on a weekly basis by older people from the local area. Also, the Club focuses on the promotion of regular exercise that is suitable for those over 65 years of age and is adaptable for a range of abilities and those with health implications.

The Club continues to record its attendance and averages around 20 people per session.

In addition to the usual exercise session and a cup of tea, the Club have had several outings and excursions that have been enjoyed by all.

It only cost £3.50 per session, but the first session is free. Community transport can also be provided, so please ring 01454 419 372 to book.

LGBT Group

After seven years, the funding we achieved for LGBT Saturday Brunch, is now paying the room hire for hosting LGBT Wellbeing Workshops at Coniston Community Centre. Our LGBT taster workshop is a partnership project between the Diversity Trust and Southern Brooks Community Partnerships. And this service is part of the wider One You South Gloucestershire service, which Southern Brooks is leading with South Gloucestershire Council.

Over seven years, we achieved grants from South Gloucestershire Council, the Lesbian and Gay Switchboard Legacy grant, a grant from North Bristol NHS Trust and more recently a small grant from CURO. These grants supported signposting people to other groups and services. We've secured friendships among people who struggle with the mainstream LGBTQ+ scene. And two older people initially met at LGBT Saturday Brunch. They're happily living together in Bradley Stoke.

The Diversity Trust started an Alphabets LGBTQ+ youth club in Yate, which they're expanding across South Gloucestershire, which includes Coniston Community Centre. So the next annual report will show Coniston Community Centre's impact on LGBTQ+ wellbeing and youth in Patchway and in South Gloucestershire.

Plodder Pals

Plodder Pals is a Baby & Toddler Group aimed specifically at 0-5 year olds.

We had originally just planned to cover Wednesday Stay & Play Summer sessions from Patchway Children's Centre and did just this July 2018 – September 2018. But by February 2019 when this group was disbanded we took this over.

Since February 2019, we have been running Plodder Pals Stay & Play Sessions every Wednesday 10:00 – 11:30 and we do not stop for Half Term like other groups. We have a group of loyal attendees that do not miss a session.

Unfortunately, during the Covid-19 pandemic we did have to pause our sessions temporarily, but we have offered Zoom Sessions, support groups, care packages and more throughout this period.

We reopened for face to face sessions in September 2020 following this closure and have been at maximum capacity since.

Plodder Pals has expanded to offer weekly Family Craft Sessions on Fridays 1:30 – 2:30pm, monthly Cinema Sessions on the first Tuesday of the month 1:30pm onwards.

And in January 2021 will be offering Infant Massage and Baby & Toddler Yoga.

We are more than just a Baby & Toddler Group, not only do we give the opportunity for Children to socialise and learn in a safe environment, but we provide a support network for Mums, Dads, Grandparents, Carers and Guardians.

The Link Club

The Link Club has been running since March 2009. We run sessions on Tuesdays and Wednesdays for young people and adults with learning difficulties. We concentrate on Life-skills such as cooking and budgeting and do sports activities and outings. Coniston has proved to be a good home for the group with all its resources and handy central position with the parade nearby. We hope to continue providing this popular service for the more vulnerable members of society, subject to our being able to secure necessary funding.

Caroline Poole
Link Club Founder and Co-ordinator

Watercolourists

The Patchway Watercolourists resumed on 14th September and the group are enjoying being back at the Coniston Centre. Many of the Watercolourists report having been seriously isolated and lonely since March; some have not left Patchway for the duration of Coronavirus. Luckily the pandemic has not affected the artists skills and sessions have included Portraits, Architectural Painting, Scenic Views and Sea Shells.

Social distancing has been observed and although it has proved slightly restrictive; - movement around the room to watch other painters and congregating in the kitchen is not allowed, and masks must be worn when ever group members move around, everyone has got used to the new norm. The Tuesday attendance is almost at capacity because the virus dictates a different layout, with slightly reduced numbers to allow space, and the Thursday attendance is a bit lower than normal, but it always has been a quieter class, and several of that group are nervous about returning or in frail health although they intend to come back.

The group are still mourning Barry Penn who was a regular Watercolourist for over ten years. He and his paintings are sadly missed.

This month marks 14 years since the Patchway Watercolourists began. We are still painting, still having fun, still supporting each other and many friendships flourish because of the group.

- Roma Widger

Affiliated Groups

Southern Brooks Community Partnerships

Here at Southern Brooks Community Partnerships, we work across South Gloucestershire to help people make a difference in their lives, families and neighbourhoods. We want to see strong communities powered by people.

2020 has been a very different year. The Covid-19 pandemic has brought challenges in the way we work such as minimal face to face contact but also positives such as the emergence of mutual aid groups across Bristol and South Gloucestershire.

Some of our current projects include:

- Wellbeing support currently takes place online and through telephone calls and encourage people to share their personal experiences and establish techniques to improve their emotional, mental and physical wellbeing.
- Green spaces work which includes an allotment group at Blakeney Road and a community flower bed on the parade. Georgina Green is our Green Spaces Worker. A planting day is planned on the 8th November 2020 from 10am until 4pm in The Parade.
- The West of England Works project helps people to get back into employment, education or training through 1-to-1 support with job coaches, and job club that runs appointment only sessions. We are pleased to welcome Paige Josham to the team working in Patchway. Paige is also an admin and Founder of the Mamas CIC so is a great addition to the team.
- Steph Cormack is our Early Years Worker and has started providing sessions working with specific families in areas highlighted by Health Visitors and from different venues depending on area of need. A more targeted group assessing the needs of the Community.
- Our community cohesion work continues through various events including a Diwali celebration taking place via Live streaming over Facebook (search for Patchway Festival) on Thursday 12th November 2020 from 4.30-5.15pm.
- For children and young people, we have our Patchway Youth Club and this year we had a summer play scheme in different locations across South Gloucestershire including Patchway. Our events this year will look very different with a Halloween and Christmas trail due to take place. We are also offering free Family workshop sessions where families can obtain, design and take home their finished projects for Halloween and Christmas. These need to be booked in advance through Eventbrite.
- Our Volunteer Centre continues to source volunteers by helping local people to link up with volunteer opportunities. The pandemic provided greater opportunities for volunteering such as running errands like collecting prescriptions and shopping or walking dogs for people who were shielding or isolated, delivering food and/or packing food parcels.

Community Development

- We are working with Family Action Charity, Fare Share, Mamas CIC, Coniston Community Centre and Coniston Cafe to bring a Family Food Club to Patchway. Family Food Clubs have been running successfully across Bristol and this will be the first for South Gloucestershire. We are incredibly fortunate to have the space and capacity to provide food for up to 20 families initially which will increase over time. Families living in Patchway

pay £1 to register for the year and then pay £3.50 per week for a bag of food valued at between £10 and £15. This should be considered a top up and is not equivalent to a weekly shop. We are still waiting for a definite date from Fare Share but looks likely for the end of November 2020. This will provide us all with the opportunity of promoting activities in Coniston Community Centre and Coniston Café, the West of England Works Project, Health and Wellbeing and volunteering opportunities.

- Emails are coming in thick and fast for the Halloween Trail. Addresses are all being added to the map by Jayne Anstis, Patchway Co-ordinator. A similar one will be created for Christmas. This means no addresses will be visible and therefore does not break GDPR. Jayne Anstis is supporting The Patch youth centre with their family workshops.
- Charlton Hayes Steering Group meetings and Priority Neighbourhood meetings are now taking place via Microsoft Teams rather than face to face.
- We are part of a working group to provide activities for older people who are lonely or isolated this Christmas across Bristol South Glos and North Somerset. This is in the initial stages of collating information and of partnership working and information on how to be involved and what's taking place will be available in due course.

