

WHAT'S ON

STREET GAMES Qualified Sports Coach providing a variety of sports for Boys & Girls, ages 8 -16yrs
Tuesdays & Thursdays. £2.00 per session including refreshments.
Session begins at 5.30pm. Please contact number below for further details.

CAFÉ TOTS TODDLER GROUP at Holy Trinity Church Hall, High Street, Kingswood
Tuesdays from 10 – 11.30am *Term Time Only*. Families with tots aged 0 – 5yrs can enjoy messy play, story and rhyme time, crafts and games.

FRIENDSHIP CLUB AND ARMCHAIR EXERCISE 50+yrs – Thursdays 1.30 -3.30pm at New Cheltenham Community Centre. For details please contact – Spencer on 07825155954

“FREE WHEELERS” - £3 donation for 24 hrs hire –
Get out cycling with our community bike hire scheme. A variety of adult, junior bikes, baby trailers and seats (including helmets and bike lock). Proof of ID and recent utility bill required for hire.

WALKING FOR HEALTH 10.30am – 12.30pm (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 outside 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 email 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 Catherine on 07757056687

DOG SHOW & COMMUNITY FUN DAY – Saturday 18th August – 11am to 4.30pm at Kingsmeadow@Made Forever, please see website for further details.

COUCH TO 5K Running Programme – Free with Sportspound Begins 25th June, 7.30 to 8.30pm at Kingsmeadow@Made Forever. For further details please see www.sportspound/southglos

PURPLE SHOOTS, Creating opportunity, growing ideas – 18th July, 11 – 12pm and 2 – 3pm at Kingsmeadow@Made Forever. For further details please email; martin@purpleshoots.co.uk

Enquires please contact Kingsmeadow@Made Forever on 0117 301 8739

Website: www.kingsmeadowflat.org.uk

Email: info@kingsmeadowflat.org.uk

Fisher Road, Kingswood, Bristol, BS15 4RQ



KINGSWOOD CONNECT



Mindfulness and Meditation sessions for today's lifestyles inside.

Plus.....

Community info
Individual care,
Helplines and
Counselling.

MORE NEWS, MORE EVENTS, MORE CARE.

WE HAVE MOVED!!!



**Office space
and rooms for hire.
Any occasion, Barista Café
Sports hall, Boulder
Room and Lounge.**

**OPEN MON-SAT
10AM TIL 9PM**



For bookings: 0117 3018736



**Social
Clubs**

**Health
Groups**



**Family
Events**



During the week of 4th June and 5th June, Kingsmeadow @MadeforEver Community Centre played host to 30 German schoolchildren.

This was in conjunction with **My English Home (Bristol East)** that finds exchange homes in East Bristol for foreign students and schoolchildren, to stay and further their education and English speaking skills.

And also to have a great time in a different country!



We spoke to one of the English second language tutors from Bristol who said-

" We greatly appreciated the freedom of space we had at **Kingsmeadow @Made for Ever**. The lounge and offices we used for training enabled the lessons to be more creative, and the surrounding countryside provided a nice backdrop. The Community centre itself was clean, and the staff and volunteers friendly and helpful.

We shall be booking this same venue again in the near future. "

And we look forward to their return too!



Meditation with rhythm and sound are used to aid relaxation at **Creative Lab**, by synchronising the mind and bodies own rhythms (such as heartbeat and circulation) to external stimulation. Benefits include lower blood pressure and better sleep.

Pictured on left: **CREATIVE LAB** instructor **MONIKA KRALJ**, pictured on right: **KINGSMEADOW @MADEFOREVER** Trustee **CATHERINE HOPKINS** participating in the session.

These courses are catered for the over 40's

These sessions are funded by -
South Glos Members Award Funding.

