

# USEFULL LINKS



**POLICE EMERGENCY AND HIGH PRIORITY CALLS** <https://www.avonandsomerset.police.uk/report/>

**COVID-19 BREACH OF RESTRICTIONS** <https://www.avonandsomerset.police.uk/report/breach-of-covid-19-restrictions/>

**ENQUIRY POLICE OFFICES** <https://www.avonandsomerset.police.uk/contact-us/police-stations/>

**NEW POLICING POWERS** <https://www.gov.uk/government/news/police-given-new-powers-and-support-to-respond-to-coronavirus>

**NHS WEBSITE** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**WALKING FOR HEALTH** <https://oneyou.southglos.gov.uk/move-more/walking/>

**UNIVERSAL CREDIT** <https://www.gov.uk/universal-credit>

**JOB SEEKERS ALLOWANCE** <https://www.gov.uk/jobseekers-allowance>

**SOUTH GLOS** <https://www.southglos.gov.uk/>

**ONE YOU SOUTH GLOS** <https://oneyou.southglos.gov.uk/>

**KINGSMADOW @ MADEFOREVER SUPPORT** Call 07842 428043 or email [barbarangome@kingsmeadowmade4ever.org.uk](mailto:barbarangome@kingsmeadowmade4ever.org.uk)

\* If you would like to sign up to receive this quarterly Newsletter, please email us on [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)



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

# KINGSWOOD CONNECT



**GrowForever Community Orchard**

**Latest COVID-19 updates in Kingswood**

**Online wellbeing activities, services and courses**

**Other information for your local area**

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



## COVID-19 Support

### Kingsmeadow @ MadeForever



K@M4E is the hub of the community that works with the most vulnerable people, preventing crisis, helping people already in crisis, those feeling confused, stuck and stagnated with life, those facing multiple challenges, at risk of isolation and those already living in loneliness and isolation. We provide support through a variety of intervention services.

#### **During Covid-19 crisis, we continue to provide the following services:**

- ✓ one to one Needs assessment and a personalised emotional and practical support package following assessment.
- ✓ welfare benefits, and debt support
- ✓ food, gas, electric vouchers and emergency hygiene kits
- ✓ supporting people in need shopping, prescription pick-ups and others
- ✓ co-ordinated volunteering service and support
- ✓ advocacy and mentoring
- ✓ coordinated support groups where group members are encouraged and motivated to contact and support each other during the Covid-19 crisis
- ✓ group motivational and encouragement call sessions

*Following the current social distancing guidance from Public Health England, services and sessions are provided via phone calls. In cases where we have to meet with people for example to deliver items, a 2 metres distance is kept between people.*

To access support or to become a volunteer please **call or text 07842 428 043** to speak with a member of staff or leave a message with your name and contact number for a call back.

Referrals can also be emailed to [barbarangome@kingsmeadowmade4ever.org.uk](mailto:barbarangome@kingsmeadowmade4ever.org.uk)

*N/B – The Centre is closed to the general public and we are temporarily not attending to drop-ins until further notice. Please ensure to call first to discuss your needs so your support will be coordinated accordingly.*

# WELLBEING SERVICES

## FIVE WAYS TO WELLBEING WORKSHOPS

Provides an opportunity through group sessions to learn about an evidence based approach to improving and maintaining your wellbeing. The workshops help you understand how; Connecting with your community, taking time to regularly Learn, being Active, Noticing your environment and Giving [CLANG] can help with wellbeing. If you attend the workshops; you can create an individual wellbeing action plan with a wellbeing work and through this plan be given information about local resources that you may find helpful.

## ENHANCED SUPPORT

This specialist support can help people who want to make changes to improve their wellbeing but are feeling overwhelmed and are not sure where to start.

## PEER SUPPORT

For people who are experts by experience – on their road to recovery from a period of poor emotional or mental wellbeing - we facilitate group discussions where individuals can, if they wish, share positive experiences, and get help with challenges they may be facing.

## TASTER SESSIONS AND COURSES

These sessions and courses provide a range of different approaches that may help people make small changes that will improve their wellbeing. Examples of these sessions and courses include:

- Introduction to Mindfulness
- Keep Your Cool: Helpful Ways To Manage Anger Course
- Paint yourself calm
- Relax Your Mind, Relax Your Body Course
- Better Night's Sleep Course

## VOLUNTEERING

The wellbeing team works with a group of volunteers who are interested in supporting others with their wellbeing. Volunteering roles include: Health Ambassadors and Health Buddies, people in these roles are individuals who are interested in different aspects of health and want to lead healthier, happier lives as well as helping others to do the same.