Age UK

Age UK South Gloucestershire Nail Cutting service for the over 50s

We have now passed the 10 year milestone for the nail cutting service which started with Alison James as its first Foot Health Practitioner back in May 2009. Our very great thanks go to Alison for being so committed to the service over the years, not only in Patchway but in other venues too, as she has decided to step down and retire. Debbie Parsons is continuing to operate the service with the help of Shelley Allington and all thank their clients for the lovely compliments they have received over the years.

The service takes place alternate Wednesdays with appointments running from 10:00 am to 12:45 pm and, as in previous years, numbers have not changed much as we are very nearly at capacity. However, even with over 100 clients attending 450 appointments Debbie and Shelley are always willing to welcome more!

Those who use our service also like to make use of the facilities at the Centre and Brooks Café is particularly popular. We would like to thank the friendly staff at the Centre for all the help and support they give to the practitioners and their clients year after year.

For more information about the service or if you want to book an appointment, please call the Age UK South Gloucestershire office on 01454 411707.

Please remember we also offer other services and don't hesitate to contact us should you want more details of those available.

Stoke Singers

Stokes Singers is a mixed voice choir for singers over the age of 18 years. We meet every Thursday evening at Coniston Community Centre from 7.30pm to 9.30pm from September to the end of June with short breaks at Christmas and Easter.



We have two Musical Directors and sing a range of songs from jazz to pop, rock to light opera, items from musical shows to Christmas carols (when appropriate).

The majority of our members come from the immediate surrounding area – Bradley Stoke, Stoke Gifford, Harry Stoke, Stoke Lodge and Little Stoke, hence our name. We also welcome those who live a little further afield.

We are a friendly choir and would like to invite residents of the local area to join *Stokes Singers*. Cost is £3.25 per week but you get two free rehearsals at the start so that you can “try out” the choir. New members have a very short voice test which takes about two minutes with one of our Musical Directors. This is to check that he/she can sing in tune and to decide which section of the choir would best suit his/her voice. You can gain further details by speaking to our Membership Secretary on 07486 570 910 and by looking out for our posters and flyers displayed at Coniston Community Centre and the surrounding area.

In a “normal” year we have two concerts, one at Christmas and the other in the summer. Donations for refreshments are given to a charity chosen by the choir members. Unfortunately, we have been unable to meet for rehearsals since 12 March due to the restrictions brought about by Covid-19. The Summer Concert due to have been held on 27 June and the Christmas concert planned for 12 December have both had to be cancelled. Other performances at outdoor events held over the summer months have not happened. You may be thinking that *Stokes Singers* no longer exists but it does! We are hoping to be meeting again in early 2021, as soon as the Government guidelines allow.

On behalf of *Stokes Singers* I would like to thank Amelia Jackson and her team for their help and support and in particular for allowing us to reserve Rooms 1 and 2 for rehearsals in 2021. We hope that it won't be too long before we can get back to Coniston Community Centre.

Anne King
Chair of *Stokes Singers*

Sunday Tea Party

Older people from Patchway, Filton and The Stokes enjoy a free tea party once a month, thanks to a dedicated team of local volunteers. The tea parties are held on the last Sunday of the month from 2:30-4:30pm in Coniston Café on the ground floor of Coniston Community Centre and have been operating for just over 8 years. We always welcome new members. There are about 20 people (both men and women) who come and have a chat, and can have as much free tea, coffee and cake, that the volunteers provide, as they want. They can also take part in a raffle with some great prizes and 3-4 times a year entertainment is provided too.

We work closely with Four Towns & Vale Link Community Transport to provide transport to our event for anyone who needs it.

Weekends can sometimes seem long and dreary for older people, and we wanted to give the over 60s in the community a chance to catch up with old friends, meet new ones and find out what's going on in their local community. Therefore, we were given money from Merlin and Age UK to set this up.

Coniston Café provides a safe clean and pleasant environment for us to offer free tea and coffee and plenty of cake to keep the conversation flowing.

Regular Centre Users & Groups

1625 Independent People

1625 Independent People prevent youth homelessness in the South West and has been helping 16-25 year olds reboot their lives for over 30 years.

With around 100 staff in four locations (including South Gloucestershire), we provided housing and support in the community to around 2,500 young people last year.

We're one of the brightest youth organisations in the South West, leaders in our field; no other organisation in the area has the same wealth of experience. In South Gloucestershire we provide Supported Housing, a Floating Support service, Supported Lodgings and specific services for Care Leavers and Unaccompanied asylum-seeking young people.

Our service works because we include young people at every level of our organisation.

Adventure Babies

We are the original interactive story telling sensory group and were voted Best for Babies in Bristol 2018!

Our stories are all carefully chosen, engaging and fun! The sensory props are amazingly unique to each book and great learning tools. The atmosphere is both friendly and relaxed and a lovely environment to be a part of. Adventure babies is a welcome release for parents from the daily life of nappies and feeds and a chance to meet other parents. Whilst seeing your child have a great time, meet new little friends, and develop in front of your eyes.

Please come along and join us on our adventures!!

ALMC (Avon Local Medical Committee)

The Local Medical Committee is recognised by successive NHS Acts as the professional organisation representing individual GPs and GP Practices as a whole to NHS England, CCGs and Public Health. The 1999 NHS Act extended the LMC role to include representation of all GPs whatever their contractual status. This includes GP non-principals and GP registrars. The LMC represents the views of GPs to any other appropriate organisation or agency.

Alpha Safety Training

Founded in the summer of 2010, Alpha Safety is a provider of Health and Safety training and consultancy services. Based in South Wales, we have excellent training facilities at our 6 centres with our main office in Swansea and expanding the business with our new construction academies in Swansea and Cardiff that opened in the summer of 2017. We cater for a wide range of industries, organisations and individuals where we can deliver accredited training under a multitude of awarding bodies. We also deliver our courses at venues to better suit our clients, whether it's at their workplace or a prearranged suitable venue, for example, Coniston Community Centre.

At Alpha, you will feel welcomed and catered for throughout the entire training experience.

Ann Physiocare

Ann Physiocare is a physiotherapy service provider, providing the best physiotherapy consultation, advice and treatment for clients with a broad spectrum of medical conditions and background. Our highly skilled physiotherapists are HCPC registered and vastly experienced to make sure we get to the root of your condition as soon as possible.

What we do:

Ann Physiocare is being built into a unique forward thinking physiotherapy practice providing a holistic approach to treatment. This involves a detailed assessment in order for us to have a thorough understanding of your condition and the underlying factors influencing it. Treatment is focussed on alleviating symptoms as well as addressing the causes to prevent recurrence and involves a combination of techniques. An in-depth knowledge of the underlying problem allows us to provide you with a specific treatment programme.

How we can help:

Physiotherapy can be helpful for people of all ages with a wide range of health conditions, including:

Individuals: General/spinal Injuries, prolapsed discs, Degenerative conditions, Movement problems, lungs and breathing problems, Post-surgery rehabilitation, sciatica, lumbago, stiff/painful neck and whiplash damaged muscles, ligaments, tendons and joints. Fractures and Work related injuries such as repetitive strain injury.

Elderly: Physiotherapy can make day-to-day activities easier. For example, it could help you if you have difficulties walking, climbing stairs, balance to reduce falls, getting in and out of bed, recovering from an operation etc. Physiotherapy plays an essential part in promoting and maintaining mobility for people with dementia.

Employers: Physiotherapists can help employers keep their staff healthy and performing well at work by: Preventing people from taking time off sick in the first place. Getting people back to work on full and normal duties. Facilitating a managed return to work if alternate modified duties are required. Delivering a cost effective service for employers

We have 50+ clinics, covering mostly the South of England and Wales and can arrange appointments for other parts of the country as well, if needed.

Coniston Clinic:

We have been running our clinic in Coniston Community Centre for 5 years and the staff at the centre have always been very helpful & supportive. Our clients are really pleased with our service and clinic at the community centre and it helped us in strengthening our case load.

