

# WHAT'S ON

**STREET GAMES** Qualified Sports Coach providing a variety of sports for Boys & Girls, ages 9 -16yrs Thursdays. **£2.00 per session including refreshments.**  
Session begins at 5.30pm. Please contact number below for further details.

**MEADOW TOTS FAMILY GROUP** Starting 6th Nov, 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 & TAI CHI** Coming soon at Kingsmeadow@Made Forever. For further details, please contact 0117 3018739.



[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)  
Kingsmeadow@MadeForever  
Fisher Road, Kingswood, Bristol, BS15 4RQ  
0117 3018739  
Charity N°: 1148905

"All editing, artwork and printing deemed correct at time of publishing, and Kingsmeadow @Made4ever plus staff and volunteers, cannot be held responsible for any errors, or misrepresentation therein"

## KINGSWOOD CONNECT

*For all residents, Bromford, Knightstone, Guinness, private renters and owners*



**AUTUMN EDITION 2018**

**Mindfulness and Meditation sessions for today's lifestyles inside.**

**Community info, Individual care, Helplines and Counselling.**



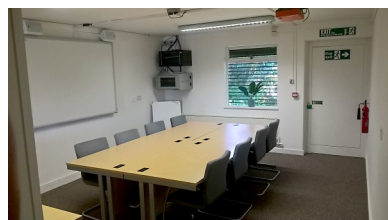
**MORE NEWS, MORE EVENTS, MORE CARE.**



# FOR ALL YOUR COMMUNITY NEEDS



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



**Social  
Clubs**

**Health  
Groups**



**Family  
Party  
bookings**



**For bookings: 0117 3018739**

## HE Christmas Disco

Made Forever Centre, Fisher Road, Kingswood BS15 4RQ

### Thursday 20 December

**Christmas Card Competition**  
Bring along your entry, prizes awarded for

- The Festive Card
- The Artist Card
- The Comical Card

**2-4pm**  
Appropriate for the whole family

**£5  
Family  
Ticket**

**Party Dances & Games**

**Christmas Crafts**

**Festive Fun**

To book or for more info contact  
Marvellous Marie on 07834220685  
info@lollylollipop.co.uk



**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 Barbara**

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



# The Krafty Krafters club

Autumn/Winter



We are a craft group who meet weekly to knit and natter and explore all things crafty. Help can be given to learn to knit or crochet, occasional sewing evenings by choice or if you would rather sit and do your own work that's fine too.

Free teas and coffees

£1.50 per  
session

Please note sometimes there may be a small additional fee for materials used.



*A selection of what we have made*

Thursday's 7—9pm, In the Social Room at The Haven  
Lee's Hill, off New Cheltenham Road, Kingswood BS15 4JT

Contact Jayne for further information: 07732000773

Meet your local Councillors for **KINGS CHASE**



April Bealey

Tel. 01454 864038

[April.Begley@southglos.gov.uk](mailto:April.Begley@southglos.gov.uk)



Martin Farmer

Tel. 01454 864120

[Martin.farmer@southglos.gov.uk](mailto:Martin.farmer@southglos.gov.uk)



Kim Scudamore

Tel. 01454 864140

[Kim.Scudamore@southglos.gov.uk](mailto:Kim.Scudamore@southglos.gov.uk)

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

Kingswood Library, High Street, Kingswood  
November 3rd 2018  
Kingsmeadow @Madedforever  
December 3rd 2018  
New Cheltenham Community Centre  
New Cheltenham Road, Kingswood  
October 6th 2018

## Multisports Street Games

QUALIFIED SPORTS COACHES PROVIDING A VARIETY OF  
SPORTS FOR BOYS & GIRLS AGED 9 TO 16 YEARS OLD.  
£2 PER SESSION INCLUDING REFRESHMENTS  
THURSDAYS 5:30PM START.

CONTACT 0117 3018739

EMAIL: [marisadawson@kingsmeadowmade4ever.org.uk](mailto:marisadawson@kingsmeadowmade4ever.org.uk)

Charity No: 1148905  
**Doorstep**  
SPORTCLUB



**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**



THURSDAY 1ST NOVEMBER AT 1PM

THURSDAY 6TH DECEMBER AT 1PM

FISHER ROAD, KINGSWOOD  
BRISTOL, BS15 4QD  
Tel: 0117 3018739

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



## Winston's Breakin' Workshop

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

From **15<sup>th</sup> August 2018**

*"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.

