

# WHAT'S ON

**MEADOW TOTS FAMILY GROUP** Tuesdays from 10 – 11.30am, at Kingsmeadow@Made Forever, *Term Time Only*. £2 per family. Families with tots aged 0 – 5yrs can enjoy messy play, story and rhyme time, crafts and games.

**FRIENDSHIP CLUB AND ARMCHAIR EXERCISE 50+yrs** – Starting 1st Nov, at Kingsmeadow@Made Forever. Details please contact – Spencer on 07825155954

**WALKING FOR HEALTH 10.30am – 12.00pm (coffee afterwards)** please arrange to meet outside Kingsmeadow@Made Forever. First Wednesday of every month.

**FIBROMYALGIA/ME/CHRONIC FATIGUE SUPPORT GROUP 10.30am – 12pm** meeting inside Kingsmeadow@Made Forever. Last Wednesday of every month. All are welcome for a coffee and a chat.

**KARATE every Saturday 8.30am -11.30am** at Kingsmeadow@Made Forever. For further details, please contact Marco on 07704594648 or email [Marco.fanicchi@gmail.com](mailto:Marco.fanicchi@gmail.com)

**WELLBEING SINGING GROUP 4.30pm to 6pm every 2 weeks** at Kingsmeadow@Made Forever. All ages welcomed. For further details please contact Barbara 07842428043.

**PURPLE SHOOTS** Creating opportunity, growing ideas at Kingsmeadow@Made Forever. For further details please email; [martin@purpleshoots.co.uk](mailto:martin@purpleshoots.co.uk)

**FAMILY YOGA** Coming soon at Kingsmeadow@Made Forever. For further details, please contact 0117 3018739.

**Grow Forever Community Garden** Coming soon at Kingsmeadow@Made Forever. For further details, please contact 0117 3018739.



www.kingsmeadowmade4ever.org.uk  
Kingsmeadow@MadeForever  
Fisher Road, Kingswood, Bristol, BS15 4RQ  
0117 3018739  
Charity N<sup>o</sup>: 1148905

"All editing, artwork and printing deemed correct at time of publishing, and Kingsmeadow @MadeForever plus staff and volunteers, cannot be held responsible for any errors, or misrepresentation therein"

# KINGSWOOD CONNECT



**MORE NEWS, MORE EVENTS, MORE CARE.**



**Wellbeing Services & Activities**

- 1-2-1 Assessments
- Mentoring/coaching & practical support
- Welfare benefit, debt and budgeting support
- Employment support
- 1-2-1/drop-in computer support
- Young Offenders Community Engagement
- Youth Clubs
- Toddler Family café mornings
- Sporting Chance mentoring
- Volunteer opportunities & Supportive volunteering
- Karate Club

- Family Roller Disco & Break dance classes
- Home Education Support Group
- Walking for Health
- Wellbeing Singing Group
- Friendship Club
- Fibromyalgia Support Group

**Courses:**

- Creative Writing
- Mindfulness Course
- Wellbeing & Confidence Moving Forward



**Volunteer opportunities**

**Room Hire**

**Community Cafe**

**Community Engagement Services**

**FOR MORE INFORMATION CONTACT: 0117 3018739**

# COMMUNITY CHRISTMAS PARTY

Kingsmeadow@  
**AT MADE-FOREVER**  
Changing lives together

**10TH DECEMBER**  
**2PM - 7PM**

**£1 ENTRY PER ADULT\*** INCLUDES RAFFLE TICKET PER ENTRY\*  
**£2 ENTRY PER FAMILY\*** FAMILY UP TO 4 CHILDREN\* INCLUDES RAFFLE TICKET PER ENTRY\*

Everyone is welcome to come and enjoy a day of fantastic Christmas celebration and activities, including - carol singing, Christmas Grotto, raffle draw, bring & share food, family fun Christmas disco, plus food and refreshments available to purchase from our cafe.