Apocalypse War Gamers

Apocalypse War Gaming Club meets at Coniston Community Centre every Sunday, from 5:00-10:30pm, but on the last Sunday of every month we have an all day session 11:00am-10:30pm.

We are a table-top war gaming club playing various types of game systems including Warhammer Fantasy, Warhammer 40K, Bolt Action Warmachine, Hordes, the odd game of BANG!, various board games and so much more. Basically, we are open to any game system, so feel free to bring along something else, the weird and wonderful.

New members are always welcome, and we are open to any age and ability.

We have been doing rather well at the Club and the venue is simply perfect. We have a good number of people every week and our tournaments and events are very popular. We look forward to our continued presence at Coniston Community Centre and have had excellent feedback from our members about how great the facilities are, and we are happy to continue supporting Coniston Community Centre in any way.

Balanced Mind Therapy

Balanced Mind Therapy with Emma Keattch

I am a Human Givens Psychotherapist (graduate/trainee) who has completed my diploma with distinction and am currently working towards my post graduate diploma. As part of my post graduate studies I can offer low cost therapy sessions for many forms of stress, anxiety or depression.

I provide a friendly and confidential environment using Human Givens Psychotherapy, which combines proven therapeutic techniques with the most up to date psychological knowledge to relieve emotional distress and help you move on as quickly as possible. For more information on the Human Givens approach see www.hgi.org.uk

Bristol Community Health

We run regular Diabetic Eye Screenings at Coniston, making them readily and easily available for the Community.

Coniston is the ideal location for this and we have had continued support from Amelia with this, when it comes to storing equipment, booking sessions in bulk and so much more.

Bristol Panto Productions

Bristolian Products are a fun and innovative theatre company who offer a whole lot more. Since coming to Coniston Community Centre, we have put on a whole range of activities at affordable prices for the whole community. We had a very successful pantomime and numerous dance workshops! We enjoy working with the Association and look forward to working together moving forward.

Chamonix Group

Chamonix Estates usually use Coniston Community Centre's facilities for training, staff meetings and information events.

The day time and evening availability of the building makes it a perfect venue.

Chaotic War Gaming

A club of likeminded hobbyists that enjoy all aspects of tabletop gaming, card games, board games and D&D in North Bristol.

We run a weekly Friday session here at Coniston 17:00 – 22:00 on the ground floor in the Wellbeing Centre. So, come along!

Coniston Medical Practice

We regularly use the convenient facilities for staff training and meetings. Also love the onsite Café.

Daisy-Chain Productions

Daisy-Chain Productions produces various live entertainment shows to many venues around the UK. Daisy-Alexandra began touring one woman shows when she opened the company in 2012 and as the years went by, the demand grew and soon the business started producing larger shows to accommodate bigger venues and before long Daisy had a team of singers and dancers who toured the country too!

Nearly eight years on, she now has a busy office in the vibrant city of Bristol with a wonderful team in both office and front of house entertaining many venues and audiences a year including events such as weddings, corporate events, children's parties and hotels in the UK and abroad. Daisy-Alexandra mainly uses Coniston Community Centre as a rehearsal venue, being able to accommodate her busy schedule is greatly appreciated.

Danceworks



Danceworks studio had its most challenging year to date, together with many other self- employed small businesses and due to Covid-19, had to close the studio mid-March 2020 and was only able to reopen our doors in September 2020.

It was a challenging and financially stressful time, having been without a source of income for 6 months and it was with much uncertainty and trepidation if the studio could even reopen and if pupils would return.

Amelia Jackson, the centre manager, has been so encouraging and supportive and really helped by offering incentive to get the studio back on its feet. The generous offer to discount hall hire by 25% for the first few months, has been so helpful and much appreciated to be able to afford to restart all our dance classes from scratch.

The Room 4 which is hired by Danceworks every Tuesday afternoon and Saturday morning is always clean and tidy upon arrival and this is so appreciated. Parents had highlighted some concerns about the cleanliness of the bathrooms and the frequency of the clean, particularly after the onset of Covid-19. Amelia addressed this and confirmed regular cleaning takes place daily which was very reassuring to parents and pupils alike.

Ballet Bunnies classes for toddlers 18 months to 4 years was introduced in September as a new dance class on a Saturday morning at the Coniston. Amelia has yet again been so supportive and helped advertise the classes and the reasonable hall hire costs are so appreciated. The classes started rather slowly but interest and support from the local community is growing.

The studio really appreciates all the sanitiser dispensers at the entrance for pupils to utilise upon arrival. Danceworks is ensuring Covid-19 prevention protocol is being adhered to. Dancers are socially distanced with adhesive coloured markers on the floor in the studio. Parents have been asked to wait in their cars or in the café, rather than outside the studio. The studio has requested that just one parent accompany a young toddler into the Ballet Bunnies class and request masks be worn on entering the premises to reduce risk. As a teacher, I supply extra sanitiser and disinfect and clean all tables and points of high contact after each session.

We are thrilled our studio has been able to resume classes after the pandemic and to continue to be able to support this amazing venue and facilities. Thank you again to Amelia Jackson, who is always friendly, efficient and accommodating.

We look forward to a healthier and happier 2021 and wish the staff at the Coniston all the best.

Kind regards

Liesel Freitag
Danceworks North Bristol
Ballet Bunnies | Street & Hip-Hop | Modern Jazz
DanceCor | HFPA | BCA | CRB approved
0787 143 6600
www.danceworks.uk.com
[Facebook: Danceworks North Bristol](https://www.facebook.com/DanceworksNorthBristol)

DHI

At Coniston Community Centre we provide 1:1 and group support for adults who need help or advice around their use of drugs and/or alcohol. During Covid we have adapted our services and now provide telephone support and online groups. DHI support people who want advice and information, as well as those looking to make changes to their drug and or alcohol use. Alongside key worker support, DHI also provide opiate substitute therapy, mutual aid peer support groups,

Naloxone (overdose prevention), housing and benefits support, preparation for detox, harm reduction advice and needle exchange.

- Do you feel out of control with you drug or alcohol use?
- Do you feel stuck or unable to make changes?
- Would you like to talk to someone about how you are feeling and begin to implement some positive changes in your life?

If you answer 'yes' to any of these questions and live in South Gloucestershire, please get in touch with DHI. We can help. Our triage team who will take information about you and arrange an telephone appointment with one of our key workers. How to contact us:

Tel: 01454 868 750

Freephone: 0800 0733 011

Email: info@dhisouthglos.org.uk

We also support family and friends through our FAM service - <https://webfam.dhi-online.org.uk/>

If you'd prefer to access self-help online, we also provide free access to Breaking Free Online www.breakingfreeonline.com. For free access use the code **southglos11**

Diversity Trust

Diversity Trust are a Community Interest Company influencing social change to achieve a fairer and safer society. Regularly book rooms and deliver training at Coniston.

Emerging Health

We often run our training sessions at Coniston Community Centre, great facilities, easily located, on site Café. Always a great session.

Finland in Bristol

Finnish Saturday School in Bristol is a community led language school for anyone who is interested in Finnish language and culture. We have 2 children's groups for bilingual children from 3 to 11 year old's. At the same time we have two language groups for adults, one beginners and one intermediate/advanced. In addition to this we sell Finnish sweets in the Cafe on the school mornings and arrange other social activities around Bristol for the Finnish & Finnish-minded community.

Fiona Morgan Physio & Pilates

Fiona Morgan Physio & Pilates started post-natal Pilates classes at Coniston Community Centre at the end of Feb 2019. These classes were developed out of a need expressed by a few mummy groups in the Patchway and Bradley Stoke communities. Mummies needed and wanted an hour out of their day where they could do some exercise but also have some "Me Time". While the classes might be small, they are enjoyed by all who attend. Coniston Community Centre has provided a convenient location and a well-run place to hold these classes.