For more info contact Paul on 07932 448627 or paul@twinwave.co.uk,

Venue held at-**KINGSMEADOW @MADEFOREVER** , Fisher Rd,
Kingswood BS15 4RQ



Kingsmeadow @ Made Forever

in partnership with North Bristol Advice Centre

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

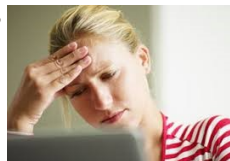
To make an appointment, please call or leave a message for Catherine or Barbara

Kingsmeadow @ Made Forever
Fisher Road, Kingswood, BS15 4RQ
T: 0775 705 6687 / 0784 242 8043

Kingsmeadow@MADEFOREVER SUPPORT SERVICES

Are you...  Changing lives together

- ◆ Finding life stressful, often worried or feeling emotionally down?
- ◆ Feeling lonely or isolated?
- ◆ Struggling to cope with life's daily demands & challenges?
- ◆ In financial difficulty or debt?
- ◆ Faced with multiple barriers & challenges to move forward with your life?
- ◆ Confused, tired of trying, worried or anxious?
- ◆ Struggling to find work?
- ◆ Struggling to catch up with the internet & using computers?
- ◆ In need of guidance, emotional or practical to deal with a challenging issue you face?



DON'T struggle ALONE

We offer a range of support services at **Kingsmeadow @MadeForever** 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.

To access support...

Call **0775 705 6687** to speak with/leave a message for Catherine or email

catherinesama@kingsmeadowflat.org.uk

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

Meet your local Councillors for **KINGS CHASE**



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



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



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

Kingswood Library, High Street, Kingswood
February 3rd, May 5th, August 4th, November 3rd
Kingsmeadow @MadeForever
September 1st and December 1st 2018
New Cheltenham Community Centre
New Cheltenham Road, Kingswood
April 7th, July 7th, October 6th,

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



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

See **Website** below for the date of your next local meeting



www.southglos.gov.uk/CEF
01454 868113

communityengagement@southglos.gov.uk



Your voice counts in shaping your community

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



BEAT SURGERY@MADEFOREVER

Thursday 28th JUNE at 1pm
Wednesday 26th JULY at 1pm
Thursday 23rd AUGUST at 1pm
Thursday 27th SEPTEMBER at 1pm
Thursday 1st NOVEMBER at 1pm
Thursday 6th DECEMBER at 1pm

**FISHER ROAD, KINGSWOOD
BRISTOL, BS15 4QD**

Tel: 0117 3018739

www.kingsmeadowflat.org.uk

NEW

HOME ED MEET UP

Fisher Road, Kingswood, Bristol BS15 4RQ

FREE

Kingsmeadow@

MADE FOREVER

Changing
lives
together

FRIDAY'S

12.30pm

Join us for a relaxed and fun family meet-up at the Kingsmeadow Made Forever Community Centre.

This session is free of charge to attend and will take place every other Friday, **starting on Friday 11 May**.

The centre has a great deal on offer: A lounge area to sit, relax and grab a cuppa. An indoor and outdoor court for fun and games whatever the weather. A bouldering room for children to enjoy some free climbing* A large playing field and ample free parking.

A great space to meet local HE families.

*the boulder room can be used free of charge but you will need to complete appropriate paperwork before participating.

KARATE every Saturday 8.30am -11.30am at
Kingsmeadow@Made Forever. For further details,
please email Marco.fanicchi@gmail.com

LOLLYLOLLIPOP CHILDRENS ENTERTAINER

BREAK DANCING CLASSES

4-5pm starting 17th August 2018

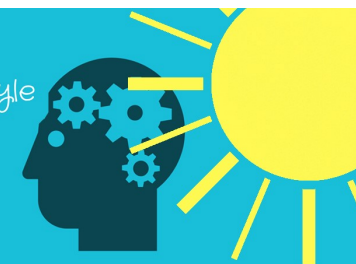
Please contact: Marie and Winston

0117 9611 686/07834220685



As a Health Champion

Health Champions -
promoting healthy lifestyle
choice in South
Gloucestershire



You will

- join your local network
- meet people also interested in health
- learn about health topics and local services
- gain confidence to have conversations about health
- volunteer at awareness events
- help people choose healthier lives
- signpost to health services
- gain a level 2 qualification

Come and join others at your local network to find out more!

