

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.

HALLOWEEN DISCO PARTY (EVENT) at Kingsmeadow @ MadeForever. For further details, please contact 0117 3018739.

TABLE TOP SALE Coming soon 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.



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 @ MadeForever plus staff and volunteers, cannot be held responsible for any errors, or misrepresentation therein"

KINGSWOOD CONNECT



**Kingschase
Shopping Centre
Mural**

**Wellbeing Activities,
services and courses**

**Other information
for your local area**

MORE NEWS, MORE EVENTS, MORE CARE.

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



For more information:
Telephone: 0117 301 8739
Email info@kingsmeadowmade4ever.org.uk



Do you need a community venue room to deliver training, hold team meetings, interviews, conferences or meet customers?

Do you need a venue for a party, group activities or any event?

Room Hire

Kingsmeadow @ MadeForever is a registered charity and based in Kingswood. It is the perfect outreach community setting that will meet all your needs. It is fully accessible by all and providing ample free parking. This venue is also easily reached using public transport.

- Various comfortable spaces
- Free Car Park
- Free WIFI
- Welcoming Team
- Baby changing facilities
- Disable toilet facilities
- Disabled Access
- Friendly café
- Catering services available
- Games & Sports equipment available
- Bouldering room & Climbing wall for hire
- Laptops for hire
- Play your own music using our speakers*

If you book six or more sessions at the same time, you will receive a 10% discount.

Our Customers say:

"All my Staff running events at Kingsmeadow absolutely love it"

"It is such a welcoming, relaxed and quiet environment perfect for training delivery. All our needs were well catered for, Thank you".

"Many Thanks for our party, everyone had an amazing time, the service was excellent from start to finish...I will recommend you to everyone."

Fisher Road, Kingswood, Bristol, BS15 4RQ
www.kingsmeadowmade4ever.org.uk
Kingsmeadow @ MadeForever

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

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

Kings Chase Shopping Centre Mural

Young people created a big splash of colour this summer in Kings Chase shopping centre. 13 local young people took part in 4 art workshops led by Bristol based artist Sophie Rae. The group worked together to plan and paint a mural to brighten up a dark corner beneath the car park steps. Taking inspiration from nature, they created a vibrant design including fish, birds, trees and a slug hiding under a rainbow. New friends were made and all the young people all felt proud and satisfied with what they'd help achieve.

"I've grown up in this area and know the people in Kings Chase. It's great to be part of it."

"We did what we wanted to in the workshops then put it all together to make a wonderful combination."

"I've liked doing the mural. It's different and exciting."

"It's nice to paint for the community. We should do the whole place!"

"I hope people enjoy seeing it when they're shopping"



With huge thanks to *Kingsmeadow @ MadeForever, Creative Youth Network, Southern Brooks Community Partnerships, Kings Chase shopping Centre, Temple wood Security, Wilko and South Glos Council.*

If you're interested in being part of future Kingswood projects please contact
office@southernbrooks.org.uk

Kingswood

<u>Course Title</u>	<u>Venue</u>	<u>Day, times and dates (first & last)</u>	<u>No weeks</u>
Computing and Digital Skills			
IT for Beginners	Kingsmeadow @ Madeforever	Wed, 4pm-5pm; 25 Sep-23 Oct	5 weeks
IT for Work	Kingsmeadow @ Madeforever	Wed, 4pm-5pm; 6 Nov- 4 Dec	5 weeks
Functional Skills in ICT	The Park Centre	Wed, 12.45 – 2.45; 22 Jan-1 April	10 weeks
English			
Improve your English	The Park Centre	Wed 10 – 12, 25 Sep-4 Dec	10 weeks
Grammar Brush up	Kingswood Civic Centre	Fri 1pm – 3pm, 8 Nov-13 Dec	6 weeks
ESOL			
ESOL for Everyday Life	Kingswood Civic Centre	Wed 9.30 – 11.30, 25 Sep -4 Dec	10 weeks
Into Work			
Intro to Office Administration Skills	Kingsmeadow @ Madeforever	Wed 9.30 – 12.00; 6 Nov-11 Dec	6 weeks
NOCN Level 1 Award in Office Administration	Kingsmeadow @ Madeforever	Wed 9.30–12.00; 8 Jan-1 Apr 2020	12 weeks
Maths			
Improve your maths	The Park Centre	Tues, 9.30 – 11.30, starts 1 st Oct; runs until 10 th Dec	10 weeks
Wellbeing			
Intro to Mindfulness	Kingsmeadow @ Madeforever	Fri, 10 – 12, 4 th Oct- 6 th Dec	9 weeks
Life coaching to Build Resilience	Kingsmeadow @ Madeforever	Wed, 9.45 – 11.45, 2 Oct-11 Dec	10 weeks

Please bring some ID (such as a passport or driving licence) and your National Insurance number to the first session.

