

WHAT'S ON

MEADOW TOTS FAMILY GROUP Tuesdays, 10 – 12pm, at Kingsmeadow @ MadeForever, *Term Time Only*. £2 per family. Families with tots aged 0 – 5yrs can enjoy messy play, story and rhyme time, crafts and games.

HOME ED MEET UP SESSIONS Every other Friday, 12.30 - 3.30, at Kingsmeadow @ MadeForever. £1.50 per family. For further details, please contact 0117 3018739.

FRIENDSHIP CLUB AND ARMCHAIR EXERCISE 50+yrs Every Thursday, Group 1: 1.15 - 2pm, Social Time: 2 - 2.45pm, Group 2: 2.45 - 3.30pm, at Kingsmeadow @ MadeForever. Details please Contact – Spencer on 07825155954.

IT FOR BEGINNERS COURSE Wednesdays, starting on 25th September until 23rd October, 4 – 5pm at Kingsmeadow @ MadeForever. For further details, please contact 0117 3018739.

FIBROMYALGIA/ME/CHRONIC FATIGUE SUPPORT GROUP Last Wednesday of every month, 10.30am – 12pm at Kingsmeadow @ MadeForever. All are welcome for a coffee and a chat.

KARATE Every Saturday, 8.30am -11.30am at Kingsmeadow @ MadeForever. For further details, please contact Marco on 07704594648 or email Marco.fanicchi@gmail.com

WELLBEING SINGING GROUP Every 2 weeks, 4.30pm to 6pm at Kingsmeadow @ MadeForever. All ages welcomed. For further details please contact Barbara 07842428043.

FOREVER WELLBEING PICTURE CLUB at Kingsmeadow @ MadeForever. For further details, please contact 0117 3018739.

FOREVER LADIES MEET UP Every 2nd Tuesday of every month, 2 - 4pm at Kingsmeadow @ MadeForever. For further details, please contact 0117 3018739.

LADIES COFFEE MORNING Every Thursday, 10.30am - 12pm at Kingsmeadow @ MadeForever. For further details, please contact 0117 3018739.

BRISTOL AUSTISM MORNING 2nd September, 10am - 2pm at Kingsmeadow@MadeForever.



www.kingsmeadowmade4ever.org.uk
Kingsmeadow @ MadeForever
Fisher Road, Kingswood, Bristol, BS15 4RQ
0117 3018739
Charity N^o: 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



Forever Café

Wellbeing Activities,
services and courses

Other information
for your local area

MORE NEWS, MORE EVENTS, MORE CARE.

Services & Activities

COURSES:

- Mindfulness Course
- IT for work
- Sewing Skills for all
- IT for beginners

ACTIVITIES:

- Walking for Health
- Wellbeing Singing Group
- Friendship & Exercise Club
- Fibromyalgia Support Group
- Young people Meet-up
- Youth Clubs
- Karate Club
- Ladies Coffee Morning
- Home Education Support Group
- Forever Ladies Meet-up
- Meadow Tots Family Group
- Forever Wellbeing Picture Club
- Family Roller Disco



Services:

- 1 - 2 - 1 Assessments
- Mentoring/coaching
- Practical and Emotional support
- Welfare benefit, debt and money support
- Employment support
- 1-2-1 / drop-in computer support
- Young Offenders Community Engagement
- Sporting chance Mentoring
- Grow forever Community Orchard
- Volunteer Services

Forever café
Room for hire
Community Charity Shop
Table Top Sales

Telephone: 01173018739

Fisher Road, Kingswood, Bristol, BS15 4RQ

www.kingsmeadowmade4ever.org.uk

info@kingsmeadowmade4ever.org.uk

kingsmeadow@made4ever.org.uk



Forever



Café

Our Community Café is a friendly, relaxing place where you feel at home.

Whether you are looking to catch up with friends/family, meet new people or have a calm moment over a cuppa, come and visit us.

We offer a new menu,
lite bite and hot food all day. Rest and enjoy a
freshly grounded
coffee.



Opening time:
Monday to Friday
10 am - 4.30pm



FIND US ON:

Fisher Road, Kingswood, Bristol,
BS15 4RQ

Telephone: 01173018739

info@kingsmeadowmade4ever.org.uk

VISIT OUR WEBSITE:

www.kingsmeadowmade4ever.org.uk

FOREVER YOUNG PEOPLE MEET-UP

Activities Includes:

Disco Evenings
Drama sketches
Music - Singing & rapping
Cinema evenings
Basketball & Football
Arts & Crafts
Table tennis
Pool table
Badminton
Wall climbing
Other games & lots more...