Being a volunteer boosts your self confidence and enhances your well-being and also gives you an opportunity to engage with other people and it looks good on your c.v. when looking for employment

PLEASE CONTACT **KINGSWOOD@MADEFOR EVER**  
ON **0117 3018739**

## HOME ED FAMILY ROLLER DISCO

**WEDNESDAY'S**

(bi-weekly)

**3-3.45pm**



**£2**

per person

To book or for more info:

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

07834 220 685

Skate hire from size 4+



community  
learning west

South Gloucestershire  
Council

Education & Skills  
Funding Agency

**\*Free courses starting October 2018. Go online to view our full Prospectus:**

<http://www.southglos.gov.uk/education-and-learning/adult-and-community-education/>

### Kingswood Area

#### English

**Creative Writing for Wellbeing:** Kingsmeadow@MadeForever, Wed 10 to 12noon Starts 16th January runs until 6th March 2019/1/19 (7 weeks)

#### Wellbeing

**Wellbeing and Confidence Moving Forward:** Kingsmeadow@MadeForever, Wed 10 to 12noon - Starts 7th November runs until 12th December (6 weeks)

**Intro to Mindfulness:** Kingsmeadow@MadeForever, Fri 10 to 12noon Starts 18th January runs until 29th March 2019 (10 weeks)

For any queries, tel: 01454 864613

\*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



# Don't duck out

**Get  
Interactive  
music workshops  
into your local schools**

**For themed weeks or fetes  
(includes wellbeing and recycling)**

**contact paul@twinwave.co.uk  
07932 448627**







# Sound Meditation

... for relaxation and rejuvenation

What you might experience during and after sound meditation:

- \* A sense of peace
- \* A state of deep profound relaxation
- \* Feeling refreshed and revitalised
- \* Better sleep
- \* Stress reduction
- \* Increase in energy flow
- \* Better coping with life's challenges

2nd November 2018  
21st December 2018  
19.30 - 21.30

Warmley Clock Tower  
144 Tower Road North  
Bristol BS30 8XU

Cost £18



For further details or to book contact Monika:

W: [www.rainbowvibrations.com](http://www.rainbowvibrations.com) M: 07748 022067 E: [monika@rainbowvibrations.com](mailto:monika@rainbowvibrations.com)

## 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

£1.00  
Per  
session



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

## 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

£1.00  
Per  
session

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



**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





## GROW YOUR OWN - Kingswood -

It is harvest time in the Kingswood Community Garden and we have been getting lots of delicious treats in return for our hard efforts over the hot summer. We have a bumper crop of courgettes, beetroot and spinach, and our herb bed is smelling fab. As summer comes to an end we have begun thinking about our autumn crops to over winter. In the next few gardening club sessions we will be finishing off our new bed, which will be home to our onions to over-winter and planting out our garlic and sowing winter beans.

**Gardening Club** runs every **Wednesday from 1.30pm - 2.30pm** and is welcoming to all new comers, whether you have bags of knowledge ready to share or have never planted a seed before but would like to give it a try. Do come and join our friendly group!

***"I've made new friends, learnt all about gardening and it gives me something to look forward to each week, which is really important for my mental health"***

The aim of the group is to get local people coming together and growing together. As well as providing practical knowledge around gardening, nutrition, and the environment; **Kingswood Gardening Club** is a place for people to meet new people, make new friends and improve their mental and physical health.