**For more details please contact:**  
**JANE CURTIS tel 0117 3018739**

Kingsmeadow@Madeforever  
janecurtis@kingsmeadowmade4ever.org.uk  
www.kingsmeadowmade4ever.org.uk

**KINGSMEADOW @MADE FOR EVER FISHER ROAD KINGSWOOD BS15 4RQ**

## Independent Living Skills

Free Course



### WHAT YOU WILL LEARN

- > Budgeting & Bills
- > Food Management
- > Personal Appearance and Hygiene
- > Housekeeping
- > Education/Career Planning

### WHEN AND WHERE

 Starts 16th January 2019 9.30am - 11.30pm  
Every Wednesday for 6 Weeks

 Creative Youth Network, The Kingswood Estate, 20 Old School House, Britannia Road, Bristol BS15 8DB

### BOOKING INFORMATION

-  Contact Kelly or Philip on 01454 868572
-  Book online at [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)
-  Email [training@southernbrooks.org.uk](mailto:training@southernbrooks.org.uk)

Strong Communities Powered by People

 01454 868570

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

 [office@southernbrooks.org.uk](mailto:office@southernbrooks.org.uk)

 community learning west

 Education & Skills Funding Agency

 Southern Brooks  
COMMUNITY PARTNERSHIPS

## Positive State of Mind

Come along and meet with others who have similar experiences at our peer support group.

worried?

stressed?

sad?

Kingswood Library  
Every other Wednesday - 7.30-9.00pm  
Kingsmeadow @ Madeforever  
Every other Tuesday - 4.30-6.00pm  
Find dates on our website: [www.southernbrooks.org.uk](http://www.southernbrooks.org.uk)  
For more information contact Rosie: 01454 864164/ 07713692383  
[rosiesinfield@southernbrooks.org.uk](mailto:rosiesinfield@southernbrooks.org.uk)

 Kingsmeadow@MADEFOREVER  
Changing lives together

 Southern Brooks  
COMMUNITY PARTNERSHIP

It's **free, friendly** and **informal**. Meet people who might be feeling similar to you.



Kingsmeadow@MADEFOREVER  
Changing lives together



**Meadow Tots** started on 6<sup>th</sup> of November and its first session was a great success. This new group is aimed at all carers, male and female with children from birth to five years. A safe friendly play space where children can experience a variety of play and craft activities.

The group provides a place to socialize and meet with others in relaxed and friendly surroundings. We offer a wide range of support services including family, welfare and practical support within the community centre to all attending the weekly session. Children are able to experience free play, messy activities, stories, singing and snack time.

A parent commented "it is lovely to find a toddler group that is so friendly, relaxed and welcoming. I will definitely be coming back next week."

**Sessions run every**

**Tuesday 10-11.30am Term time**

**KINGSMEADOW  
@MADEFOREVER  
FISHER ROAD  
KINGSWOOD  
BRISTOL  
BS15 4RQ**



### Kingsmeadow Welcomes Volunteers

We will love to have you as part of our KINGSMEADOW family, please contact us for a variety of opportunities.

**FOR MORE INFORMATION PLEASE CONTACT: 0117 3018739**

## Leidos funds a local community Defibrillator in Kingswood

**Sudden Cardiac Arrest (SCA) is a critical health event in which the heart ceases to pump blood around the body, and unless action is taken very quickly the result will be death or brain damage.**

Each year approximately **60,000** people in the U.K. will suffer from **SCA**. A victim of **SCA** will survive if a defibrillator is available to electrically shock the heart back into a normal rhythm, but speed is essential: survival rate falls by around **10%** for every minute that defibrillation is delayed.

More defibrillators are needed in the community and on **Thursday 25<sup>th</sup> October** the **Park Community Centre** in Kingswood was presented with the latest Cardiac Science defibrillator.

Funding for the machine was provided through a grant from **Leidos** working with **Kingswood Rotary Club** who facilitated its acquisition and arranged training for the staff on the use of defibrillators and **CPR (Cardiopulmonary resuscitation)**.



The photograph shows **Paul Cunningham (Leidos – CRM Director)** and **Tina Potter (President of Kingswood Rotary Club)** presenting the defibrillator to **Pam Marshall** and **Les Blakeman (trustees of the Park Centre)**.

*Paul has been leading local community activity in Kingswood and Yate for the last two years, with both areas having been formally graded by the Government as Priority Neighbourhoods.*

**Kingsmeadow@MADE FOREVER**  
Changing lives together

**FOREVER WELLBEING  
PICTURE CLUB**

**COMING SOON**

With the support of Leidos, we are showing old style get together home videos for community engagement and to encourage interaction with one another for the enhancement of wellbeing.  
We will be showing different themed movies including- Children's and Family movies, Young People, Older Generation interest, Nature Documentaries, History films etc.  
As requested by the community.