## ONE YOU

SOUTH GLOUCESTERSHIRE

[oneyou.southglos.gov.uk](http://oneyou.southglos.gov.uk) | 01454 866337



## Healthy Start: Update during and COVID-19 outbreak

### **Applications for Healthy Start**

Changes to the law mean that from 6 April a health professional signature will no longer be required on application forms (HSO1A)

This has been a significant barrier in the past, so it should make it easier and quicker to apply.

### **Healthy Start vitamins**

Families are advised to follow the government's Stay at Home guidance. Whilst Children's Centres are closed, all requests for vitamins need to be made to: [healthylifestyles@southglos.gov.uk](mailto:healthylifestyles@southglos.gov.uk) or telephone 01454 864005. Vitamins will then be posted to families. **Apply, apply, apply!**

Many in our community will be facing daily challenges relating to the Coronavirus epidemic – both in terms of health but also in terms of finance, job security, housing and caring responsibilities.

Some families may have to prioritise buying foods that won't go to waste. This may mean relying on cheaper foods that may be nutrient-poor so that intakes of certain important nutrients, fruits and vegetables may be low.

Families who receive Healthy Start food vouchers say it is of real benefit and means that they can buy more fruit and veg, milk or put it towards infant formula.

Unfortunately Healthy Start vouchers cannot be used online, but they can be used in shops and pharmacies (if they have registered with the Healthy Start scheme). This includes all the major chains and many independent shops.

Take up of Healthy Start is low in South Glos, so please promote and encourage families to apply.

### **For more information about Healthy Start:**

Contact your local Children's Centre, Midwife or Health Visitor or  
Call the helpline on 0345 607 6823    [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

## GrowForever Community Orchard

Kingsmeadow @ MadeForever is the hub of the community, located in Kingswood, Bristol.

We are turning an unused bare space within the centre into a **welcoming garden** open for the benefit of all in the community.

The community will be invited to a 'garden creation day'. We will be encouraging people who already have gardening skills and knowledge as well as people who have not had any previous experience but would like to learn.

Everyone is invited to take part in this activity whether making raised beds, planting, caring for plants, providing ideas, motivating others or having a coffee and engaging with people. The aim of this project is to enhance the wellbeing of people through outdoor gardening and providing a place for relaxation.

We will make the garden as wheelchair accessible as possible with a seated area for relaxation. We want to put in plants that are highly scented and others that are textured to include a sensory garden.

The learners will be able to come over regularly to learn how to start seeds off and how to prick out and bring the seedlings on. The vegetables and herbs will be used in the café and any excess can be sold off and the money used to buy more supplies for the garden.

If you would like to donate any garden items or volunteer Contact us by email: [iangraves@kingsmeadowmadeforever.org.uk](mailto:iangraves@kingsmeadowmadeforever.org.uk)

Kingsmeadow @ MadeForever will be very grateful.

The garden has been developed ready for people to come along and plant up. Ian has been working hard with help from other members of groups to get the preparation done.

**Garden is now ready to receive seeds!**





# SISTON COMMON YOUNG RANGERS



PERFECT FOR  
DUKE OF  
EDINBURGH!

Join an adventurous team of 16-25 year olds and the Friends of Siston Common to protect the common for future generations.

We will train, mentor and support you to grow your confidence and skills in conservation, nature identification, first aid, social action, leadership and more.



This volunteer programme is free and part of Kick The Dust: Future Proof Parks. Please email [amy.walsh@groundwork.org.uk](mailto:amy.walsh@groundwork.org.uk) for more information.



## Your online library is still open!

Although our library buildings are currently closed due to COVID-19, our online library remains open 24/7 so if you are in need of a constantly updated supply of reading material to match your interests, delivered straight to your screen, it's all yours with free South Gloucestershire library membership through the **LibrariesWest** partnership.

Download the latest issues of 100+ bestselling magazines (including GQ, Heat, Attitude, , Countryfile, New Scientist, Best, Ideal Home, Top Gear, Mojo, Vogue, Hello! ... and more) plus free eBooks and eAudiobooks🎧

Get started here: [bit.ly/d1gitalLibraryServices](https://bit.ly/d1gitalLibraryServices)

Not a member? Don't worry, you can join online now at [bit.ly/joinLW](https://bit.ly/joinLW) – membership is free. You will receive a Temporary ID number which will work for our digital services right away.