Home Start Bristol

Home-Start Bristol supports families with at least 1 child under 5, living in Bristol and South Glos. Parent volunteers are matched with a family visiting them weekly at home to provide emotional and practical support (after completing our 36-hour accredited training programme). The Coniston Community Centre is ideally placed for us to deliver this and other training, with the added bonus of the café on site.

Indigo Moon Counselling

Indigo Moon is a holistic therapy business looking after the mind body and soul. Indigo Moons main business at the Coniston is to offer affordable long-term counselling for those who need longer than can usually be accessed through other channels and that can't afford therapy at the normal private rate. I believe that counselling should be accessible to everyone not just those who are well off. I am a qualified counsellor specialising in addiction and domestic abuse amongst other issues. Indigo Moon also offers reiki and bespoke aromatherapy and herbal natural products made especially for the client's needs. This includes shampoo, conditioner, soaps, shower gels face masks and much more. Although this doesn't take place at the Coniston but can be delivered there if necessary. I am also studying herbalism with a view to integrating that within the business once qualified to offer alternatives / work alongside mainstream treatments. All my products are suitable for vegetarians with many suitable for vegans too. They also contain no chemicals like parabens, sls/sles or such like. Please feel free to contact me with any questions or queries.

Indonesian Society

The Indonesian Society hold monthly gatherings at Coniston for the Indonesian Community, events where we can bring food, showcase our culture and get together in a safe and clean environment.

We often recommend Coniston Community Centre as a venue.

Ladybirds

The Ladybirds are a friendly group for mature women that meet at Coniston Community Centre on alternate Mondays. We have been going for more than 21 years, 5 years running at Coniston Community Centre. Our current membership is about 25 ladies. Our regular meetings are enjoyable and often have themed discussion topics. We mainly socialise, chat and put the world right, we have guest speakers and often organise trips to museums, or lunches out and to coffee shops. Meetings are 14:30-16:30 on the ground floor alternating Mondays.

Lowri Beck

Lowri Beck is a leading provider of metering systems, data capture, data management and field management service, offering innovative solutions to the utility industry and businesses throughout Great Britain (GB).

Established in 1996, Lowri Beck provides tailored service delivery for all types of metering service including smart metering systems in support of the gas, electricity and water markets. In August

2019, Lowri Beck was acquired by Calvin Capital and both firms are now part of the Calisen group of companies.

Lowri Beck is an accredited Ofgem Approved Meter Installer (OAMI) and Gas Meter Assets Manager (MAM) as well as an electricity Meter Operator (MOP), with the ability to offer meter provision, installation and maintenance service nationwide. Lowri Beck is also a meter reading agent, data collector and data aggregator, offering a full end to end dual fuel utility support service supported by a contact centre.

With a focus on quality, Lowri Beck is large enough to manage a wide range of activities but small enough to care. We pride ourselves on our lean and flexible organisation. We adapt to the needs of our customers and use our technology to support our operational flexibility.

Our mission is "To empower our people to deliver service excellence."

Lowri Beck's vision is to empower our people to deliver service excellence. Their key strengths are flexibility and partnering. They are committed to working closely with clients to deliver tailored cost-effective solutions, which do not compromise quality, safety or service delivery.

Miniature Music

A fun family filled music and play session followed by yummy cake, tea and coffee.

Moo Music

Moo Music is a great fun and interactive regular music session for 0 to 5 year old children and their parents, grandparents or carers too, where the children sing, dance, play, learn and have fun while doing it. Music is an essential part of every child's development and the 125+ original Moo Music songs used at the sessions are positive, uplifting, fun and educational. The interactive sessions will help your child gain confidence and develop memory, language and coordination skills in an exciting, enjoyable and multi-sensory way.

We recently moved over to Coniston, we were previously at Jump, but I am incredibly happy with the move and do not plan to go back.

NCT

National Childbirth Trust run our session for the academic year at Coniston Community Centre, it's a fantastic easily located venue and very accommodating.

Nurseline

Nurseline Healthcare is a dedicated mental health nursing agency, which specialises in mental health care, learning disability services and residential care homes. Our head office is based in Bristol, and we have branches across the South West and South East of England. At Nurseline Healthcare, we have a simple goal: to make a difference by delivering care that is personal to service users' needs.

We value family, honesty and quality and all of our support workers and nurses share these same values. At Coniston Community Centre, we run courses covering basic life support, moving and handling and other training required in healthcare. We also run specialist training courses in subjects including epilepsy, autism and positive behaviour management.

Patchway Pole

Pole Dance Classes take place at Coniston Community Centre twice a week. On Monday evenings, in Room 3, I offer a Beginners class 18:00 – 18:50, an Early Intermediate class 19:00 – 19:50, an Intermediate class 20:00 – 20:50 and an Advanced class 21:00 – 21:50. I also offer a Wednesday evening class in Room 1 & 2, a Beginners class 18:00 – 18:50, an Early Intermediate class 19:00 – 19:50, an Intermediate class 20:00 – 20:50 and 21:00 – 21:50 Pole Practise.

The majority of people find out about my class through word-of-mouth, Coniston's website and Google searched that lead them to my Facebook group page. Booking is done via the Facebook group page where there is a link to a booking system (GoTeamUp) under announcements. Booking is essential as classes can be over-subscribed and it is one of our Covid Secure measures.

I am really pleased that I can use the Centre, as the location is convenient, and I am able to book additional evenings as well as my regular ongoing slot, for extra classes, practices, and photo shoots.

Pop Up Play Village

Pop Up Play Village has arrived at Coniston Community Centre! We are a mobile role play village for children to engage, explore, and have fun. We have created an environment where children from babies through to 8 years are inspired and excited to play! We love coming to Coniston CC, have a number of sessions booked for later in 2020 and hope to be popping up on a regular basis throughout 2021 and beyond.

RUBRIC (Russian Language School)

Russian language classes for children and adults on a weekly basis. With special cultural events.

Sirona Care & Health (Music, Drama & Art Therapy)

Sirona Care & Health offer a wide variety of therapeutic options. At Coniston Community Centre we offer Music and Drama therapy for adults with learning difficulties and disabilities. The space offered is extremely suitable, and we are able to see clients in a comfortable environment.

Slimming World - Wednesdays

The group runs Wednesday evenings: 2 sessions, one at 5:30pm and another at 7:30pm.

Slimming World - Thursdays

The group runs on a Thursday evening 2 sessions at 5:30 and 7.30pm. I am so pleased to have been able to support the Patchway Community in their weight loss journey for the last 29 years and I'm looking forward to continuing this at Coniston Community Centre.

South Glos. Council

Different departments and sections of South Glos. Council work closely with Coniston Community Centre. Coniston is a venue for information events, training sessions, staff meetings, 1:1 sessions and project group meetings.

South Glos Over 50s Forum

The South Gloucestershire Over 50's Forum meets in Coniston three times a year to hear the voice of residents over 50.

We have had a variety of speakers, at each of our meetings, to help provide useful information or to get the views of local residents over 50.

Transport has been a particular rolling concern of residents.

A meeting has now been arranged to talk about transport across the whole of South Gloucestershire

The meeting will be on Monday 21st October at Lyde Green Community Centre, BS16 7GW 2 - 4pm with refreshments from 1.30pm. Our speakers are Cllr Toby Savage – Leader of South Glos. Council, Cllr Tim Bowles – Mayor of West of England Combine Authority, James Freeman – Managing Director of First Bus West of England. Our three Community Transport Services will also be in attendance.

We hope that due to particular concerns of local residents who attend our Patchway meetings we will get our concerns heard and begin to get them addressed.

