

# WHAT'S ON

**MEADOW TOTS FAMILY GROUP** Tuesdays 10 – 11.30am, 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.

**FRIENDSHIP CLUB AND ARMCHAIR EXERCISE 50+yrs** Every Thursday 1.30 - 3.00pm at Kingsmeadow @ MadeForever. Details please contact – Spencer on 07825155954.

**WALKING FOR HEALTH** First Wednesday of every month, 10.30am – 12.00pm (coffee afterwards) at Kingsmeadow @ MadeForever.

**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](mailto: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.

**CARDIO DRUMMING** Every Saturday until 27 April from noon - 1pm at Kingsmeadow @ MadeForever. For further details contact paul@twinwave.co.uk or 07932448627.

**GROW FOREVER COMMUNITY ORCHARD** Weekly Tuesday and Thursday, from 10 am - 12pm at Kingsmeadow @ MadeForever. For further details, please contact Barbara or Kelly 0117 3018739 / 03339874663

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

**FOREVER YP SOCIAL AND DEVELOPMENT PROGRAM** Coming soon at Kingsmeadow @ MadeForever. 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<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



**Grow Forever  
Community Orchard**

**Forever Cafe**

**Wellbeing Activities,  
services and courses**

**Other  
information  
for your  
local area**



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



## Services & Activities

### COURSES:

- Creative Writing
- Mindfulness Course
- Wellbeing & Confidence Moving Forward
- IT for the Wellbeing

### ACTIVITIES:

- Walking for Health
- Wellbeing Singing Group
- Friendship Club
- Fibromyalgia Support Group
- Youth Clubs
- Karate Club
- Family Yoga
- Home Education Support Group
- 1 - 2 - 1 Assessments



- Mentoring/coaching & practical support
- Welfare benefit, debt and money support
- Employment support
- 1-2-1 / drop-in computer support
- Young Offenders Community Engagement
- Toddler Family Café mornings
- Sporting chance Mentoring
- Grow forever Community Orchard
- Forever Wellbeing Picture Club
- Family Roller Disco & Break Dance Classes

### Volunteer opportunities

Forever café

Room for hire

Telephone: 01173018739

Fisher Road, Kingswood, Bristol, BS15 4RQ

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

[info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)

[kingsmeadow@made4ever](mailto:kingsmeadow@made4ever.org.uk)



# Meadow Tots

## Family Group

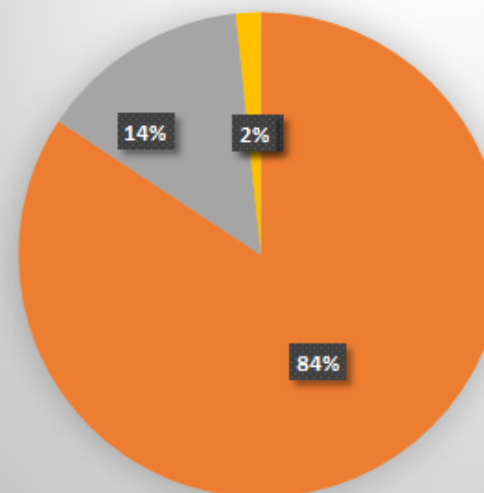
At Made-Forever,  
Fisher Rd, BS15 4RQ

**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

## Kingsmeadow Connect Newsletter Survey



### Questions

What do you think about the contents of the Newsletter?

Do you like the presentation of the Newsletter?

Does this Newsletter provide enough information?

Very Satisfactory

Satisfactory

Unsatisfactory

## Exercise & Social for Seniors

The Park Centre, Kingswood  
Every Friday 1030 - 1145 am



### Starts Friday 18th January

Come and join us for a dose of weekly exercise!

We aim to improve your **strength**, **balance**, **posture**, and **flexibility** in a fun and friendly environment!

Price: £5.00 per class

To register your interest please contact  
Adam Dyer on 07875 503586.



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



## Grow Forever Community Orchard – January 2019

GFCO members have sown over 700 seeds this month comprising of herbs like parsley and coriander, flowers like geranium and busy lizzies, salads like peppers and tomatoes and we rescued the lettuce found outside and its survived and growing healthily.