Forever Young people meet-up is a safe place to hang-out and interact with other young people. Lots of social and sporting activities to explore.

FREE SESSIONS

For young people
8 - 17 years old



Maths & Science

Home work Support
available



EVERY MONDAY & FRIDAY

5pm - 7pm



At Kingsmeadow @ MadeForever
Fisher Rd, Kingswood, Bristol, BS15 4RQ

For more information

Tel: 0117 3018739

info@kingsmeadowmade4ever.org.uk

Visit our website:

www.kingsmeadowmade4ever.org.uk

**Do you need help with your drug
or a or alcohol use?**

Do you know someone who does?

For free and confidential support:

call 0800 073 3011

Or 01454 868750 or email
info@dhisouthglos.org.uk



**Developing Health
& Independence**



Kingswood Welcomes You



Watch this brand new 5-minute film showing
why Kingswood is a great place to live.
Get to know your community the people,
organisations and groups who make it and get
involved!

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



Do you identify as disabled or have a long-term health condition including learning difficulties, anxiety, depression or dyslexia?
Are you 18+?

If you would benefit from some help with the following then this 12-week course is for you:

- * Writing and adapting a CV.
- * Finding and writing job applications.
- * Preparing for interviews.
- * Finding out what other options are open to you.
- * Developing a peer support system.

Where?

Kingsmeadow@Made4Ever, Fisher Road, Kingswood, Bristol, BS15 4RQ
Bus fares and supported travel are available - please ask for more information.

When?

Every Tuesday, 10am - 2pm, from the 9th of July 2019 to the 24th of September 2019

For more information please contact our team:

Call: 0117 9479911 E_mail: employability@wecil.co.uk or sign up directly using this form and we will contact you: bit.ly/wecilworkingtogether

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

We welcome new Volunteers

**Are you interested in
developing new or existing
skills?**

**KINGSMADOW @ MADEFOREVER
is the place for you.**



We offer a variety of volunteering opportunities. We work closely with our volunteers providing personalised support to help them achieve their goals.

We also provide training.

Current opportunities available:

- Café Assistant
- Receptionist/Admin Assistant
- IT Support
- General Maintenance Assistant
- Community Wellbeing Activity Assistant
- Garden Assistant
- Community Shop Assistant
- Young people Activity Assistant

At K@M4E all volunteers are highly valuable. We look forward to you being part of our team!

No experience necessary. All we ask is commitment, reliability and genuine care for people.

For more information on these roles please email clarissacosta@kingsmeadowmade4ever.org.uk or call 0117 3018739



**www.kingsmeadowmade4ever.org.uk
Fisher Road, Kingswood,
Bristol, BS15 4RQ**



Brush Up Your Grammar

In a small and relaxed group you will:

- Develop your understanding of using correct tenses in speaking and writing
- Develop your understanding of importance of subject verb agreement in speaking and writing
- Explore some basic grammatical features of English

Where:	Kingswood Civic Centre
How long:	6 weeks – every Friday afternoon
Starts:	7th June 2019, 1 – 3pm
Contact:	For more information please contact Sam Jones on 01454 865943 or email samantha.jones1@southglos.gov.uk

FREE COURSE

Sewing Skills for All

A *FREE 7 week course to introduce you to sewing skills, by hand and machine, to create simple items.

The course will:

- provide a solid foundation of skills and knowledge which will enable you to gain confidence and progress
- promote safe and confident use of sewing tools and sewing machinery
- encourage creativity and individuality with your own designs

Where:	Kingsmeadow @ Madeforever, Fisher Road, Kingswood BS15 4RQ
How long:	7 weeks – Wednesdays 9.45 – 11.45
Starts:	5th June 2019

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

* For adults aged 19+ with few or no qualifications; or experiencing other barriers to work. Please contact us for further information

Keeping Kingswood Safe

By Aaron Ashforth
Kingswood Beat Officer

Since I started my job as the Beat Officer for Kingswood Beat in November, I have had the pleasure of getting to know lots of people who make the community of Kingswood quite a special place to live and work. I previously worked 19 years on a response team covering Central and East Bristol. Joining the Police was without doubt my dream job. I had wanted to join since I was knee high. It always seemed from the outside to be full of excitement and friendship. That has proved to be true.