We are grateful for the use of your facilities.

Our website is <http://southglosover50sforum.btck.co.uk/>

Margaret Slucutt, Chairperson.

South Glos Parents & Carers Forum

South Glos Parent Carers is a supportive community for parents and carers of children and young people (aged 0 - 25) with additional needs and or disabilities. Simply put, SGPC exists because we want to improve services, outcomes and support for our children & families living in South Gloucestershire.



If you are a Parent Carer in South Gloucestershire with a child aged 0-25 with a Special Educational Need and/or Disability (SEND), we are here for you! A diagnosis is not needed to receive our support and advice.

We are all parents/carers ourselves of children or young adults with a variety of SEND. We are on your journey. We have a real and in depth understanding of the issues we all face; from the challenges, to the joys our children bring.

We would like to welcome you into our friendly community and join us in the opportunities we offer for families of SEND children to come together, provide support and share experiences.

We run monthly support groups in Patchway and other South Glos locations where there are often themes for discussion, professional guest speakers and a chance to chat, have a cuppa and share information and support.

Find out what we do by looking through our website and on Facebook, Twitter and YouTube.

www.sglospc.org.uk

Superfluous Games Guides

Superfluous Games is an Indie Games Development Company based in Bristol. We didn't want to make games that publishers and investors wanted, we wanted to make our own and what individual Community members actually wanted to see created. The kind of games that we would all like to play.

We worked closely with Community members at Coniston Community Centre, in the hopes of making a game created solely by the Community.

Superfluous Games are available for any logo, game, app, website development and creation and so much more.

We will have a Kickstarter campaign running in the near future, so go online and check it out.

Find us online: <http://www.superfluousgames.co.uk/>

Facebook: <https://www.facebook.com/SupflusGames>

Twitter: <https://twitter.com/search?q=SupFlusGames>

Email: info@superfluousgames.co.uk



Swindon Children's Centre

Coniston Community Centre is an ideal venue for our contacts to run. We are provided with many resources and the rooms are comfortable and set up in advance. We have already booked in next years dates and may even add more.

Tamil Association Bristol

The Association has been serving the Tamil speaking people in the Bristol for the past 5 years. "Tamil Association of Bristol"(TAB) is a non-political, secular, non-profitable, cultural organisation

for the Tamils.

We aim at bringing together everyone who has an interest in Tamil, its people and its culture.

At Coniston Community Centre we hold regular classes and meetings, we are also keen to get involved with Community events.

United Medical

United Medical is a Bristol-based locum agency set up by clinicians. We recruit and place doctors (psychiatrists and GPs), nurses (RMNs and RGNs), HCAs and ODPs in NHS and private healthcare settings. At Coniston Community Centre we are able to hold training days and courses in a clean and comfortable environment.

Vita

We run Talking Therapy Sessions throughout the week.

Westbank

Westbank League of Friends was established in 1986 and operated as a registered charity for over 20 years until it became Westbank Community Health and Care and registered as a company limited by guarantee in 2007.

We work to empower and improve the health of communities and individuals across Devon and to become a voluntary sector leader for development and innovation across Devon and the southwest region. The culture has always had a strong emphasis on the core values of the organisation and the type of people who work within it feel passionate about working for a charity that delivers a local service for local people.

Timeline:

- 1986: Devon-based charity Westbank Community Health and Care, officially launched with 24 volunteers who made over 800 visits to 150 patients in the 1st year
- 1998: the first carers group was launched
- 1999: we welcomed children to our new playscheme in Starcross
- 2005: our Healthy Living Centre opened its doors, providing services for the local community
- 2007: became a company limited by guarantee
- 2008: opened a charity shop in Starcross
- 2008: launched county-wide Devon Carers Link
- 2014: launched Neighbourhood Friends
- 2016: Living Well Taking Control achieved national provider status from NHS England
- 2018: Budleigh Hub opened its doors
- 2018: Devon Adult and Young Carers contracts awarded
- 2018: launched the first diabetes prevention social impact bond, Healthier Devon, in England

Today Westbank employs over 250 members of staff and have 550+ volunteers supporting thousands of people across Devon.

West Country Case Management

Westcountry Case Management are based in south Devon and specialise in supporting people with acquired brain injuries. We look after clients throughout the southwest and Wales and manage the training for our clients' support workers. We use Coniston Hall to facilitate this training for clients who live in the Bristol/Somerset/South Wales area. We have used Coniston Hall as a venue numerous times.

Whitlock Martial Arts (Tae Kwon Do)

Whitlock Martial Arts provides Tae Kwon Do classes for children aged 4+ and adults. Tae Kwon Do is a Korean martial art that involves traditional pattern work, fitness and strength training, pad work, sparring, self-defence and much more. We are in Coniston Community Centre on Monday evenings, Wednesday evenings and Friday evenings. Your first 2 classes are free! For more info please check out www.whitlockmartialarts.com or contact 07766491451

CHARITY REGISTRATION NUMBER: 1036917

**Coniston Community Association
Unaudited Financial Statements
31 March 2019**

ELLIOTT BUNKER LIMITED

Chartered Accountants
61 Macrae Road
Ham Green
Bristol
BS20 0DD

Coniston Community Association

Financial Statements

Year ended 31 March 2019

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Coniston Community Association

Trustees' Annual Report

Year ended 31 March 2019

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2019.

Reference and administrative details

Registered charity name	Coniston Community Association																										
Charity registration number	1036917																										
Principal office	The Parade Coniston Road Patchway Bristol BS34 5LP																										
The trustees	<table> <tr> <td>Mr E Bathe-Taylor</td><td></td></tr> <tr> <td>Mrs C Broadbent</td><td>(Retired 31 October 2018)</td></tr> <tr> <td>Mr E Gordon</td><td></td></tr> <tr> <td>Mr L Gray</td><td></td></tr> <tr> <td>Mr M W Grotzke</td><td>(Retired 31 October 2018)</td></tr> <tr> <td>Mrs L M Hamid</td><td></td></tr> <tr> <td>Mr C E Horton</td><td>(Retired 31 October 2018)</td></tr> <tr> <td>Mrs P A Morgan</td><td></td></tr> <tr> <td>Mr S Scott</td><td></td></tr> <tr> <td>Mr D Sully</td><td></td></tr> <tr> <td>Mr K Walker</td><td></td></tr> <tr> <td>Mrs W Williams</td><td></td></tr> <tr> <td>Mrs S Williams</td><td></td></tr> </table>	Mr E Bathe-Taylor		Mrs C Broadbent	(Retired 31 October 2018)	Mr E Gordon		Mr L Gray		Mr M W Grotzke	(Retired 31 October 2018)	Mrs L M Hamid		Mr C E Horton	(Retired 31 October 2018)	Mrs P A Morgan		Mr S Scott		Mr D Sully		Mr K Walker		Mrs W Williams		Mrs S Williams	
Mr E Bathe-Taylor																											
Mrs C Broadbent	(Retired 31 October 2018)																										
Mr E Gordon																											
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Mr M W Grotzke	(Retired 31 October 2018)																										
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Mr C E Horton	(Retired 31 October 2018)																										
Mrs P A Morgan																											
Mr S Scott																											
Mr D Sully																											
Mr K Walker																											
Mrs W Williams																											
Mrs S Williams																											
Independent examiner	Mr P Cridland FCA 61 Macrae Road Ham Green Bristol BS20 0DD																										

Structure, governance and management

The Charity was registered with the Charity Commission in 1994 and it is governed by 8 elected Trustees. The Chairman is Lewis Gray and the other trustees are Lucy Hamid, Annette Morgan, Eric Gordon, David Sully, Edward Bathe-Taylor, Susan Williams and Winifred Williams. The trustees have undertaken external training covering all aspects of their work in managing the charity and the Community Association and meet monthly. There is a General Committee of all user groups and member organisations which may meet quarterly with the trustees to take into account any matters arising from the use of the building.