\*Where the form asks "Pin" and next "Re-enter Pin" it is asking you to choose your own 4-digit PIN and then to re-enter it to confirm your choice. Please provide your email address when you join online, as this will give you more control of your account and allow you to reset your PIN easily if you forget it\*

Already a library member? Get started straight away with your membership number as printed on your library card.



## Lego Club Online

Look out on Facebook every Monday for Lego Club online, make a model on the theme for the week and share it with us!



## **We are still OPEN to South Glos residents who need support with drug and alcohol problems**

Our phone lines are open Monday – Friday 9am- 5pm

Phone 0800 073 3011 or 01454 868750 Email [info@dhisouthglos.org.uk](mailto:info@dhisouthglos.org.uk)

Currently we are accepting new referrals and continue to work with those already known to us. As with most services now this is done over the phone. We continue to prescribe for those who need opiate substitute medication. Contact us if you would like to start receiving this support. We are also providing Naloxone to all opiate using clients and can give this to carers. If you need our needle exchange service, whether we know you or not, please call for a confidential delivery service.

If you want online advice about yourself or a loved one's alcohol use....

<https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

If you need support because of someone else's drug or alcohol use you can contact us via our normal number for our confidential support service Family's Also Matter or find out more online...

[www.webfam.co.uk](http://www.webfam.co.uk)

### **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](http://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.

### **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!



### **Families Also Matter**



## **Active in life team are supporting people to be active at home**

Staying active is as important as ever. If you would like to talk to us about information and advice on staying active at home during this difficult period, please get in touch with us and we will assist you in every way we can.

For more information and support to #stayinworkout

Sign up at <https://sites.southglos.gov.uk/activeinlife/register/> or contact us via our Facebook page <https://www.facebook.com/ActiveinLifeSG/> one of the team will contact you.

In the meantime, follow this link for three easy-to-follow videos:

10 minute cardio

10 minute strengthening workout

10 minute cool down stretching

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

You don't have to turn your life upside down to feel healthier. If you have 10 minutes today, you can take the first step to being active and feeling great.



## **Made Forever Youth Club**

Want to get your children involved in safe activities online, supervised by trusted adults? Made Forever Youth Club is open for young people aged 11-19 – we have sessions on Zoom every Tuesday and Thursday from 7pm. We'll play games, do interactive creative activities, give tips for what to do while in isolation and keep young people engaged. Get in touch now to sign up: 07741 659 627 Or [madeforeveryc@creativeyouthnetwork.org.uk](mailto:madeforeveryc@creativeyouthnetwork.org.uk)

*Creative Youth Network, the charity which runs Made Forever youth club, continues to offer support to young people, including the most vulnerable, through calls and digital activities, and by joining other key workers to engage young people who continue to put themselves at risk outdoors.*

### **You can find more activities at:**

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

Facebook - /creativeyouthnet

Twitter - @creative\_youth

Instagram - creativeyouthnetwork



## Carers Support Centre helps local carers through COVID-19

Are you looking after someone through COVID-19? Families, friends and neighbours often provide crucial care for someone who couldn't manage without their help. You could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

In this worrying time, Carers Support Centre urges carers to reach out to their support systems. All carers must consider what their contingency plans are in the event of them contracting COVID-19 and being unable to provide care. Is there someone who can support you if this becomes necessary? Talk to family and friends about this, to help reduce anxiety during this uncertain time.

It has never been more important to have a Carers Emergency Card. This card shows your name, a unique identification number and an emergency phone number. If you have an accident/emergency or are taken seriously ill, the card can be used to alert a 24 - hour emergency call centre that the person you care for needs help. Steps are then taken to ensure the safety of the person cared for.

If you look after someone and you don't have a Carers Emergency Card, make sure you register for one now. Register for a card on the Carers Support Centre website: <https://www.carerssupportcentre.org.uk/our-services/carers-emergency-card/>

Carers Support Centre's wellbeing service is also here for local carers. It aims to give emotional support and help you become more resilient. This is a difficult and testing time for carers. The wellbeing service includes befriending, mentoring and counselling. It is free, confidential and is delivered by phone.

Through the befriending service, the charity will match you with a trained volunteer, who can provide conversation, companionship and emotional support.