We've discovered one of the gardening gang has hidden talent and skills from attending a local photography course. He's volunteered to take photographs of the site as the gardens develop over the next few months. Join us in the design .

### Learning about Recycling

The compost bins are in place for Green waste and brown waste – not to be mixed, it'll be ready to use during the summer – recycling the waste products, reducing costs and rubbish collection from Kingsmeadow@made4ever

Egg were emptied and the shells were cleaned ready for seeds to be sown. Members commented on the therapeutic peace they felt when joining in the activity as the concentration needed provoked feelings of well-being, clearing their heads of everything apart from the activity in hand. Suggestions were made about cooking the contents and making scrambled egg, an omelette or bacon and egg roll....Maybe next time gang.

A volunteer at the centre made a superb potting table and shelves from oddments of wood. Amazing!

We are very proud to announce our polytunnel is standing tall and fixed in the Kingsmeadow@Made4Ever Gardens and is now filled with many pots containing organic compost and seeds. We expect our first buds soon with flowers ready for April and fresh produce soon after. Many of the herbs are growing strong and healthily and are surviving the winter frosts. The fruit trees comprising of plums, raspberries, limes, lemons, and apricots are protected and growing well. The 2017/18 strawberry plants are looking healthy and plentiful, ready for strawberry and cream teas in the summer.

If you would prefer to come along on a quieter day, come along on Tuesdays

Wednesdays are pretty busy but you are still welcome

Thursdays are filling fast

We do alternative indoor activity when it's cold so don't let the weather deter you from coming along

Make new friends

Share a story

Have some fun

Learn something new



## Grow Forever Community Orchard

We would love for you to get involved!

Looking to meet new people, learn new gardening skills & enjoy some green space? You are welcome to join our FREE Grow Forever Community Orchard club.

FOR MORE INFORMATION CONTACT KELLY OR  
BARBARA ON 0117 3018739 / 03339874663



WHEN? (WEEKLY)

TUES—THURS

10 AM—12 PM

WHERE?

KINGSMADOW @ MADEFOREVER CENTRE,  
FISHER ROAD, BS15 4RQ

HOW TO GET INVOLVED?

POP IN AND SEE US DURING SESSIONS



## Your Councillors for Kings Chase



April Begley

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

### Meet Your Local Councillors

April 6th  
New Cheltenham Community  
Centre, New Cheltenham, Road,  
Kingswood

**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)



COPY 11/2014

**BEAT SURGERY @ MADE FOREVER**

Kingsmeadow@



Changing  
lives  
together

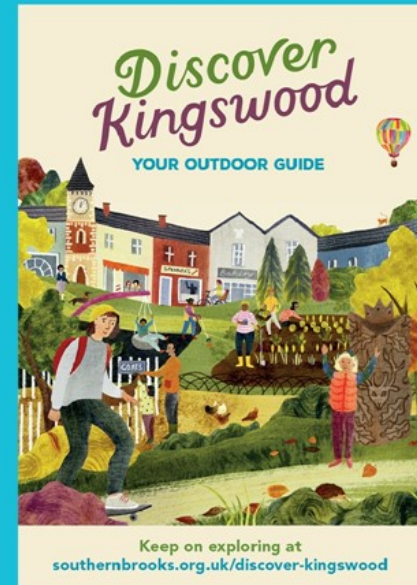
FISHER ROAD, KINGSWOOD  
BRISTOL, BS15 4RQ

TEL: 0117 3018739

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

**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

WANT TO GET OUT AND  
ABOUT MORE?  
KEEN TO GET INVOLVED IN  
YOUR COMMUNITY?