For further information, please contact Mark Lawrence on 07596338459 or email: mark.lawrence2@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*

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



BEAT SURGERY @

17th October

28th November

12th December

13.00 – 15.00hrs**FISHER ROAD,
KINGSWOOD
BRISTOL, BS15 4RQ
TEL: 0117 3018739**www.kingsmeadowmade4ever.org.uk

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**

Peer Support Groups

Peer support is where people use their own experiences to help others. It focuses on positive strengths not weaknesses and works towards wellbeing. Come and meet others, learn about what helps improve and maintain good emotional wellbeing. Peer Support Groups are held every fortnight.

Check dates and book your free place at oneyou.eventbrite.com or phone 01454 865337.

This session is run by Southern Brooks Community Partnerships on behalf of South Gloucestershire Council.

**Healthy Start**

Are you pregnant or have young children?
Are you getting benefits, tax credits or Universal Credit?

Did you know 4 in 10 local families are missing out on
vouchers worth up to £900 per child?

Do you know about Healthy Start food vouchers
and free vitamins?

No, I don't
know about
Healthy Start

Yes, but
I'm not
getting the
vouchers

Yes, I'm
getting the
vouchers

We want to talk to you ALL!

Help us to improve things. We are looking for mums
& mums to be, to share your thoughts and experiences
of Healthy Start in a
20 minute chat (face to face or by phone)

You will receive a £10 Love2shop gift voucher for your time

(donated by the charity Food Power/Sustain)

To sign up or for more information email:

healthylifestyles@southglos.gov.uk or

Telephone: 01454 864005 (ask for Deborah or Nicola) or

Text: 07704 018385 (Deborah)

For more information about this project please visit: www.southglos.gov.uk/maternalandchildnutrition



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

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
14th October 2019
New Cheltenham
Community Centre
Kingswood, BS15 1UL**



www.southglos.gov.uk/cef

01454 868113

communityengagement@southglos.gov.uk



Healthy Lifestyles Directory for older people 2019-20

The new edition of the Healthy Lifestyles Directory for older people provides information about a range of services including the new, integrated healthy lifestyles and wellbeing service: One You South Gloucestershire.

Find out about...

- Clubs/groups/exercise classes in South Gloucestershire
- Adult Care and Support
- Libraries
- Healthy eating
- And much more...

Please ask for your directory at any South Gloucestershire GP surgery or library. You may also order copies from: <http://southglos.resourcesorg.co.uk>
An online version is available to download from here: oneyou.southglos.gov.uk/activitiesop



Have you been diagnosed with one of the following conditions?

Fibromyalgia

Chronic Fatigue Syndrome/ME

Sjögren Syndrome

Are you looking for support from people who understand? Look no further, we are a fun, positive group with either one or a combination of the above conditions.

Our aim is to express our understanding, offer our own experiences and possibly open up new avenues to explore via therapy, diet or mental well-being.

We are a new charity registered with Fibromyalgia Action UK.

We meet twice per month at the following times:

Every 2nd Wednesday 1300-1430

Every last Wednesday 1030-1200

Meetings are held at **Kingsmeadow@Made Forever**, Fisher Rd, Bristol BS15 4RQ

To find out more visit **fibrofriends.org.uk**



Fibromyalgia Action UK

Fighting for Freedom from Fibromyalgia

Support group working with FMA UK

Fibromyalgia Action UK (FMA UK) is a registered charity in England and Wales (1042582).





ACTIVE WELLBEING

Free Sessions to IMPROVE YOUR WELLBEING

Kingswood Community Association, The Community Centre, High Street, Bristol, BS15 4AB
Friday 6th Sept - 27th Sept 12:30pm to 1:30pm

Do you want to improve your wellbeing? These sessions aim to deliver a variety of physical activities for all abilities in a relaxed and friendly atmosphere. They will incorporate a mix of strength exercises, cardio activities and elements of recreational sports.

Book your free place at oneyou.eventbrite.com or phone 01454 865337.

This session is run by Active Life style Centres on behalf of Southern Brooks Community Partnerships and South Gloucestershire Council.

ONE YOU
SOUTH GLOUCESTERSHIRE oneyou.southglos.gov.uk | 01454 865337



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

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.



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

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

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

SOBER SOCIAL



Are you in recovery and abstinent from drugs and alcohol?
Would you like to meet people who feel similar to you?

You are invited to join us at Made Forever for a couple of hours of relaxed socialising; meeting others to have a chat, play POOL, board games or cards while enjoying quality coffee, teas, snacks and cakes.



Every Tuesday 12:30 – 14:30

(Starts 17th September 2019)

Free Entry. Drop In.

@ Fisher Road, Kingswood.

BS15 4RQ

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

mindyou

How to look after your emotional wellbeing

Videos of local young people on mental health and emotional wellbeing

Where you can find help and support

Advice and information from experts and young people

* Includes sections for professionals and parents/carers

The mental health and emotional wellbeing website for children and young people in South Gloucestershire.