Monthly networks run the first week of the month at:

PATCHWAY

Tuesday 10-12 noon at Coniston
Community Centre, BS34 5LP

KINGSWOOD

Thursday 1pm-3pm at Kingswood Library,
BS15 4AR

YATE

Friday 10-12 noon at St.Nicholas Family
Centre, BS37 4LG

Please let us know you are coming.

healthchampions@southernbrooks.org.uk 01454 868570





01454 864613



community.learning@southglos.gov.uk

SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

FREE* course

Introduction to Wellbeing and Mindfulness

The course aims to help you take some time for yourself, to allow you to find out about the benefits of mindfulness techniques for body and mind.

It will:

- provide you with meditation techniques to help explore awareness of body and mind and how we can develop a kind approach to the stresses of life
- allow you to share ideas and support each other as a group

Where:	Made for Ever Centre, Fisher Road, Kingswood
How long:	6 weeks – every Friday morning, 10.00am – 12.00pm
Starts:	Friday 8 June 2018, – please register your interest (see below)

For further information, please contact Sam Jones, Community Learning Development Worker on 01454 865943

To register, please go to <http://sgwellbeingcollege.org/courses/mind.html>

* For adults aged 19+ with few or no qualifications. Other terms and conditions apply

www.southglos.gov.uk

Skills
Funding
Agency

South Gloucestershire
Council

Multisports Street Games

QUALIFIED SPORTS COACHES PROVIDING A VARIETY OF SPORTS FOR BOYS & GIRLS AGED 8 TO 16 YEARS OLD.
£2 PER SESSION INCLUDING REFRESHMENTS
TUESDAYS AND THURSDAYS 5:30PM START.

CONTACT 0117 3018739
EMAIL: info@kingsmeadowflat.org.uk
Charity No: 1148905

VENUE
FISHER ROAD
KINGSWOOD
BRISTOL
BS15 4QD

Active South Gloucestershire
sovereign
SOTO
doorstep SPORTCLUB
The Wellbeing College
South Gloucestershire Council

KINGSWOOD @MADEFOREVER YOUTH CENTRE

NUMBER OF SESSIONS

Tuesday: 7-9pm....Junior night

Wednesday: 7-9pm....Learning difficulties
and disabilities night

Thursday: 7-9pm....Senior night

South Gloucestershire
Council

FOR MORE INFORMATION
<http://www.southglos.gov.uk>
Or Contact 0117 3018736,
www.kingsmeadowflat.org.uk



LOCATION
FISHER ROAD, KINGSWOOD
BRISTOL, BS15 4QD

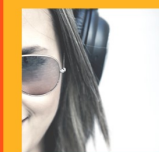
31st May
Music Workshop

26th July
Bike Maintenance

FREE TEENS WORKSHOPS
KINGS CHASE SHOPPING CENTRE
2-4pm

9th August
T-Shirt Printing

23rd August
Graffiti Art



For more information Southern Brooks
01454 864164

South Gloucestershire
Council

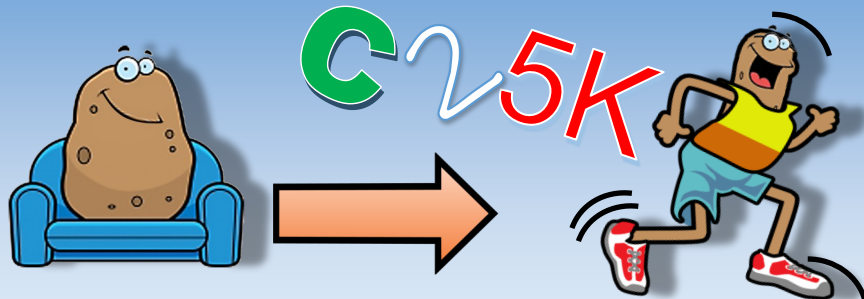
Kingsmeadow
MADE-FOREVER
Changing lives together

CREATIVE
YOUTH
NETWORK

Southern
Brooks
COMMUNITY PARTNERSHIPS

AND

SPORTS
Pound



FROM COUCH TO FIVE KILOMETRES

9 WEEK COURSES FOR BEGINNERS TO IMPROVE THEIR FITNESS, OR FOR PEOPLE WHO WISH TO RETURN TO UNDERTAKING A FITNESS REGIME AFTER A LONG ABSENCE.