**VENUE KINGSMEADOW  
@MADE FOREVER  
Fisher Road, Kingswood BS15 4RQ**

**KARATE** every **Saturday 8.30am -11.30am** at **Kingsmeadow@Made Forever**. For further details, please email [Marco.fanicchi@gmail.com](mailto:Marco.fanicchi@gmail.com)  
Or contact MOB: **0770 459 4648**

## Welfare benefit support in your local community

### Our Community Advice Champions can

- Fill in welfare benefits forms with you
- Support you to apply for help to buy essential goods in a crisis
- Offer support and signposting to other services

### To Make an appointment, please call or leave a message for Barbara

Kingsmeadow @MadeForever  
Fisher Road, Kingswood, BS15 4RQ  
T: 0117 3018739/ 0784 242 8043

Creative Youth Network  
20 Old School House  
The Kingswood Estate  
Britannia Road  
Bristol BS15 8DB



**NATIONAL  
LOTTERY FUNDED**

**Wickwar Youth Centre**

## £492,000 boost for young people in South Gloucestershire

**An innovative new partnership funded by the Big Lottery Fund will begin work to provide more joined-up services to better support young people in the county.**

This partnership brings together the expertise of Creative Youth Network, Krunch South West, Southern Brooks, Diversity Trust and Wickwar Youth Centre to deliver more joined-up services for young people in a range of positive activities delivered through six youth hubs in Stoke Gifford, Hanham, Wickwar, Patchway, Thornbury and Frampton Cotterell.

The aim of The Youth Partnership is to improve the quality of delivery and outcomes for young people by better integrating the working and learning within the youth sector in South Gloucestershire.

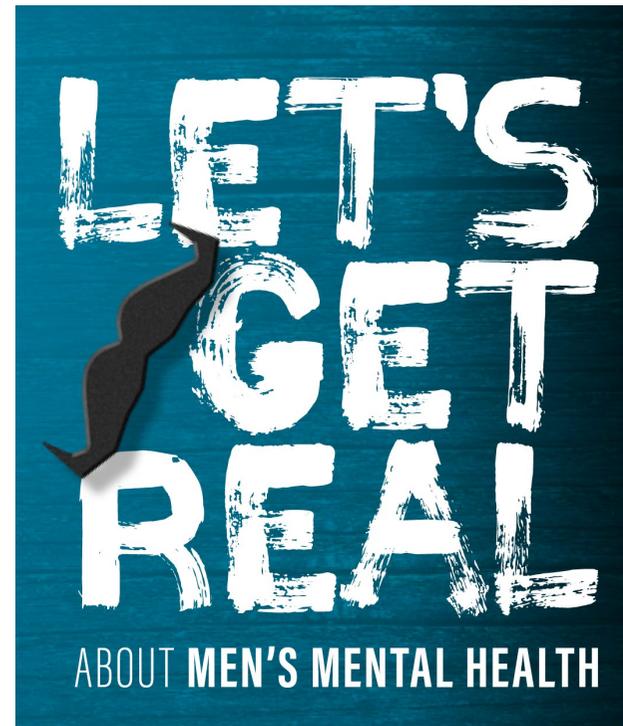
Over the next 3 years the partnership will reach more young people, particularly those with complex needs including mental health, housing, unemployment, drugs and alcohol addiction and family breakdown.

Cllr Jon Hunt, Cabinet Member responsible for children and young people, said: "We are delighted that our local partnership of youth providers has been successful with this bid, which complements the support South Gloucestershire Council has provided through the Positive Activity Subsidy funding."

[www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk)  
[info@creativeyouthnetwork.org.uk](mailto:info@creativeyouthnetwork.org.uk) **Tel: 0117 947 7948 Fax: 0117 961 0019**  
[www.creativeyouthnetwork.org.uk](http://www.creativeyouthnetwork.org.uk)