I work with colleagues who are proud to associate themselves with Kingswood. Our Neighbourhood team has some long standing team members such as Police Community Support Officers Kay Rees who has been here for 9 years and Chris Abbott for 15 years. Newer members of the team include PCSO Aime Mitchell and PCSO Andy Bray. My crew mate and fellow Kingswood Beat Officer PC Jack Withers started here 15th April 2019. We also have a new Sgt Jamie Evans, who has a great deal of experience on Operations, response and custody.

We look at crime data and are always looking for any patterns, so we are on patrol in the areas that need us most. We work very closely with the response teams, targeting our most wanted offenders. Part of our responsibilities are that every time a warrant is issued by the court, this gets tasked to ourselves, actioned straight away. Sometimes dependant on the person, you could see a group of us surrounding a house while we conduct these important arrest attempts.

We respond to calls from the public reporting various incidents. This gets managed by the team daily. We visit certain offenders on the Beat, to make sure they are engaging with probation and whatever restrictions are being adhered to.

Preventing burglaries is always a priority for us on the Beat Team. We conduct follow up visits, to see if crime prevention advice and been understood and implemented. We identify vulnerable premises and see what we can do to prevent them being targeted by thieves.

A current focus of ours is preventing bike thefts and making sure that if we do recover bikes from offenders, as we frequently do, we can trace them to victims. Part of this is promoting bike marking scheme at public events such as Beat Surgeries and Bike Marking events. This is something we currently do as a free service. We will be attending an open day with Avon Fire on the 18th May 2019, at Tennis Court Road Fire station.

We are also targeting off road dirt bike riders who are riding in an anti-social manner. We have identified two suspects and will be prosecuting and seizing a bike under section 59 of the Police Reform Act 2002. It is worth noting that Police do have powers to seize motor bikes and cars if they are seen driving or riding in an anti-social. There is a recent trend of suspects targeting private bike sellers, asking for the home address then not turning up. Subsequently they find their shed or garage broken into. PC Withers has done a lot of preventative work, phoning potential victims of this, warning them of the dangers.

The advice is don't give out your address. Meet them nearby, and only when you are satisfied that they are a genuine buyer, do you take them to your address. If they are genuine, they will want to make sure the item isn't stolen, so the balance is not making yourself look like a suspicious seller.

I do a lot of work in local schools with my team, delivering talks on Knife Crime Awareness, Anti-social behaviour and the preventing young people from Sexting, and how to report matters to the police. Our work is wide and varied. One minute you can be doing school patrol on foot, and within 15 minutes you can be dealing with an assault happening right in front of you. We deal with a lot of neighbourhood disputes, which can be challenging, especially if something is classed as a civil matter.

Sometimes people smoke cannabis in their own homes, however the smell can affect the immediate neighbours. For people who live in either council properties or housing association, this can endanger their tenancy if they persist after being advised by the police. Possessing cannabis is still an offence under the misuse of drugs act. Below are our next Beat Surgeries. If there is anything you would like to discuss with us, we would love to see you there.

BEAT SURGERY @ MADE-FOREVER

28th June / 25th July / 22nd August

13.00 – 15.00hrs

FISHER ROAD, KINGSWOOD

BRISTOL, BS15 4RQ

TEL: 0117 3018739

www.kingsmeadowmade4ever.org.uk

Families Also Matter



About the service

We can help to reduce the impact of someone else's drug or alcohol use on their families and friends. There are a number of ways that you can get support:

- A dedicated website at: www.webfam.co.uk
- Help from other family members in similar situations.
- Structured support groups.
- 1:1 sessions for support, advice and counselling.
- A dedicated annual conference for families and carers.

Where possible, we try to provide whole family solutions.

Call: 01454 868750

Email: family@dhi-services.org.uk

What will the service mean for me?

- A safe and welcoming place to talk
- Learning effective coping strategies
- Finding out more about drugs and alcohol
- Understanding addiction
- Sharing with and learning from others with similar experiences
- Discovering you are not alone!