YOU'RE INVITED TO THE LAUNCH OF  
OUR NEW DISCOVER KINGSWOOD  
OUTDOOR GUIDE & KINGSWOOD  
WELCOMES YOU COMMUNITY FILM  
THURSDAY APRIL 25TH  
11AM - 1PM  
KINGS CHASE SHOPPING CENTRE

**Get you're free copy  
Get involved in Kingswood**



**\*Free courses starting Jan 2019. Go online to find out more:**  
[www.southglos.gov.uk/communitylearning](http://www.southglos.gov.uk/communitylearning)

Kingswood Area			
Course Title	Date and Time	Venue	No weeks
Creative Writing for Wellbeing	Wednesdays, 10.00 – 12.00	Kingsmeadow @ Made forever	7 weeks
Intro to Mindfulness	Fridays, 10.00 – 12.00	Kingsmeadow @ Made forever	10 weeks
Intro to Mindfulness	Wednesdays, 18.00 – 20.00	Kingswood Children's Centre	10 weeks
Developing Mindfulness Techniques	Thursdays, 9.30 – 11.30	Kingswood library	8 weeks
**ESOL for Everyday Life	Wednesdays, 09.30 – 11.30	Kingswood Civic Centre	10 weeks
IT for Wellbeing	Wed 16.00 - 17.00; 20/2 - 27/3	Kingsmeadow @ Made forever	6 weeks
Introduction to Working with Children and Young People	Thurs 10.00 – 13.00; 28/2 – 4/4	Kingswood Civic Centre	6 weeks
**Level 1 Award in Childcare	Thurs 10.00 – 13.00; 25/4 - 4/7	Kingswood Civic Centre	10 weeks
**Level 1 Award in Office Admin	Wed, 09.30 – 11.30; 24/4 – 17/7	Kingsmeadow @ Made forever	12 weeks
**Level 1 Award in IT User Skills:	Wed 12.45 – 14.45; 13/3 – 10/7	The Park Centre, Kingswood High Street	11 weeks
Exploring Mindfulness Techniques	Fri 10.00 – 12.00; 26/4 – 21/6	Kingsmeadow @ Made forever	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



**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

Community Learning is a learning organisation, based within South Gloucestershire Council, but funded externally by the Education and Skills Funding Agency. The service aims to reach adults aged 19+, who have not achieved a full level 2 qualification, or who have experienced mental, emotional or health issues, or other barriers to learning. It may be that you have a level 2 qualification but don't feel you are functioning at that level now; our courses help learners to build confidence and acquire new skills, which may help them to progress further into work and/or to empower them in their wider roles as parents and community members. Most of our courses are free, with the exception of our English for Speakers of other Languages (ESOL) and our accredited employability courses, which are free for anyone in receipt of benefits.

Typically, we offer courses in IT, English, maths, ESOL, crafts, family learning in schools, employability, health and wellbeing, and confidence building. Through working in partnership with small voluntary and community organisations the service delivers learning activities to those most in need.

Our classes are inclusive and welcoming of all learners; resources can be adapted to meet specific needs and accessible venues are used wherever possible. Support workers are also welcome to attend alongside clients if appropriate; and we may be able to help with child-care on an individual basis, if that enables you to attend a course. We recognise that walking through the door to your first lesson is a huge achievement in itself, and just the start of your learning journey. Here is what some of our learners have said about our services:

I became more confident in reading and I have gone on to do a maths course  
It boosted my confidence in helping my son with his homework.  
Meeting other people with same feelings and issues helped a great deal.  
I have since obtained employment  
Having to work in a group would have been a nightmare but I really enjoyed and looked forward to the course each week.  
I did not know how to start computer or how to type; now I use it for emailing; looking up things; buying on line etc  
Made me more confident to cope with day to day life in general.

If that strikes a chord with you or someone you know, go online [www.southglos.gov.uk/communitylearning](http://www.southglos.gov.uk/communitylearning) to see what courses are coming up soon. Or give us a call on 01454 864613 and ask for Sam, to find out where your journey might begin.



Every Friday

## Family Yoga



Kingsmeadow @ Made4Ever

Fisher Road, Kingswood, Bristol,  
BS15 4RQ

0117 3018739

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

## Family and kids yoga

Family Yoga for adult with child aged 2-7 years old

Nurturing and fun, these family sessions aim to strengthen the bond with our child through yoga stories, games, breathing exercises and even a little bit of singing! A space to grow in togetherness with your child. Suitable for mums, dads, grandparents or other adult care givers.