New trustees are appointed by the Board of Trustees and are found from the contacts and networks of existing trustees. When recruiting new trustees, the board looks for individuals with skills and experience which are of value to the Trust and which are not represented by existing trustees. New trustees are provided with a pack of information including recent accounts, a copy of the Trust Deed and information regarding finances, governance and charitable objectives including minutes of the previous trustees' meeting.

Coniston Community Association

Trustees' Annual Report *(continued)*

Year ended 31 March 2019

Objectives and activities

The aims of the charity are to promote the benefit of the inhabitants of Patchway and the neighbourhood without distinction of sex, sexual orientation, nationality, age, disability, race or of political, religious or other opinions to advance education and to provide facilities in the interests of social welfare for recreations and leisure-time occupation and to maintain and manage Coniston Community Centre in furtherance of these aims. The Association arranges a varied programme of events through working with other groups and organisations and publicises these on its website and through local posters and leaflets.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Trust's aims and objectives.

Achievements and performance

The Trustees employ a full-time manager to carry out the aims and objectives listed above and other sessional workers as well as caretaking and cleaning staff. The Trustees support and guide the manager and other staff in the performance of their duties and are always looking for new ways to provide a variety of activities which will attract more residents to use the Centre.

Financial review

During this financial year, the Association has maintained tenancy of the offices on the second floor and gained more hirers for the community rooms on the first and ground floors. The rent is used to maintain the building and pay for the staff to operate it. This year the income and expenditure for the operation of the building is shown as unrestricted but income and expenditure which is exclusively for particular groups which are members of the Association are shown as restricted. This particularly relates to the Link Group which has raised considerable funds to operate its sessions but to a lesser extent for other small groups using the centre and part of the Association but funded separately. The funds carried forward at the end of the financial year not relating to other groups were £35,859 which is an improvement on the previous financial year.

Reserve policy

The charity's free reserves are represented by the unrestricted funds not committed or invested in tangible fixed assets.

Given the nature of the Trust's funding being mainly by grants and investment income, the trustees believe that the Trust's free reserves should be around six months of the resources expended, which equates to approximately £38,000. At the year-end the Trust's free reserves were £35,648 being around £2,300 below target. The reserve position has improved significantly on the prior year where the shortfall was around £21,700.

The trustees' annual report was approved on 26 February 2020 and signed on behalf of the board of trustees by:

Mr L Gray (Chairman)
Trustee

Coniston Community Association

Independent Examiner's Report to the Trustees of Coniston Community Association

Year ended 31 March 2019

I report to the trustees on my examination of the financial statements of Coniston Community Association ('the charity') for the year ended 31 March 2019.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Mr P Cridland FCA
Independent Examiner

61 Macrae Road
Ham Green
Bristol
BS20 0DD

26 February 2020

Coniston Community Association

Statement of Financial Activities

Year ended 31 March 2019

		Unrestricted funds £	2019 Restricted funds £	Total funds £	2018 Total funds £
	Note				
<i>Income and endowments</i>					
Donations and legacies	4	8,513	1,250	9,763	16,184
Other trading activities	5	672	16,652	17,324	14,097
Investment income	6	95,825	—	95,825	80,827
Total income		<u>105,010</u>	<u>17,902</u>	<u>122,912</u>	<u>111,108</u>
Expenditure					
Expenditure on charitable activities	7,8	85,624	17,373	102,997	100,329
Total expenditure		<u>85,624</u>	<u>17,373</u>	<u>102,997</u>	<u>100,329</u>
Net income		<u>19,386</u>	<u>529</u>	<u>19,915</u>	<u>10,779</u>
Transfers between funds		124	(124)	—	—
Net movement in funds		<u>19,510</u>	<u>405</u>	<u>19,915</u>	<u>10,779</u>
Reconciliation of funds					
Total funds brought forward		16,349	402	16,751	5,972
Total funds carried forward		<u>35,859</u>	<u>807</u>	<u>36,666</u>	<u>16,751</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Coniston Community Association

Statement of Financial Position 31

March 2019

	Note	2019 £	2018 £
Fixed Assets			
Tangible fixed assets	13	211	263
Current Assets			
Debtors	14	7,036	6,360
Cash at bank and in hand		32,599	11,382
		39,635	17,742
Creditors: amounts falling due within one year	15	3,180	1,254
Net current assets		36,455	16,488
Total assets less current liabilities		36,666	16,751
Net assets		36,666	16,751
		=====	=====
		=	
Funds of the charity			
Restricted funds		807	402
Unrestricted funds		35,859	16,349
Total charity funds	16	36,666	16,751
		=====	=====

These financial statements were approved by the board of trustees and authorised for issue on 26 February 2020, and are signed on behalf of the board by:

Mr L Gray (Chairman)
Trustee

Coniston Community Association

Notes to the Financial Statements

Year ended 31 March 2019

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is The Parade, Coniston Road, Patchway, Bristol, BS34 5LP.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting Policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. We confirm that there are no critical judgements or estimates to note.

Fund accounting

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purposes and are available as general funds.

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund, together with a fair allocation of support costs.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- income from donated goods is measured at the fair value of the goods unless this is impracticable to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.

Coniston Community Association

Notes to the Financial Statements *(continued)*

Year ended 31 March 2019

3. Accounting policies *(continued)*

Incoming resources *(continued)*

- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

All fixed assets are initially recorded at cost.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	33% reducing balance
Equipment	-	20% reducing balance

4. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Donations			
Donations	27	—	27

Coniston Community Association

Notes to the Financial Statements *(continued)*

Year ended 31 March 2019

4. Donations and legacies *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Grants			
Curo	—	300	300
Sobell Foundation	—	—	—
Quartet Foundation	2,265	—	2,265
Patchway Town Council - General	6,000	—	6,000
South Glos Council	—	—	—
South Glos Council - Friendship Group	—	250	250
Wellspring Healthy Living	—	—	—
Almondsbury Charity	221	—	221
Patchway Town Council - Watercolour Group	—	350	350
Patchway Town Council - Friendship Group	—	350	350
	8,513	1,250	9,763
	=====	=====	=====
	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Donations			
Donations	314	—	314
Grants			
Curo	—	—	—
Sobell Foundation	—	5,000	5,000
Quartet Foundation	—	—	—
Patchway Town Council - General	6,000	—	6,000
South Glos Council	2,170	—	2,170
South Glos Council - Friendship Group	—	—	—
Wellspring Healthy Living	800	—	800
Almondsbury Charity	500	—	500
Patchway Town Council - Watercolour Group	—	700	700
Patchway Town Council - Friendship Group	—	700	700
	9,784	6,400	16,184
	=====	=====	=====

5. Other trading activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Fundraising events	67	—	67
Other income	605	—	605
Income from activities	—	16,652	16,652
	672	16,652	17,324
	=====	=====	=====

Coniston Community Association

Notes to the Financial Statements (continued)

Year ended 31 March 2019

5. Other trading activities (continued)

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Fundraising events	208	—	208
Other income	645	—	645
Income from activities	—	13,244	13,244
	853	13,244	14,097
	=====	=====	=====

6. Investment income

	Unrestricted Funds £	Total Funds 2019 £	Unrestricted Funds £	Total Funds 2018 £
Rent and subscriptions	95,824	95,824	80,822	80,822
Bank interest receivable	1	1	5	5
	95,825	95,825	80,827	80,827
	=====	=====	=====	=====

7. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £
Rent, rates and water	3,015	—	3,015
Depreciation	52	—	52
Insurance	2,192	—	2,192
Activities expenditure	990	9,525	10,515
Maintenance	14,093	—	14,093
Wages, Salaries and NI	51,456	7,775	59,231
Light and heat	8,839	—	8,839
Telephone and internet	1,367	—	1,367
Printing, postage and stationery	871	73	944
Sundries	300	—	300
Support costs	2,449	—	2,449
	85,624	17,373	102,997
	=====	=====	=====

	Unrestricted Funds £	Restricted Funds £	Total Funds 2018 £
Rent, rates and water	1,176	—	1,176
Depreciation	159	—	159
Insurance	2,161	—	2,161
Activities expenditure	1,408	2,780	4,188
Maintenance	14,418	—	14,418
Wages, Salaries and NI	46,818	18,197	65,015
Light and heat	8,883	—	8,883
Telephone and internet	1,053	—	1,053
Printing, postage and stationery	627	—	627
Sundries	142	—	142
Support costs	2,507	—	2,507
	79,352	20,977	100,329
	=====	=====	=====

Coniston Community Association

Notes to the Financial Statements *(continued)*

Year ended 31 March 2019

8. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2019 £	Total fund 2018 £
Rent, rates and water	3,015	—	3,015	1,176
Depreciation	52	—	52	159
Insurance	2,192	—	2,192	2,161
Activities expenditure	10,515	—	10,515	4,188
Maintenance	14,093	—	14,093	14,418
Wages, Salaries and NI	59,231	—	59,231	65,015
Light and heat	8,839	—	8,839	8,883
Telephone and internet	1,367	—	1,367	1,053
Printing, postage and stationery	944	—	944	627
Sundries	300	—	300	142
Governance costs	—	2,449	2,449	2,507
	100,548	2,449	102,997	100,329

9. Net income

Net income is stated after charging/(crediting):

	2019 £	2018 £
Depreciation of tangible fixed assets	52	159

10. Independent examination fees

	2019 £	2018 £
Fees payable to the independent examiner for: Independent examination of the financial statements	1,440	1,440

11. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2019 £	2018 £
Wages and salaries	59,231	65,015

The average head count of employees during the year was 15 (2018: 16).

No employee received employee benefits of more than £60,000 during the year (2018: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the charity. The total compensation paid to key management personnel for services provided to the charity was £26,594 (2018: £21,627).

12. *Trustee remuneration and expenses*

No member of the committee received remuneration during the year either directly or indirectly.

No member of the committee was reimbursed for expenses during the year.

13. *Tangible fixed assets*

	Fixtures and fittings £	Equipment £	Total £
Cost			
At 1 April 2018 and 31 March 2019	4,684	10,295	14,979
Depreciation			
At 1 April 2018	4,421	10,295	14,716
Charge for the year	52	—	52
At 31 March 2019	4,473	10,295	14,768
Carrying amount			
At 31 March 2019	211	—	211
At 31 March 2018	263	—	263

14. Debtors

	2019 £	2018 £
Prepayments and accrued income	5,549	4,418
Other debtors	1,487	1,942
	7,036	6,360

15. Creditors: amounts falling due within one year

	2019 £	2018 £
Accruals and deferred income	780	595
Professional fees	2,400	659
	3,180	1,254

16. Analysis of charitable funds

Unrestricted funds

	At 1 April 2018 £	Income £	Expenditure £	Transfers £	At 31 March 2019 £
General funds	16,349	105,010	(85,624)	124	35,859
	At 1 April 2017 £	Income £	Expenditure £	Transfers £	At 31 March 2018 £
General funds	4,623	91,464	(79,352)	(386)	16,349

16. Analysis of charitable funds (continued)

Restricted funds

	At 1 April 2018	Income	Expenditure	Transfers	At 31 March 2019
	£	£	£	£	£
Friendship Group	283	3,881	(3,743)	613	1,034
Link Centre	118	9,993	(9,993)	(118)	—
Watercolour Group	1	3,728	(3,378)	(830)	(479)
L.G.B.T	—	300	(259)	211	252
	402	17,902	(17,373)	(124)	807
	=====	=====	=====	=====	=====

	At 1 April 2017	Income	Expenditure	Transfers	At 31 March 2018
	£	£	£	£	£
Friendship Group	579	2,915	(3,211)	—	283
Tai Chi	—	130	(180)	50	—
Link Centre	118	12,541	(12,541)	—	118
Watercolour Group	652	4,058	(4,757)	48	1
L.G.B.T	—	—	(288)	288	—
	1,349	19,644	(20,977)	386	402
	=====	=====	=====	=====	=====

17. Analysis of net assets between funds

	Unrestricted Funds	Restricted Funds	Total Funds 2019
	£	£	£
Tangible fixed assets	211	—	211
Current assets	38,828	807	39,635
Creditors less than 1 year	(3,180)	—	(3,180)
Net assets	35,859	807	36,666
	=====	=====	=====
	Unrestricted Funds	Restricted Funds	Total Funds 2018
	£	£	£
Tangible fixed assets	263	—	263
Current assets	17,340	402	17,742
Creditors less than 1 year	(1,254)	—	(1,254)
Net assets	16,349	402	16,751
	=====	=====	=====

18. Related parties

Coniston Community Association rent the building in which they reside (The Parade, Coniston Road, Patchway) for a peppercorn rent of £1 from Patchway Town Council.

Community Statements

“A lot of who I am now is thanks to Coniston Community Centre – I was able to get fit, get the support I needed and get my life on track.”

~ Charlton Hayes Resident

“I don’t know what my family would do without Coniston, I am at Coniston almost every day, I go to the fitness classes, the craft sessions, the Café for a lovely meal, my children and I go to the Stay & Play sessions. They are my lifeline.”

~ Thornbury Resident

“I wouldn’t dream of using any other hall space, Coniston is great, the prices are impeccable – so affordable. Cannot thank them enough.”

~ Patchway Resident

“Coniston’s facilities are phenomenal. If I ever forget anything, I know I do not have to panic – Amelia is on hand to sort everything. Nothing is ever too much for these supportive people that clearly care about the whole community.”

~ Regular Hall Hirer, South Glos. Resident

“In the darkest of times, I am so happy that I can turn to Coniston for support.”

~ Patchway Resident

Thank you

It is with heartfelt thanks that I write to express our sincere gratitude to you, the supporters of Coniston Community Centre. Without your continued support we would not exist, and we are truly grateful. The impact our Community Centre has on the mental health, well-being and physical improvements of the community members is indeed astounding.

Having a clean, comfortable, safe and friendly environment for everyone to enjoy is something that we pride ourselves on. We really appreciate the time and effort you put in with your clients, groups, colleagues and neighbours, the positive impact this has really shows. It does not just show here, but it speaks volumes across the entire Community, and you should truly be proud of that.

As you are aware, we are a registered charity (No. 1036917), we would not be able to function without keen volunteers, determined community members, support from grant awarding bodies and the invaluable assistance provided from Patchway Town Council.

Many recent improvements are due to being awarded grants from Quartet who know we are grateful, but unfortunately will not all get to see the complete impact and the huge improvement that they have made on our Community. We cannot thank them enough.

So, we are taking this opportunity to say a massive thank you to a wonderful group of people that make this community great, thank you!

CONISTON COMMUNITY CENTRE



ROOM HIRE



GREAT ROOM HIRE FACILITIES AVAILABLE

PERFECT FOR PARTIES, CONFERENCES, WEDDING
CELEBRATIONS, TRAINING SESSIONS, CLUBS,
PHOTOSHOOTS, FITNESS CLASSES AND MORE!