**Southern Brooks**  
COMMUNITY PARTNERSHIPS

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

Rosie Sinfield  
rosiesinfield@southernbrooks.org.uk  
077713692383

## SPORTS POUND

Free vouchers to get active in South Gloucestershire

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



LOTTERY FUNDED



South Gloucestershire Council

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

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



## FRIENDSHIP AND EXERCISE CLUB

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

**VENUE MOVING TO KINGSMEADOW@MADEFOREVER**

**THURSDAY (1:30-3PM) TIME EVERY THURSDAY**

**1ST NOVEMBER 2018**

**Fisher Road Kingswood BS15 4RQ**

**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**

**GENTLE EXERCISE  
MAKE NEW FRIENDS  
TEA AND COFFEE  
FIRST SESSION FREE**



**South Gloucestershire Council**



## 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...

- Finding life stressful, often worried or feeling emotionally down?
- Feeling stuck or confused with life?
- Feeling lonely or isolated?
- Struggling to understand or deal with your thoughts/emotions?
- Struggling to cope with life's daily demands & challenges?
- Confused, tired of trying, worried, anxious or depressed?
- In need of guidance, emotional or practical support to deal with a challenging issue you face?
- In financial difficulty or debt?
- Struggling to find work?
- Needs help to complete welfare benefit/charity and other official forms?
- Struggling to catch up with the internet & using computers?
- Faced with multiple barriers & challenges to move forward with your life?
- Interested in joining wellbeing activities or courses?

### We are here for you

#### TO ACCESS SUPPORT...

Speak with/leave a message for

Barbara 0784 242 8043

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



**KINGSMADOW @ MADE FOREVER**  
Fisher Road, Kingswood BS15 4RQ  
[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)

## NEW HOME ED MEET UP

Fisher Road, Kingswood, Bristol BS15 4RQ



### ALTERNATE FRIDAYS

12.30-3.30

£1.50  
per family

# Meadow Tots

## Family Group

At Made-Forever,  
Fisher Rd, BS15 4RQ  
Starting 6th Nov 2018  
Tuesdays 10am (term time only)

Free play, Art & Craft, refreshments, songs & story time.  
Sessions are £2 per family

For More information please contact Jane on  
0117 301 8739 or check out our facebook page,  
search for Meadow Tots - Public



# Free Courses and Workshops



THERE ARE TWO DIFFERENT LOCATIONS:

- Kingsmeadow@Made Forever, Fisher Road, Kingswood, BS15 4RQ
- The Kingswood Estate, 20 Old School House, Britannia Road, BS15 8DB

Wednesdays

6pm - 7pm

For 8 weeks

Starting 10.10.18

Kingswood Estate

Location

## Mindfulness

Practice simple techniques designed to help you live in the moment; and to find peace in accepting the world, and yourself as they are.



Wednesdays

7:30pm - 8:30pm

For 8 weeks

Starting 10.10.18

Kingswood Estate

Location

## Tai Chi

A very gentle introduction to traditional Yang style Tai Chi - a relaxing peaceful martial art, recognised for increasing health and vitality of mind & body.



Tuesdays

12.30pm-2pm

For 4 weeks

Starting 9.10.18

Made Forever

Location

## Happiness

An opportunity to learn techniques and ideas which strengthen mental wellbeing and create a more hopeful outlook.



Tuesdays

3:30pm-4:30pm

For 6 weeks

Starting 9.10.18

Kingswood Estate

Location

## Tai Chi - Qi Gong

A gentle, beautiful and flowing Qi Gong exercise - designed to relax and rejuvenate the body and increase your energy.



Wednesday

11am-12pm

For 8 weeks

Starting 10.10.18

Made Forever

Location

## Yoga

A gentle introductory course to yoga incorporating some mindfulness practice: focusing on gentle postures, designed to build strength and align the body to help energy flow more freely.



To book; please see our website  
[www.southernbrooks.org.uk](http://www.southernbrooks.org.uk) (Courses > wellbeing)  
 Or, contact Georgina Green on: 01454 868570  
 Email: [georginagreen@southernbrooks.org.uk](mailto:georginagreen@southernbrooks.org.uk)



**Southern Brooks**  
 Registered Charity No: 1157061  
**COMMUNITY PARTNERSHIPS**

# Free Training Courses 2018



## BRISTOL

### SURVIVING THE TEENAGE YEARS

2nd October - 9.30am-11.30am | Every Tuesday for 6 weeks  
 Cameron Centre, Lockleaze

### INTRODUCTION TO YOUTH WORK

5th October - 10am-12pm | Every Friday for 8 weeks  
 Ambition Youth Centre, Lawrence Weston

### PARENTING A CHILD WITH ADHD

8th November - 10am-12pm | Every Thursday for 6 weeks  
 Ambition Youth Centre, Lawrence Weston