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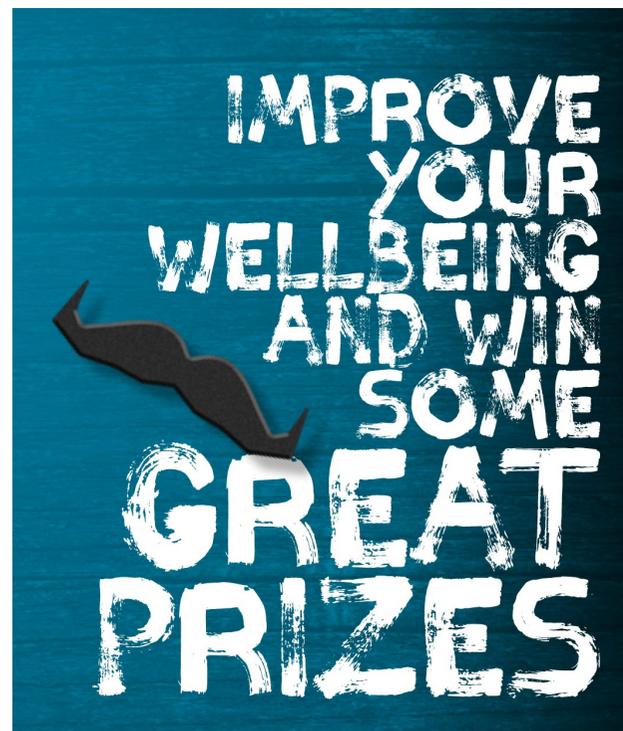


### Mental health problems can affect anyone.

Men are just as likely to experience mental ill health as women, however, they are three times more likely to die by suicide. They are less likely to talk. Or ask for help. Something has to change.

If you are in a crisis or you know someone who is, call the Samaritans on 116 123

For information about local support services see [www.letsgetreal.uk](http://www.letsgetreal.uk)



**Bristol Bears, Bristol City, Bristol Rovers, local health services and councils have joined forces to support Movember 2018. And help more men speak out.**

**WIN:** signed balls, shirts, tickets and more by entering our quick quiz. And learn how to improve your mental health too.

To enter: [www.letsgetreal.uk](http://www.letsgetreal.uk)



Meet your local Councillors for **KINGS CHASE**



April Bealey  
Tel. 01454 864038  
April.Bealey@southglos.gov.uk



Martin Farmer  
Tel. 01454 864120  
Martin.farmer@southglos.gov.uk



Kim Scudamore  
Tel. 01454 864140  
Kim.Scudamore@southglos.gov.uk

**Kingsmeadow made forever**  
December 1st 2018  
**New Cheltenham community centre**  
**New Cheltenham Road, Kingswood**  
January 5th 2019  
**Kingswood library, Kingswood High St.**  
February 2nd 2019

If you need any information or help from South Gloucestershire Council, you can visit the ONE STOP SHOP in the Kingswood Civic Centre, or contact the Council on 01454 868009. You can also contact your Councillors directly, or come along to one of our regular **COUNCILLORS' SURGERIES**.

The Kings Chase Councillors will be available on the first Saturday of the month at surgeries to be held at various convenient locations from 10.30 am – 11.30 am

**WORKING TOGETHER**

**POLICE & COMMUNITY**

**Avon and Somerset Constabulary**

Working together to make the communities of Avon and Somerset be safe and feel safe  
Call 101 or visit [www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk)



**BEAT SURGERY @ MADE FOREVER**



January 10th  
February 21st  
March 21st

FISHER ROAD, KINGSWOOD  
BRISTOL, BS15 4RQ  
TEL: 0117 3018739  
[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)

**Something stopping you from employment, education or training?**

**SOUTHERN BROOKS** can help you overcome your barriers, create a personalised plan and provide you with one-to-one support.

The West of England Works project will help you overcome your barriers to find employment or training.

We can help you with updating your CV, applying for jobs, developing your skills, work experience, volunteering and accessing services.

Funding is available to help with transport and childcare costs.

Contact Philip on 01454 868572 or visit  
[www.southernbrooks.org.uk/employment](http://www.southernbrooks.org.uk/employment)



# Made 4 Ever (Kingswood)

## Youth Centre

**Tuesday night:** 11 – 19 years old 7.00pm – 9.00pm

**Thursday night:** 11 – 19 years old 7.00pm – 9.00pm

Come and join us for a great evening full of fun activities including:

- cooking • sports • trips • dance • arts & craft
- information and advice for young people • music

Made 4 Ever Youth Centre, Fisher Road, Kingswood, BS15 4RQ

Tel: 01454 865746

[www.southglos.gov.uk/facebook](http://www.southglos.gov.uk/facebook)

@sglosCouncil



[www.southglos.gov.uk/youthcentres](http://www.southglos.gov.uk/youthcentres)