South Gloucestershire

Community Learning

01454 864613

community.learning@southglos.gov.uk

www.southglos.gov.uk/communitylearning

COMING THIS SUMMER TO KINGSWOOD



South Gloucestershire Council's Community Learning department are running a Family Owl Treasure Hunt around Kingswood.

Information packs will be available to pick up from the beginning of July, from Kingswood Made Forever centre, local primary schools, Kingswood library,

Kings Chase Shopping Centre, Kingswood Job Centre, Kingswood Leisure Centre, Kingswood Children's Centre, Grimsbury Farm, Kingswood Museum, and other local community centres

For further information, please contact Sam Jones on 07768 293842 or email samantha.jones1@southglos.gov.uk

#SGClearn #theowlsarecoming #community #sglosCouncil #kingswood #KingswoodOwlTrail #familytime

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

*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

craft workshops

A new group where you can get creative, make friends, and generate income together.

Run by Purple Shoots
Thursday Mornings 10-12

13th June, 20th June, 4th July, 11th July

Venue:

Kingsmeadow at Made Forever, Fisher Road, Kingswood, BS15 4RQ

The sessions are free but spaces are limited

Email martin@purpleshoots.co.uk or text Martin 07552277597 for more information

 **PURPLE/shoots**
Creating opportunity, growing ideas

 **MADE-FOREVER**
Changing lives together

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

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.

KINGSMADOW @ MADE FOREVER

Fisher Road, Kingswood BS15 4RQ

www.kingsmeadowmade4ever.org.uk



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.



Do you want to get out of the house and meet new people?

You are welcome to join us at our new ladies coffee morning.

Having a coffee morning

is a perfect chance to;

- bring people together in the community,
- discuss ideas & issues,
- make new friends or catch up with relative/ mates over a cuppa.

And if you wish to stay longer, lunch is also available at our café.



JOIN US FOR

LADIES COFFEE MORNING

**Every Thursday
10.30am to 12pm**

FIND US ON:

Fisher Road, Kingswood,
Bristol, BS15 4RQ

Telephone: 01173018739

info@kingsmeadowmade4ever.org.uk



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

Walking for health

Stay active and make friends



Every 1st Wednesday of the month, 10.30 - 12.00 at Kingsmeadow @ MadeForever



Get some fresh air, meet new friends and explore the local area.

Interested ? Just turn up.



Enjoy our *Forever Café* afterwards for a cup of coffee and to relax.

For more information

Fisher Rd, Kingswood, Bristol, BS15 4RQ

Tel: 0117 3018739

info@kingsmeadowmade4ever.org.uk

Visit our website:

www.kingsmeadowmade4ever.org.uk

COMMUNITY ROLLER DISCO



SATURDAY NIGHT



Last Saturday of every month

5pm-7pm

Individuals - £3.50

Family ticket - £10

Made Forever Community Centre
Fisher Road, Kingswood
BS15 4RQ



To book or for more info: info@lollylollipop.co.uk or 07834 220 685

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

South Gloucestershire
Dementia Action Alliance
A friendlier community for all



WE NEED YOUR HELP!

We are working with communities and organisations to make South Gloucestershire a better place to live for those with dementia and those who care/support them. One way we do it is by providing memory cafes.

YOU CAN MAKE A DIFFERENCE IN YOUR COMMUNITY!

Three volunteers are needed to lead a group of volunteers at The Retreat Memory Cafe which takes place on the 2nd Monday of the month at: St. Stephen's Church Hall, Church Road, Bristol BS16 4RH

Interested? Get in touch!

* Email: dementia@southernbrooks.org.uk

* Telephone: 01454 868 570

* Twitter: @SGlosDementiaAA

* Facebook page: South Glos Dementia Action Alliance

* Post: South Glos Dementia Action Alliance, c/p SBCP, Coniston Community Centre, Coniston Road, Patchway, South Glos, BA34 5LP

Strong Communities Powered by People

☎ 01454 868570

🌐 www.southernbrooks.org.uk

✉ office@southernbrooks.org.uk



Youth club at Kingsmeadow @ Made Forever with Creative Youth Network.

The youth club at Made Forever is the safe space for young people in the Kingswood area. With a range of exciting activities, and fun and approachable youth workers, it's where young people can find their next hobby, a supportive group of friends and quality advice and guidance.

Run by Creative Youth Network the sessions are open to 11-18 year olds to come and take part in activities such as football, basketball, dodgeball, arts & crafts, music and cooking. There is also a rock-climbing wall and bouldering room which we can book out for special sessions.