Time: 4 - 4.45pm

Price: £8 for 1 adult with 1 child

£10 for adult with 2 children over 2 years old

Kids yoga for children 5 years and older

In these fun sessions children are introduced to yoga through games and active play, learning yoga poses as they go along. Alongside this we learn new ways to be calm and relax through relaxation and breathing techniques taught in a light and age appropriate way.

Time: 5 - 5.45pm

Price: £5 per child

# 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](https://twitter.com/sgloscouncil)



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

**£1.00**  
Per  
session



## South Gloucestershire Over Fifties Forum

*Campaigning for older people*

The South Glos Over 50's Forum

The Clocktower, Tower Road North, Warmley, Bristol, BS30 8XU  
email: [southglosover50s@gmail.com](mailto:southglosover50s@gmail.com) or call 07967 102141

Are you over 50 and resident in South Gloucestershire?

Are you interested in being part of a Forum to share your issues and get answers from statutory agencies or others in the know?

Obtain information that could inform your quality of life.

Membership is free.

The South Gloucestershire Over 50's Forum was set up 25 years ago to ensure older people had a voice that was heard and respected.

We meet three times a year in five locations across South Gloucestershire to ensure local issues are heard and your voice is fed into consultations etc. Our general meetings are held during the day.

We are members of the local and national Pensioners Forums.

For those just 50 plus you are not old in fact you are probably working so we hold evening meetings to ensure your issues and voice are heard too. We know juggling work, family and possibly caring for an older relative can be stressful. We also know that getting round to getting information on topics be it pensions, wills, care issues, housing, health care, get a job over 50 etc etc can be difficult so we get professionals in who can lift the load.

Our AGM is on Wednesday 29th May at Badminton Road Methodist Church, Badminton Road, Downend BS16 6NU from 2 – 4pm. All are welcome.

Our speaker will be the Leader of the Council and many organisations will have stalls with information, plus tea and cake.

Do contact us for more information.  
Contact details above.



# 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](https://twitter.com/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.

### KINGSMADOW @ 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 @ 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.



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



## South Gloucestershire Play Streets

Would you like your family to be more active?

Would you like to get to know your neighbours better?

*South Gloucestershire Play Street schemes enable residents to apply for and manage a temporary road closure for children's play – a great way to make your street more child friendly and promote community spirit.*

*Following the successful pilot project held during the months of September to December 2018, we have launched an extended pilot Play Streets scheme in 2019-20. Residents of suitable streets are invited to:*

- submit applications by 26/04/2019 (9am)
- to hold authorised Play Streets events during the period of 24/05/2019 to 23/05/2020

You can find out how to apply and much more at [www.southglos.gov.uk/playstreets](http://www.southglos.gov.uk/playstreets) or feel free to contact us at [healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk)

### Active in Life

Active in Life is now available for anybody who is currently inactive and would like to try out activities or fitness classes in the South Glos area! Building on the success of the popular SportsPound project which helped thousands of people get active, the aim now is to get even more!

With a great range of activities on offer, for only £2 per session you can try out 8 goes at nominated fitness classes, tennis, martial arts, buggy fit and many more. Also on offer are one month Gym tasters or Couch-To-5K courses for only £10!



No catch - this costs you only £2 per activity session, or £10 for a month with a gym, we just want you to increase your activity levels, have fun while getting healthier and meeting new people, and we feel like it shouldn't cost you too much to try it out. If you think you'd like to add a bit of activity into your life, why not visit our website and see if there's something that appeals to you? Even better, get a friend or family member to sign up too and pick up a new hobby together!

Visit [www.southglos.gov.uk/ActiveinLife](http://www.southglos.gov.uk/ActiveinLife) for information and to register.

Email [AiL@southglos.gov.uk](mailto:AiL@southglos.gov.uk) with any questions or requests.