**£1.00**  
Per session

# Made 4 Ever (Kingswood)

## Fun Club

A youth club for young people with learning difficulties and/or disabilities

**Wednesday night:** 11 – 19 years old 7.00pm – 9.00pm

Come and join us for a great evening full of fun activities including:

- cooking • sports • trips • dance • arts & craft
- information and advice for young people • music

Made 4 Ever Youth Centre, Fisher Road, Kingswood, BS15 4RQ

Tel: 01454 865746

[www.southglos.gov.uk/facebook](http://www.southglos.gov.uk/facebook)

@sglosCouncil



[www.southglos.gov.uk/youthcentres](http://www.southglos.gov.uk/youthcentres)

**£1.00**  
Per session

## YOUR SUPPORT SERVICES

Your wellbeing is our concern because we believe as a community we are successful and remain firm if everyone is successful.

Are you...

Feeling lonely or isolated?

In need of guidance, emotional or practical support?

In financial difficulty or debt?

Struggling to find work?

Needs help to complete welfare benefit and other official forms?

Struggling to catch up with the internet & using computers?

Interested in joining wellbeing activities or courses?

Interested in volunteering, starting a community group or service?

### TO ACCESS SUPPORT...

We are here for you

Speak with/leave a message for  
Barbara 0784 242 8043

Email: [barbarangome@kingsmeadowmade4ever.org.uk](mailto:barbarangome@kingsmeadowmade4ever.org.uk)

We will contact you back to book an initial assessment appointment to discuss your needs and plan with you on how best to provide support.

### KINGSMEADOW @ MADE FOREVER

Fisher Road, Kingswood BS15 4RQ

[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)



### DON'T STRUGGLE ALONE

We offer a range of support services at Kingsmeadow@ Made forever, working with you to overcome barriers and deal with challenges.

Together we will find what works for you.

We also work with other organisations and partners to ensure the best outcome.



## Kingsmeadow welcomes all home schooling families to our HOME ED MEET UP SESSIONS

Fisher Road, Kingswood, Bristol BS15 4RQ



EVERY OTHER FRIDAY  
12.30-3.30

£1.50  
per family

For more information, contact us on Tel: 0117 3018739



Write your letter to Santa Claus at the Kings Chase shopping centre on Saturday 24 November at the Christmas Lights switch-on.

FRIENDS OF  
KINGSWOOD PARK



# Santa in the Park

Each year we invite everyone to leave a Santa in the Park from 1 December to brighten up winter. Schoolchildren delight in making and fixing their Santa to a tree or to the railings. Families decorate a tree and leave a message. Do your own thing!

## Christmas Wellbeing Gentle Running



Do you find the onset of the winter months, Christmas time, or the long dark evenings add to your anxiety or stress or generally lower your mood?  
Does working from home leave you feeling isolated?

Gentle running can help lift your spirits and mood. Getting started, and keeping going, can be challenging at times, so South Gloucestershire Council's Active in Life team have organised a course for only £10 at Page Park in Staple Hill.

Beginning on **Wednesday 5th December at 2pm** and running right through the Christmas holidays into the New Year - there will be a Mental Health Ambassador at the events and an opportunity to enjoy a social chat and a hot drink afterwards at the Bean Tree Cafe.

[www.southglos.gov.uk/SportsPound](http://www.southglos.gov.uk/SportsPound)

01454 865821

ActiveinLifeSG



AiL@southglos.gov.uk

@ActiveinLife

## Talking Cafe

at Costa Coffee, Kingswood



Meet new people and get involved in the Kingswood community. We provide the coffee!

Wednesdays 9.30 - 11

Just come along or call Ali for more information 07817137282

Costa Coffee  
Kings Chase Shopping Centre  
BS15 8LP



## FRIENDSHIP AND EXERCISE CLUB



EVERY THURSDAY 1:30 TO 3PM

Fisher Road  
Kingswood  
BS15 4RQ

GENTLE EXERCISE  
MAKE NEW FRIENDS  
TEA AND COFFEE  
FIRST SESSION FREE

YOUR INSTRUCTOR IS

Spencer Davies  
07825 155954

[www.southglos.gov.uk/friendship](http://www.southglos.gov.uk/friendship)