The session runs Tuesday and Thursdays 7-9pm and entry to the youth club is £1. If you or a young person you know wishes to attend, they can turn up at the session and sign up to the club on the day. If you have any queries, please contact Creative Youth Network on 0117 947 7948 or visit the website at www.creativeyouthnetwork.org.uk.

Find out what's available for young people in Bristol and South Gloucestershire:
www.creativeyouthnetwork.org.uk/whats-on



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 4RQ
T: 0117 3018739/ 0784 242 8043

This Summer Holiday

KINGSWOOD'S 1ST ANNUAL COMMUNITY SCARECROW TRAIL

20th July 2019 from 10am - 4.30pm

Join in with your neighbours friends and Family, and bring the fairy tail magic to life, by creating your very own children's character scare crow and displaying in your garden, or, if you prefer, just bring the whole family, and walk the trail, having fun, finding your favourite characters.

A map of the trail can be purchased for £2 at the Made Forever Community Centre On the Day.



Entry is free to be on the map with your creative designed scarecrow

Return your completed map to **Kingsmeadow @ MadeForever** to win a prize.

Vote for your favourite scarecrow.

Extra prize for those completing the trail dressed up.

Fun and Games being held in the Community Centre during the day, with the Café to buy refreshments.

Also, come and discover your what is going on at Community centre.



Text or call if you wish to register your Scarecrow.
For more information contact Kate on 07900 250 857

Fisher Rd, Kingswood , Bristol, BS15 4RQ

Tel: 0117 3018739

info@kingsmeadowmade4ever.org.uk





FRIDAY NIGHT YOUTH CLUB

Are you a young disabled person
aged 12-25 in South Gloucestershire?

Come and check out our amazing Friday Night
Youth Club in Kingswood.



The club is one Friday a month, 7-9pm at the
Made Forever Youth Club and costs just £3.50
(with food included!)

MOVIE NIGHTS
COMPUTER GAMES
SPORTS HALL
KARAOKE
CHILL AREA
MEET NEW PEOPLE
MAGAZINES
TUCK SHOP
JUKEBOX DISCO

2019 Dates

26th Jul / 30th Aug / 27th Sep / 25th Oct / 29th Nov / 20th Dec

How do I sign up?

Email: Samuel.eason@kids.org.uk

or call KIDS on 0117 947 6111

**FUTURE
BRIGHT** ■ Support
■ Advice
■ Skills

Welcome to Future Bright, a new free service for people in paid work,
that offers flexible options to boost your job prospects and skills.

What will I get?

- **Support:** A dedicated Career Coach
- **Advice:** Practical help to take control of your work and pay
- **Skills:** Training and development designed around you

Is this for me?

Future Bright works with residents in Bristol, South Gloucestershire and Bath and North East Somerset, who are aged 19 or over and are in paid work and receiving benefits to top up their income*.

How do I sign up?

- **Visit**
www.futurebright.org.uk
- **Call**
01454 866 008
- **Email**
future.bright@southglos.gov.uk

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

*To be eligible you must be receiving one or more of the following in-work benefits: JSA, ESA, Universal Credit, Working Tax Credit, Child Tax Credit, Housing Benefit, Income Support or Council Tax Reduction.

**WEST OF
ENGLAND**
Combined Authority

Department
for Work &
Pensions

**SOUTH
GLOUCESTERSHIRE**
Council

Bath & North East
Somerset Council

**SOUTH
GLOUCESTERSHIRE**
Council

Walking for health volunteer training

Our programme of free, led walks would not exist without our team of wonderful volunteers. As a volunteer you will:

- help and support people in your community to get active and healthy
- attend a training day covering the basics of walk leading
- receive ongoing support from the Walking For Health team

Find out more here: oneyou.southglos.gov.uk/walking

Our next training day for new Walking for Health volunteers will be on 10th September, 2019 in Yate. Please complete the application form or get in touch with us: healthylifestyles@southglos.gov.uk. We'd love to hear from you!

**HOW
ARE
YOU?**



**FREE TIPS,
APPS AND
SERVICES TO
HELP YOU**

ONE YOU
SOUTH GLOUCESTERSHIRE
ONEYOU.SOUTHGLOS.GOV.UK