START TIMES: MONDAY EVENING 7:30PM 25TH JUNE
WEDNESDAY MORNING 10:30AM 11TH JULY
KIDS OVER 9 WITH PARENTS WELCOME



LLOYDS BANK FOUNDATION
England & Wales

MEET AT KINGSMEADOW @MADEFOREVER
COMMUNITY CENTRE FISHER ROAD,
KINGSWOOD

TEL: 0117 3018736

SPORTS
Pound



Free vouchers to get active in South Gloucestershire

www.southglos.gov.uk/SportsPound



Is SportsPound For You?



- ✓ Are you wanting to be active but don't know how, or returning to sport/physical activity after a break?
- ✓ Do you currently do less than 30 mins activity a week (not including walking)
- ✓ Do you live or work in South Gloucestershire?
- ✓ Are you aged 14 years or older?

If **YES SportsPound** could be for you!

01454 865821

SportsPound@southglos.gov.uk



[SportsPoundSG](https://www.facebook.com/SportsPoundSG)

[@SportsPoundSG](https://twitter.com/SportsPoundSG)

Friendship and exercise clubs

SOUTH WEST AREA

Please phone us first to
ask any questions and
have a friendly chat

Brian Gardner

T 01454 862296

Spencer Davies

T 07825 155954

www.southglos.gov.uk/friendship



"I thoroughly enjoy the exercise.
The people are lovely, and it makes
me feel great". (Pat)



Sporting Chance
Fitness for life...

South Gloucestershire
Dementia Action Alliance
A friendlier community for all



£3 PER 24 HOURS BUDGET BASED COMMUNITY BIKE HIRE SCHEME*

*BASED ON PER SESSION AND PER BIKE HIRED

Kingsmeadow @Madeforever

FISHER ROAD,
KINGSWOOD
BRISTOL, BS15 4RQ

Contact 0117 3018739

Email: info@kingsmeadowflat.org.uk

Charity No: 1148905



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

For more information contact Rosie: 01454 864164/ 07713692383

rosiesinfield@southernbrooks.org.uk



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



Fibromyalgia/ME/ Chronic fatigue support group

Last Wednesday of every month including term time. **10:30 until 12 Midday**
Please contact 0117 3018739

All are invited
for a coffee
and a chat!

Kingsmeadow
@MadeForever
Fisher Road
Kingswood
BS15 4RQ



Fibromyalgia Action UK
Fighting for Freedom from Fibromyalgia



Walking Netball at Made Forever Youth Centre-Kingswood

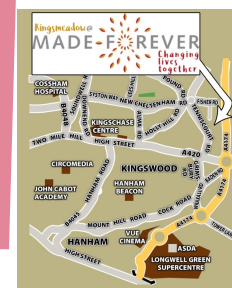


We held the first walking netball session at MadeForever Youth Centre in Kingswood on a cold February evening. We had a fantastic response with the arrival of 14 slightly nervous ladies arriving to sign up and play. Luckily we had the use of an indoor court albeit quite a small space, but we endeavoured to make it work for us.

Most of the ladies hadn't played any netball since their school days but we reassured them that this wasn't a problem as walking netball was about having fun just in a slower form of the game that allows everyone to be able to play.

We continued indoors through the winter but in May were able to venture to the outside court, which gave us more space. We did have to run back indoors on the second outdoor session as a sudden thunderstorm arrived! Over the weeks that the sessions have been running we've had a lot of fun and laughter (more than a few reminders that it is walking netball and not running!!) I really look forward to Monday nights now! Walking netball is great as it doesn't matter what your level of fitness or netball ability is. It can be played by anyone and is a great way to enjoy some physical activity and meet other people

Walk this way
[englandnetball.co.uk/
walking-netball](http://www.englandnetball.co.uk/walking-netball)



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

MONDAYS 6:30-7:30PM

£2.50 a session

Or FREE with SportsPound vouchers

Please register your interest before your first session:

SPORTSPOUND sportspound@southglos.gov.uk

WE ARE **MICHELLIAN** **CANCER SUPPORT**
Macmillan Cancer Support fully endorse
England Netball Walking Netball sessions
as a great way for ladies who are
recovering from cancer to get active



Filton

Interview skills For those who feel that their performance at interview is/would be a barrier to finding employment

Job search 101 A session designed to help people work out how to do an intelligent job search that gets results

Staple Hill

Intro to youth work For anyone interested in working or volunteering with young people

Keeping your child safe online For parents that want to understand the risks of social media and what you can do to minimise the different issues your child may face online

Southmead

Intro into Community Development This course explores ways to improve the local community or starting and planning a new project

Kingswood

Friendship club For older people to try chair based exercises to support joint mobility, circulation and enhance wellbeing

Indoor climbing A course for beginners who want to get fit, build confidence and make friends

Take time out to look after your mental health

For those who are interested in increasing their understanding of the importance of looking after their emotional wellbeing and mental health

Grow your own For anyone interested in learning step by step how to grow your own vegetables, herbs, fruit and flowers

Walking to health A local walking group for all ages and abilities to walk and talk with friendly people

Thornbury

Happiness course A course that explores practical skills to achieve a positive outlook on life, build mental and emotional resilience and learn to savour the simple pleasures

Yate

Take 5 building emotional resilience A workshop that aims to increase your understanding of emotional resilience and techniques to improve it

Wellbeing drop in Informal drop in sessions for peer support around mental health

Patchway

Therapeutic music relaxation session A calming and meditative session where you can relax to the sounds of Himalayan and crystal singing bowls, gong, voice and cosmic tone and learn about these unusual instruments

Green spaces An opportunity to learn more about growing flowers, fruit and veg and what works to make the green spaces of Patchway beautiful and useful

Warmley

Tai Chi A gentle introduction to Yang style Tai Chi

Cadbury Heath

Indoor climbing A course for beginners. Get fit, build confidence and make friends

Community Choir For anyone interested in singing and making new friends

Find out when these courses are happening

We've also got many more FREE courses for you to access so why not have a look at our website and book online or contact us for more info



01454 821856



info@sgwellbeingcollege.org



http://sgwellbeingcollege.org/



Wellbeing College South Glos
@wellbeingcolleg



GROW YOUR OWN - Kingswood -

GARDENING CLUB:
MAKE NEW FRIENDS
LEARN TO GROW
IMPROVE YOUR WELLBEING

EXPERIENCED GARDENERS & NEWCOMERS WELCOME
Every Weds 1:30pm - 2:30pm

4 WEEK INTRODUCTORY GARDENING COURSE FOR BEGINNERS
Tuesdays 24/07 - 31/07 - 14/08 - 21/08
FAMILIES: 10:30am - 12:00pm
For children aged 6 - 12 + parents & guardians
ADULTS: 1:30 - 3:00pm 18+

SUMMER COURSES:

To book:
Contact Rosie: 07713 692383
rosiesinfield@southernbrooks.org.uk

Made Forever Community Centre
Fisher Road, Kingswood
BS15 4RQ



What do we do:

The Friends of Kingswood Park work with South Gloucestershire Council to improve Kingswood Park. We organise volunteer work parties to carry out small maintenance projects in the Park such as painting benches. We organise weekend litter picks to keep the Park looking nice. We plan and raise funds for improvements. We organise family events in the park.

f/ourkingswoodpark



@k_pfriends



http://www.mykingswood.co.uk/kingswood/kingswood-park



We need help with:

Gardening, Admin, Litter picking, Events, Publicity, Small maintenance, Fundraising, Surveys, Public relations, etc.

Find out more by calling us on 07790234087 or e-mail us on

friendsofkingswoodpark@gmail.com

Looking for a fresh start?

Join us for a cuppa & cake to find out about new groups where you can...

- learn and build skills together
- make friends
- create opportunities
- generate income

Wednesday 18th July
Sessions 11-12noon, 2-3pm

Find out more at our information sessions -
Made Forever Fisher Road, Kingswood, Bristol BS15 4RQ

E: martin@purpleshoots.co.uk