# COMMUNITY ROLLER DISCO

Kingswood @ MADE-FOREVER Changing lives together

**SATURDAY NIGHT**

bi-weekly from **16<sup>th</sup> February 2019**

**6pm-8pm**

Individuals - £3.50  
Family ticket - £10

Family ticket covers 4 family members any ratio of adults / children

Made Forever Community Centre  
Fisher Road, Kingswood  
BS15 4RQ

To book or for more info: [info@lollylollipop.co.uk](mailto:info@lollylollipop.co.uk) or 07834 220 685





# WINSTON'S BREAKIN' WORKSHOP

Kingswood @ MADE-FOREVER Changing lives together

**SATURDAY @ 4.45pm**

Starting **16.02.2019**

**Termly sign-up**  
Term Dates:  
bi-weekly from  
16<sup>th</sup> Feb – 8<sup>th</sup> June  
9 wks @ £5 = £45.00  
Beginners class:  
6 - 60+ yrs  
Made Forever  
Community Centre  
Kingswood  
BS15 4RQ

*"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 term.

To book or for more info: [info@lollylollipop.co.uk](mailto:info@lollylollipop.co.uk)



# 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

National Lottery Funded

Southern Brooks  
COMMUNITY PARTNERSHIPS



## 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

  
North Bristol  
Advice Centre

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



## Friends of Kingswood Park seek 30 volunteers for 2019



FRIENDS OF  
KINGSWOOD PARK

2018 was a colourful year for Kingswood. The Friends of Kingswood Park brought together community support from councilors and local organisations to revive neglected flower beds and return floral displays along Regent Street that have not been seen for years. Residents stopped and thanked our volunteers for all their hard work. 2019 promises to be another great year for Kingswood. The Friends want to recruit around 30 volunteers to help improve the Town Centre and Kingswood Park.

Our local green spaces are vital for everyone and the community - and for all age groups and interests! They are an essential and unique service promoting relaxation, recreation and play, wildlife and bio-diversity, attractive walking and cycling routes, green jobs and skills, heritage, flood control, health and social well-being, and community cohesion.

Chair of the Friends of Kingswood Park Diane Thomas says 'We deserve to live in a town that has as much green space as buildings. Our children deserve the chance to learn about animals and wildlife. They deserve safe spaces to play in that aren't streets or car parking areas.'

To take us into 2019 The Friends of Kingswood Park have created three new strategic roles - Volunteer co-ordinator, Fundraiser and Publicist. This is where fresh thinking and focused activity will take the Friends onto a new level. The Friends will also strengthen numbers helping with gardening, events and in Kingswood Park.

Anyone interested in being part of this new exciting revival of Kingswood should either:

Call or text 07790234087 or Email [friendsofkingswoodpark@gmail.com](mailto:friendsofkingswoodpark@gmail.com).

Alternatively, visit the My Kingswood website and click on the Friends of Kingswood Park Logo. There you will find everything about these new roles.

**CONTACT:** Jim Whittaker, secretary, [friendsofkingswoodpark@gmail.com](mailto:friendsofkingswoodpark@gmail.com), tel.:07790234087

### About the Friends of Kingswood Park

*The Friends of Kingswood Park work in partnership with South Gloucestershire Council to improve Kingswood and its Park. We want to give visitors a safe, well maintained park where they can relax with family and friends and enjoy events and activities. The Friends also go out to the Kingswood Town Centre to improve the appearance of the neighbourhood. We want every resident to be proud to call Kingswood their home.*



Kids

## 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

25th Jan / 22nd Feb / 29th Mar / 26th Apr / 31st May / 28th Jun  
26th Jul / 30th Aug / 27th Sep / 25th Oct / 29th Nov / 20th Dec

How do I sign up?

Email: [Samuel.eason@kids.org.uk](mailto:Samuel.eason@kids.org.uk)

or call KIDS on 0117 947 6111





Find us  
on...



# Holiday Sports Camp

**who**

**5 - 12  
Years**

**when**

**Feb Half Term  
10am - 3pm**

**where**

**Mangotsfield  
Primary School**

Tag Rugby  
Football  
Basketball  
Cricket  
Tennis



Dodgeball  
Hockey  
Rounders  
Mini Olympics  
Indoor Games

**From £15.00 per day with special offers for  
multi-day / child bookings!**

Register at [www.sportingchance-pt.co.uk](http://www.sportingchance-pt.co.uk)  
07825 155954 [info@sportingchance-pt.co.uk](mailto:info@sportingchance-pt.co.uk)

**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?

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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.



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