Contact Maria for more information: [mariad@carerssupportcentre.org.uk](mailto:mariad@carerssupportcentre.org.uk) 07526 850 772 .

If you need to talk about issues relating to your caring situation, get in touch with Carers-Line.

**CarersLine:** 0117 965 2200

10am to 1pm, Monday to Friday

2pm to 4pm, Monday to Thursday

**CarersOnline:** [CarersLine@carerssupportcentre.org.uk](mailto:CarersLine@carerssupportcentre.org.uk)

Carers Support Centre also has a coronavirus FAQ page full of guidance, advice and resources for carers: [www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)



Carers Emergency Card



It is free to apply for a Carers Emergency Card. Carers carry a card with a unique identification number and an emergency phone number. If a carer has an accident/emergency, the card can be used to alert a 24 hour emergency call centre. Steps are then taken to ensure the safety of the cared for person.

## Do you work with children or young people? Would you like to increase your knowledge and confidence to help support children and young people with mental health needs?

If so, the Public Health and Wellbeing Team at South Gloucestershire Council have a range of courses and workshops which can help you. These range from an introduction to youth mental health to more in depth workshops focusing on specific mental health needs. For a full list of courses and how to book, go to:



<https://sites.southglos.gov.uk/mind-you/homepage/professionals/training-resources/>

**FUTURE BRIGHT** Support Advice Skills

# Take the next step

## Free career coaching, training and support

# [www.futurebright.org.uk](http://www.futurebright.org.uk)

For residents in paid work and receiving benefits or tax credits

## **NEWSLETTER ARTICLE FROM THE SOUTH GLOS ASB TEAM**

Dear Kingswood

If you are experiencing anti-social behaviour (ASB) then please let us know about it so we can provide you with support and see how we can help to resolve the problem. You can contact the Council's ASB team by telephone: 01454 868582 or by email: [asbreporting@southglos.gov.uk](mailto:asbreporting@southglos.gov.uk) The office is open Monday to Friday (except Bank Holidays), Monday – Thursday from 8.45am until 5pm, Friday from 8.45am until 4.30pm

If you are reporting an emergency then please call the Police on 999. If it is not an emergency but you need police attendance or you think a crime has been committed, please call the Police on 101 or make an online report to Avon & Somerset Police.

If you are making a report about a housing association property then you need to contact the housing association and report the ASB to them.

### **What will we ask you when you contact us?**

We will ask you for your consent to record your details and share any information that we think is necessary with our partners, in order to help resolve the problem. If you wish to report an incident anonymously then you can do so but we will not be able to update you on your case.

We will ask you what happened, where did it happen, when did it happen, who was involved and how did it make you feel. We will probably provide you with an incident diary for you to keep should you continue to experience problems.

We will normally carry out a risk assessment – this is based on a number of questions that help us understand how the ASB is affecting you, and it will help us to identify what support we might need to offer you.

If you would like some more general information about ASB and how you might be able to resolve it yourself then please visit [www.asbhelp.co.uk](http://www.asbhelp.co.uk) which is an independent website:

### **Victim Support – South Gloucestershire**

Victim Support offers emotional and practical support to victims and witnesses of Anti-Social Behaviour. We can liaise with the various agencies involved on your behalf.

We work completely independently of the Police, Local Authority, Housing or other Government Agency. It is an impartial, confidential service which is victim led and free to access.

All of this information can be found on [www.southglos.gov.uk](http://www.southglos.gov.uk)



**If you have money worries, or are having problems with welfare benefits, North Bristol Advice Centre's telephone advice service can help:**

### **Debt advice**

- explain your options for dealing with debt.
- help manage enforcement action by creditors - eviction, bailiffs, court action etc.
- check that you are getting the right income or benefits.
- explain which debts are the most important.
- complete a financial statement with you.
- give advice about Debt Relief Order (DRO) applications.

### **Welfare benefits advice**

- check that you are receiving the correct amount of benefits.
- advise on benefit overpayments.
- advise on tax credits, overpayments and renewal forms.
- help you appeal benefit decisions, including representation at tribunal.



**Tel: 07731 842 763 or 07595 047 278  
or visit [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)**

## **Emergency hygiene kits**



We are distributing hygiene Kits to everyone in need.

### **What do I need to do?**

Call us on 0784 2428043 to register and arrange a kit collection. If you are in vulnerable situation or unable to collect it we will organise to deliver on your door step.

Remember when collecting kit: Stay safe by keeping 2 meters apart and wash your hands as soon as possible.