### INTRODUCTION TO YOUTH WORK

18th January 2019 - 10am-12pm | Every Friday for 8 weeks  
 Greenway Centre, Southmead

## SOUTH GLOUCESTERSHIRE

### INDEPENDENT LIVING SKILLS

7th November - 9.30am-11.30am | Every Wednesday for 6 weeks  
 Creative Youth Network, The Kingswood Estate, Kingswood

### PARENTING A CHILD WITH ADHD

15th October - 10.30am-12.30pm | Every Monday for 6 weeks  
 Southern Brooks Office, Tyndale Primary School, Yate

### PARENTING A CHILD WITH ADHD

8th January 2019 - 9.30am-11.30am | Every Tuesday for 6 weeks  
 Coniston Community Centre, Patchway



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)

**Southern Brooks**  
 Registered Charity No: 1157061  
**COMMUNITY PARTNERSHIPS**





## Kingswood



### *Everyone is 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

**7pm on Monday 22<sup>nd</sup> October 2018**

**The Park Centre, High Street, Kingswood, BS15 4AR**

**Mark King**

**SGC Head of Street Care & Transport**

*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)



## COME AND SHARE DELICIOUS FOOD FROM AROUND THE WORLD WITH YOUR COMMUNITY

Saturday October 20th  
Made forever Community Centre,  
Kingswood  
1 - 2.30 pm

Free community meal, delicious food  
cooked by local people from different  
backgrounds.

Tickets:  
Click [here](#)  
or text 07971 671076







# HE Halloween Disco

Made Forever Centre, Fisher Road, Kingswood BS15 4RQ



**Pumpkin Carving Competition**  
Bring along your entry, prizes awarded for

- The Spookiest Pumpkin
- The Artist Pumpkin
- The Comical Pumpkin

**Fancy Dress Optional**  
but highly recommended

**Thursday 25 October**

**2-4pm**



**Glitter Tattoos**

**Trick or Treat Tuck Shop**



All décor and games will be spooky but not scary to be appropriate for the whole family  
To book or for more info contact Marvellous Marie on 07834220685 / info@lollylollipop.co.uk

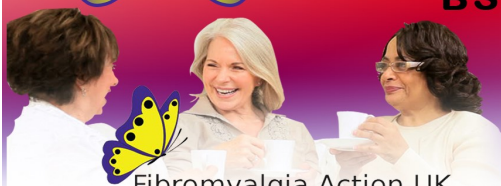


**Fibromyalgia/ME/  
Chronic fatigue  
support group**

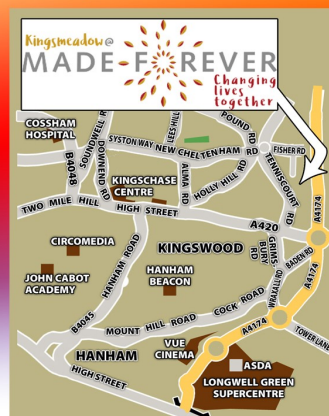
**Last Wednesday of every month including  
term time. 10:30 until 12 Midday**  
Please contact 0117 3018739

**All are invited  
for a coffee  
and a chat!**

**Kingsmeadow  
@MadeForever  
Fisher Road  
Kingswood  
BS15 4RQ**



**Fibromyalgia Action UK**  
Fighting for Freedom from Fibromyalgia



**FUTURE BRIGHT**

Support Advice Skills

Future Bright is an exciting new free service that's helping people in paid work\* throughout the West of England develop their skills and improve their job prospects. It is also creating more opportunities for career progression.

## What is on offer?

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

**Advice:** Practical help with accessing services

**Skills:** Access to training and development

To take the next step to a brighter future participants should contact their local **Future Bright Team** to arrange an initial, informal chat.

- Phone: 01454 866008
- Email: [future.bright@southglos.gov.uk](mailto:future.bright@southglos.gov.uk)
- or fill out the on-line 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, Child Tax Credit, Housing Benefit or Council Tax Reduction.*

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

**FUTURE BRIGHT** Support Advice Skills

**Unlock your  
potential**

Find out how  
to improve your  
work and pay