For more information visit
mindyou.org.uk





FIVEWAYS TO WELLBEING

Free Wellbeing WORKSHOPS

Christchurch Surgery, North Street, Downend, BS16 5SG
Every Thursday 5th Sept to 3rd Oct 3pm - 4pm

The Orchard Surgery, MacDonald Walk, Kingswood, BS15 8NJ
Every Tuesday 27th Aug to 24th Sept 10:30am-11:30am

These workshops will explore each of the five ways to wellbeing - Connect, Be Active, Take Notice, Keep Learning and Give. We recommend you attend all 5 sessions of the rolling programme to feel the full benefits. There is an opportunity for a 20 minute 1-2-1 session with a wellbeing worker.

Book your free place at oneyou.eventbrite.com or phone 01454 865337.

This session is run by Southern Brooks Community Partnerships on behalf of South Gloucestershire Council.

ONEYOU

SOUTH GLOUCESTERSHIRE

oneyou.southglos.gov.uk | 01454 865337

Active in Life
celebrating *health* as a way of life



www.southglos.gov.uk/ActiveinLife

Kingswood Area

Activity	Day	Time	Venue	Contact
Gym/Swimming	Mon-Fri-Sat - Sun	6.15am-10pm 8am-7pm	Kingswood Active Lifestyle centre Church Road, Staple Hill, BS16 4RH	Kingswood Active Lifestyle Centre, Tel: 0300 333 0300
Walking Netball	Mon	12pm-1pm		
Kick Boxing	Mon	8pm-9pm	Kingswood Community Centre, High Street, Bristol BS15 4AB	Stuart Colvin 07810184886 bristolkickboxing@gmail.com
Taekwondo	Mon Wed	7.20pm-8.20pm 7.45pm-9pm	Hanham Woods Academy, Memorial Rd, Hanham BS15 3LA	Hanham & Taekwondo 07729358691 hdtkd@live.com
Zumba	Mon	7.30pm-8.30pm	Kings Oak School, Brook Road, Kingswood, BS15 4JT	Lucy 07403247764 lzfitness@hotmail.co.uk
Aerobics/circuits	Tue	10am-10.45am	Hanham Community Centre BS15 3EJ	Real Fitness with Sarah 07975943589
Aerobics/circuits	Tue	6.45pm-7.30pm	Kings Forest Primary School, Station Rd BS15 4PQ	sarah@realfitnesswithsarah.com
Buggy Fitness	Wed	10am-11.15am	Tennis Courts, Kingswood Park	Kirsty AiL@southglos.gov.uk
Zenshin Dojo Martial Arts	Sat	9.30am-10.30am	Kings Oak Academy Brook Rd, Kingswood BS15 4JT	Rob Jones 07583000220 robzenshindojo@gmail.com

Anyone can attend these sessions at normal session price, anyone eligible for *Active in Life can sign-up for a voucher to have up to 8 sessions for £2 per session. Active Lifestyle centres one month Gym/swim month taster £10.

**Active in Life is for people who are currently inactive (less than 30 mins activity, not including walking) aged 18+ and live/work in South Gloucestershire.*

01454 865821 | AiL@southglos.gov.uk
ActiveinLifeSG | @ActiveinLife

Southern Brooks
COMMUNITY PARTNERSHIPS

LOTTERY FUNDED

South Gloucestershire
Council

Family Support Services

Family Wise

Family Wise is for families with one or more children aged between 8 and 12 years old. We need 2 or more of the following criteria to consider the referral:

A child who has had 10% absences (authorised and unauthorised) from school for an average across the last three consecutive terms. A child who has been identified as needing early help, including young carers.

An adult in receipt of out of work benefits or an adult who is claiming universal credit and subject to work related conditions. An adult with mental health issues and who has parenting responsibilities or a child with mental health issues where the child has been open to social care e.g. CIN or CP.

Adults or children who are referred by professionals as having any mental or physical health issues but the family are not open to social care.

Attendance concerns, not receiving full-time education OR education an identified concern.

What we do...

You will be assigned a family support worker that will contact you to make an initial visit.

We always begin the process with an initial visit, this will usually be done with your family at your home where we complete an assessment and make an action plan based on the needs and wishes of your family.

We work in partnership with the referrers and all other professionals that are involved with your family. We regularly attend SAF meetings to aid the flow of communication in order to provide the best possible service.

If appropriate we regularly meet with your children to ensure their voices are heard and part of our plan of action. These meetings are done in a relaxed and friendly manner and usually at your child's school or in your child's home.



We can signpost your family to other agencies and services that we feel will benefit you further.

Strong Communities Powered by People

01454 868570

www.southernbrooks.org.uk

office@southernbrooks.org.uk

Southern
Brooks

COMMUNITY PARTNERSHIPS

Strong Communities Powered by People

Southern
Brooks

Registered Charity No: 1157061

COMMUNITY PARTNERSHIPS

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.

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



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

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

Bath & North East
Somerset Council

Bath & North East
Somerset Council

Bath & North East
Somerset Council