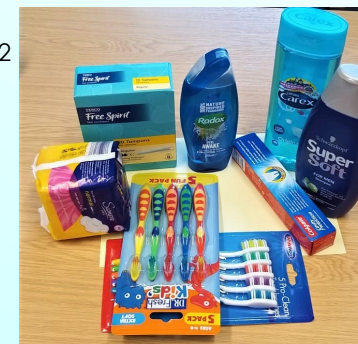
Collection every Thursday from Kingsmeadow @ MadeForever (10 am to 2pm)

**Address: Fisher Road, Kingswood, Bristol, BS15 4RQ**

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



**Kingsmeadow at made4ever**



## Dear Residents of Kingswood

As you know the country is facing an unprecedented challenge in the way we deliver our services and there are some changes. I have included below some guidance on how our services have changed for the time being.

### **Policing services**

We will update this page with further changes but the current situation is:

**Emergency and high priority calls:** You will see no changes to the way we respond to emergency and high priority calls. These are a critical function we will maintain to protect the public. We would encourage people to [report non-urgent incidents online](#) instead of calling 101.

**COVID-19 breach of restrictions:** If you have concerns that an individual or business has breached Government restrictions you can [report it using our online form](#), ring us on 101 (for non-emergencies) or 999 (for emergencies).

**Enquiry Offices:** Further changes to the opening hours or closures, planned or unplanned, will be posted on our [police station webpages](#). The following police Enquiry Offices remain open to the public:

[The Bridewell Police Station](#), Bristol

[Patchway Police Centre](#), South Gloucestershire

[Bridgwater Police Centre](#), Somerset

[Yeovil Police Station](#), Somerset

**New policing powers to reduce the spread of coronavirus:** Find out about the new [policing powers introduced by the Government](#) to help respond to coronavirus, protect the NHS and save lives.

**Neighbourhood Beat Teams:** Neighbourhood Beat Teams will still be patrolling your area and available to be contacted as normal. Public engagement events and surgeries have been cancelled. [Find your local Beat Team](#).

**Protecting our officers and staff:** We are putting all measures in place to protect our officers and staff including encouraging home working where possible, moving face-to-face meetings to Skype and providing them with daily guidance from Public Health England and the Government. A discussion board has been set up for issues and concerns relating to the coronavirus.

**Ride Along Scheme:** Our Ride Along Scheme has been temporarily suspended and all applicants have been written to. We will update our [Ride Along webpages](#) once the Scheme is back up and running.

**Police and Crime Commissioner elections:** The PCC elections have been cancelled. Read the full [statement from our Police and Crime Commissioner, Sue Mountstevens](#).

The Chief Andy Marsh appeared on BBC News Night. There is a link to that story below.

<https://www.avonandsomerset.police.uk/news/2020/03/vast-majority-of-public-complying-with-coronavirus-rules-chief-constable/>

Stay home, keep washing your hands and keep 2 meters apart.

Aaron Ashforth - PC 2011 / Kingswood Beat Team

# CORONAVIRUS

## #StayHomeSaveLives



### **SOCIAL DISTANCING**

The Government has stopped all public gatherings of more than two people. You should be minimising time spent outside of the home and ensure you are 2 metres apart from anyone outside of your household.

### **AVOID ALL UNNECESSARY TRAVEL**



We want to remind everyone that you should **only use your vehicle for essential journeys**. Current Government advice states that this includes journeys for food shopping, medical need or to provide care or help to a vulnerable person. You should only travel to and from work if you cannot work from home.

### **EXERCISE**

People must stay at home as much as possible to reduce the spread of the virus. You can still go outside for exercise, for example for a run, walk with your dog, or cycle ride - **alone or with members of your household**. But you should avoid driving to a location away from home to carry this out.



### **FIND OUT MORE / CONTACT US**

Follow Government advice at [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

To report a crime or seek advice about a crime or anti-social behaviour, please visit [www.avonandsomerset.police.uk/report](https://www.avonandsomerset.police.uk/report). If you are unable to report online, please call 101.

**If you or anyone you know is in immediate danger always call 999.**

Our officers are patrolling the streets as usual and will make clear the importance of social distancing at this time.

**We appreciate your co-operation**

**Avon and Somerset Police**  
**SERVE. PROTECT. RESPECT.**

[www.avonandsomerset.police.uk](https://www.avonandsomerset.police.uk) | Follow us on