FOR MORE INFO AND BOOKINGS CALL: 0117 3018739



## Kingswood Advice Appointments

Wednesday mornings  
One Stop Shop  
High Street, Kingswood, BS15 9TR

North Bristol Advice Centre provides free and independent advice appointments in Kingswood each week - **booking essential**. We can help with:

Please call  
North Bristol Advice Centre  
to make an appointment  
(NOT the One Stop Shop)

- ESA and PIP appeals (including representation)
- Benefits checks
- Tax credits issues
- Benefit overpayments
- Completing claim forms



Tel: 0117 951 5751  
[www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)



# Everyone welcome.... all local residents and organisations

- Raise any concerns you have about your community
- Hear about what is happening in your area
- Meet with representatives from South Gloucestershire Council, Councillors, Avon & Somerset Police, Avon Fire & Rescue, Voluntary & Community Groups and your Town & Parish Councils

**18th February 2019**  
**New Cheltenham Rd**  
**Community Centre**  
**57 New Cheltenham Road**  
**Bristol BS15 1UL**  
**Starts 7pm**

*Your voice counts in shaping your community*



[www.southglos.gov.uk/cef](http://www.southglos.gov.uk/cef)  
**01454 868113**  
[communityengagement@southglos.gov.uk](mailto:communityengagement@southglos.gov.uk)



## South Gloucestershire Community Learning

☎ 01454 864613  
 ✉ [community.learning@southglos.gov.uk](mailto:community.learning@southglos.gov.uk)  
 🌐 [www.southglos.gov.uk/communitylearning](http://www.southglos.gov.uk/communitylearning)

**\*Free courses starting Jan 2019. Go online to find out more:**

[www.southglos.gov.uk/communitylearning](http://www.southglos.gov.uk/communitylearning)

Kingswood Area			
Functional Skills Maths	Tues 9.30 – 11.30; 15/1 – 2/7	Kingswood Civic Centre	21 weeks
Functional Skills English	Tues 1.00 – 3.00; 15/1 – 9/7	Kingswood Civic Centre	21 weeks
Creative Writing for Wellbeing	Wed 10.00 – 12.00; 16/1 – 6/3	Kingsmeadow @ Made forever	7 weeks
Intro to Mindfulness	Fri 10.00 – 12.00; 18/1 – 29/3	Kingsmeadow @ Made forever	10 weeks
Intro to Mindfulness	Wed 6.00 – 8.00pm; 16/1 – 6/3	Kingswood Children's Centre	10 weeks
Developing Mindfulness Techniques	Thurs 10.00 – 12.00; 17/1 – 14/3	Kingswood or Longwell Green, venue TBC	8 weeks
Introduction to Working in Schools	Thurs 10.00 – 12.30; 17/1 – 14/2	Kingswood Civic Centre	5 weeks
**ESOL for Everyday Life	Wed 9.30 – 11.30; 16/1 – 27/3	Kingswood Civic Centre	10 weeks
Explore How to Become your own Boss	Thurs 10.00 – 1.00; 28/2 – 4/4	Kingswood Civic Centre	6 weeks
**Level 1 Award in Childcare	Thurs 10.00 – 1.00; 26/4 – 5/7	Kingswood Civic Centre	10 weeks
**Level 1 Award in Office Admin	Wed, 9.30 – 11.30; 24/4 – 15/5	Kingswood, venue TBC	15 weeks
**Level 1 Award in IT User Skills:	Wed 12.45 – 2.45; 25/4 – 11/7	Kingswood, venue TBC	11 weeks
Exploring Mindfulness Techniques	Fri 10.00 – 12.00; 26/4 – 21/6	Willsbridge Mill	8 weeks

For further details and to book your place, please contact Sam Jones, Community Learning Development Worker on 01454 865943 or email [samantha.jones1@southglos.gov.uk](mailto:samantha.jones1@southglos.gov.uk)

\*For adults aged 19+ with few or no qualifications. \*\*ESOL courses are for those whose English is not their first language. These courses and accredited employability courses are subject to fees unless you are on means-tested benefits. Please ring for further information

[www.southglos.gov.uk](http://www.southglos.gov.uk)



# Switch & Save.

Save money, be energy aware

## Did you know...

1. You could save up to £300 a year by switching your fuel/energy supplier?
2. Washing clothes at 30 degrees rather than 40 degrees can be a third cheaper?
3. By switching off appliances at the plug rather than leaving on standby can save you between £30 & £80 a year (depending on the amount of appliances)?
4. Your thermostat/ programmer can save you £'s?