FROM AS LITTLE AS £16 FOR 4 HOURS

BOOKINGS FROM 6AM UNTIL 10:30PM
ADDITIONAL EQUIPMENT AVAILABLE

CONISTON COMMUNITY CENTRE, THE PARADE,
CONISTON ROAD, PATCHWAY, BRISTOL, BS34 5LP

INFO@CONISTONCOMMUNITYCENTRE.ORG.UK

0117 923 68 78

FIND US ON SOCIAL MEDIA: CONISTONCOMMUNITYCENTRE



What's On



Plodder Pals, a FREE Baby & Toddler play group every Wednesday 10:00 - 11:30

Also introducing new sessions: Baby Massage, Baby & Toddler Yoga and Baby Cinema

Providing tutoring sessions, access to computers and other equipment daily in a safe and warm environment.



Our offices on the second floor all have great services to benefit the Community: Ann Physiocare offering Physio appointments including sports massages, DHI providing drug and alcohol counselling & Southern Brooks Community Partnerships reaching out to the community regularly with a variety of projects.

Our Community Café is open Monday to Friday 08:00 - 14:30

Pop in for a home-cooked meal, a coffee or just a chat with some friendly faces.



We have a wide range of Community groups at Coniston: Adventure Babies, Apocalypse War Gaming, Chaotic War Gaming, Crafty Corner, Danceworks, Finnish Language School, Friendship & Exercise Club, Indigo Moon Counselling, Knit Wits, Ladybirds, LGBTQ+, Link Club, OAP Tea Party, Pilates, Pole Dancing, Pop Up Play Village, Russian Language School, Slimming World, Stoke Singers, Tamil Association Bristol, Watercolourists, Whitlock Martial Arts and more.

PLODDER PALS CALENDAR OF EVENTS

MONDAY

BABY, TODDLER & PRESCHOOL YOGA

Weekly children's Yoga Sessions, held every Monday, Babies 10:30, Toddlers 13:00 & Preschoolers 15:30

Coming January 2021!

TUESDAY

CHILDREN'S CINEMA SESSIONS

Monthly cinema sessions, held on the first Tuesday of the month at 13:30. Suitable for 0-5 years.

FREE

Treats available for purchase

WEDNESDAY

STAY & PLAY

Weekly stay & play sessions, held every Wednesday 10:00-11:30
Suitable from newborn up to 5 years

FREE

Variety of toys available to play with

THURSDAY

INFANT MASSAGE

Weekly baby massage sessions, held every Thursday. Pre-crawlers 09:30. Movers 11:00

Coming January 2021!

FRIDAY

CRAFT SESSIONS

Weekly crafting sessions, for the whole family, held every Friday 13:30 - 14:30
Suitable for up to 5 years

£3

Craft supplies provided & you take home the finished product

OTHER

1:1

If you cannot make these sessions in person, there are other options. We can do things over Zoom, arrange 1:1 Massage and Yoga at a time that suits you, hire out toys & the craft packs can be ordered.



STAY & PLAY

Wednesdays
10am - 11.30am

(we don't stop for school holidays!)

Coniston Community Centre
Patchway, BS34 5LP

FREE

Join our free, fun and friendly group
for 0-5 year olds (and their adults!)

Don't want the fun to end?
Come and grab lunch with us
at Coniston Cafe too...

BOOKING ESSENTIAL



PlodderPals

Amelia: 0117 923 6878

AWESOME HUMAN BEINGS MAKE ART PROJECTS

PLODDER PALS FAMILY CRAFT SESSIONS

WEEKLY CRAFT SESSIONS STARTING OCTOBER 2020

EVERY FRIDAY 13:30 - 14:30

SUITABLE FOR UP TO 5 YEARS

CRAFT SUPPLIES PROVIDED AND YOU TAKE HOME THE
FINISHED PRODUCT

£3 PER SESSION

SESSIONS HELD AT:
CONISTON COMMUNITY CENTRE, THE PARADE, CONISTON
ROAD, PATCHWAY, BRISTOL, BS34 5LP

IF YOU CANNOT ATTEND THE SESSIONS, CRAFT PACKS CAN
BE SENT TO YOU FOR AN ADDITIONAL COST



CONTACT AMELIA JACKSON
FOR MORE INFORMATION
0117 923 68 78
INFO@CONISTONCOMMUNITYCENTRE.ORG.UK





JOIN US FOR FUN FILLED FAMILY TIME
STARTING NOVEMBER 2020

PLODDER PALS

CHILDREN'S CINEMA SESSIONS

FREE

Monthly Cinema Sessions, held on the first Tuesday of
the month at 13:30

Suitable for 0-5 years

Treats available to purchase

BOOK YOUR SPACE ON EVENTBRITE

Watercolourists Group
Coniston Community
Centre

14:00 - 16:30

Tuesdays & Thursdays

£5.00 per session



OPEN MONDAY - FRIDAY

8:00 - 14:30

CLOSED BANK HOLIDAYS

Our promise to you:

- We will provide a warm, friendly and safe environment for all
- We will offer a listening ear and assistance, to help you if needed
- We will cook home-made, nutritious, good food using locally sourced produce where possible
- We will offer gluten and dairy free options
- We will work with organisations to reduce food waste and recycle as much as possible

We do rely on volunteers to help us provide the best service to the Community that we are all so passionate about, if you would like to volunteer here then please have a chat with us at the counter.

We welcome your feedback.

Find us on social media: ConistonCafe

REGISTERED CHARITY NO. 1036917

Menu

BREAKFAST

THE FULL ENGLISH

BACON, SAUSAGE, EGG, TOAST
& A CHOICE OF
BEANS/MUSHROOMS/HASH
BROWNS/TOMATOES
+ TEA/COFFEE OR SOFT DRINK

Small - 1 of each item £4.50

Medium - 2 of each item £6.00

Large - 3 of each item £7.50

VEGGIE BREAKFAST £5.00

SAUSAGES, EGG, MUSHROOMS,
BEANS/TOMATOES & HASH
BROWNS/TOAST + TEA/COFFEE OR
SOFT DRINK

SLIMMERS BREAKFAST £4.50

BACON, POACHED/SCRAMBLED EGG,
BEANS, GRILLED/TINNED
TOMATOES, BROWN TOAST +
TEA/COFFEE OR SOFT DRINK

BREAKFAST EXTRAS £0.50

BACON OR SAUSAGE SANDWICH/BAP £2.50

**POACHED/SCRAMBLED EGGS ON
TOAST** £2.50

**TOASTED TEA CAKE WITH BUTTER &
JAM/MARMALADE** £1.30

CAKES

GLUTEN & DAIRY FREE OPTIONS
Slice of Cake £2.20

Muffin £1.50

LUNCH

OMELETTES

HAM, MUSHROOM, CHEESE OR
TOMATO £3.50

SERVED WITH BEANS OR SALAD

EXTRA FILLINGS £0.50

JACKET POTATOES

SERVED WITH BEANS OR SALAD

Cheese, Beans or Egg Mayo £3.50

Tuna Mayo/Sweetcorn £4.00

Cheese & Beans £4.00

Mushroom & Brie £4.50

EXTRA FILLINGS £0.50

SANDWICHES, PANINIS & TOASTIES

WHITE/BROWN OR GLUTEN FREE

Cheese & Tomato, Cheese & (S)£2.60

Pickle, Ham, Tuna Mayo, Egg (P/T)£3.00
Mayo

Tuna Mayo & Sweetcorn, Ham (S)£3.00

Salad, Cheese Salad, Ham & (P/T)£3.40
Cheese, Brie & Cranberry

Brie, Cranberry & Bacon (S)£3.30

Tuna Melt (P/T)£3.70

Southern Fried Chicken & Cheese (P)£4.20

CHILDREN'S MENU

FISH FINGERS, SAUSAGE, CHICKEN £3.50

NUGGETS OR OMELETTE SERVED WITH

CHIPS/HALF JACKET &

SALAD/BEANS/PEAS

FOR DAILY HOME-COOKED SPECIALS PLEASE SEE THE BOARD
ENJOY YOUR MEAL AND SEE YOU AGAIN SOON