Small changes in the way you use your appliances can lead to large savings.

Contact Kay Rose for more info on how to save: **01454 821407**

# Bromford.





The Wellbeing College offers a range of health and wellbeing courses, activities, drop-in sessions, and holistic therapies which are free of charge for people who live or work in South Gloucestershire.

Activities and courses to date include Yoga & Relaxation for Beginners in Filton, Tai Chi - Qi Gong in Patchway, Staple Hill Crafting Bee, Your Healing Space in Thornbury, the Football Group - Recovery Through Sport in Winterbourne, and a Happiness Course in Yate.

These are delivered at a range of venues across South Gloucestershire, including at Kingsmeadow@MadeForever.

Please visit our website, send us an email, or telephone us to discuss how we can support you.

Website: [www.sgwellbeingcollege.org](http://www.sgwellbeingcollege.org)  
 Email: [info@sgwellbeingcollege.org](mailto:info@sgwellbeingcollege.org)  
 Telephone: 01454 821856

## HOME ED FAMILY ROLLER DISCO



**WEDNESDAY'S**

(bi-weekly)

3-3.45pm



Skate hire from size 4+

**£2**

per person

To book or for more info:

[info@lollylollipop.co.uk](mailto:info@lollylollipop.co.uk)

07834 220 685

helmets and safety equipment available to hire



**Take your career to the next level..**



Make it happen with our help

**FUTURE BRIGHT** Support to Advance Skills

**Exciting new changes to the eligibility criteria for**

**FUTURE BRIGHT**

Could you benefit from support to improve your career prospects, or do you know someone who would? Future Bright is a free service that's helping people in paid work\* to develop their skills, improve their job prospects and creating opportunities to progress their careers.

**What is on offer?**

**Support:** A dedicated Career Coach to boost your confidence

**Advice:** Practical help with accessing services

**Skills:** Access to training and development and financial assistance

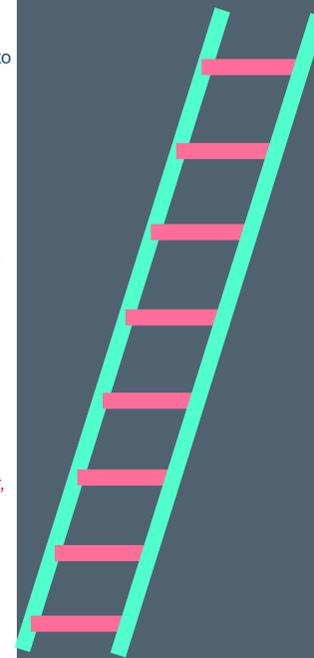
To take the next step to a brighter future, contact your local **Future Bright Team** to arrange an initial, informal chat:

- o Phone: 01454 866008
- o Email: [future.bright@southglos.gov.uk](mailto:future.bright@southglos.gov.uk)
- o or fill out the online application form at [www.westofengland-ca.gov.uk/referrals/](http://www.westofengland-ca.gov.uk/referrals/)

*\*To be eligible, participants need to be in work, aged 19 or over, and receiving one or more of these in-work benefits:- Working Tax Credit, Universal Credit, Income Support, Job Seekers Allowance, Employment Support Allowance, Child Tax Credit, Housing Benefit or Means-tested Council Tax Reduction.*

Residents of Bristol and Bath and North East Somerset should visit the website [www.futurebright.org.uk](http://www.futurebright.org.uk) to find details for their local service.

The Future Bright programme is managed by the West of England Combined Authority and delivered locally by Bath & North East Somerset, Bristol and South Gloucestershire Councils.



## Winston's Breakin' Workshop

**WEDNESDAY'S** (bi-weekly) 4 - 5pm

*"Break dancing is an awesome tool to channel energy, unlock creativity and ultimately have fun"*

Learn the foundation moves, core strength, athleticism, discipline, history & cultural significance of the dance form.

Developing new skills each week building towards a showcase for friends and family at the end of the year.

£5 per session

Termly sign-up required\*

Term runs = 15<sup>th</sup> Aug – 5<sup>th</sup> Dec

9 weeks = £45.00

To book or for more info:

[info@lollylollipop.co.uk](mailto:info@lollylollipop.co.uk)

07834 220 685



\* Want to try us without signing-up? Pay as you go for the 1st week without making a commitment.