

WHAT'S ON

POLICE EMERGENCY AND HIGH PRIORITY CALLS www.avonandsomerset.police.uk/report/

KINGSMADOW @ MADEFOREVER SUPPORT Call 07842 428043/ 0117 3018739 or email info@kingsmeadowmade4ever.org.uk

ONE YOU SOUTH GLOS Call 0145 865337 or <https://oneyou.southglos.gov.uk/>

DHI (Developing Health & Independence) www.webfam.co.uk

CITIZEN ADVICE Call for advice 01454 334961—10am - 4pm Monday to Friday.

HEALTH WATCH Call on 07944 373235 or www.healthwatchsouthglos.co.uk

SOUTHERN BROOKS <https://southernbrooks.org.uk/wellbeing>

CREATIVE YOUTH NETWORK Call 0117 947 7948 or WWW.CREATIVEYOUTHNETWORK.ORG.UK

NORTH BRISTOL ADVICE CENTRE call 07731 842763 or www.northbristoladvice.org.uk

FUTURE BRIGHT call 01454 866008 or www.westofengland-cagov.uk/futurebright

COMMUNITY LEARNING Contact Mark Lawrence: 01454 864613 or mark.lawrence2@southglos.gov.uk

KINGSWOOD LIBRARY Call 01454 868006 (Monday to Thursday 8:45am - 5:00pm; Fridays 8:45am – 4:30pm) www.southglos.gov.uk/eresources

* If you would like to sign up to receive this quarterly Newsletter, please email us on info@kingsmeadowmade4ever.org.uk



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

**Latest COVID-19 updates
in Kingswood**

MadeForever are now open.



**Wellbeing Activities,
services and courses**

**Other information
for your local area**

MORE NEWS, MORE EVENTS, MORE CARE.

Dear Community,

We have been working really hard to prepare Kingsmeadow @ MadeForever Centre to re-open on **Monday 20th July 2020**. We have deep cleaned the centre, carried out risk assessments, introduced social distancing and put procedures in place to ensure staff, volunteers, Centre Users and visitors stay safe. We have also worked hard to ensure that everyone can enjoy a relaxed environment while we all stay alert. The wellbeing of people and the community is at the heart of everything we do.

We will continue to monitor the Covid-19 situation, follow government guidelines and adapt accordingly.

Reopening is as follows:

Phase 1 Activities and Services

- ✓ Forever Friends Café; Grow Forever Garden; Refurbishment Workshop; MadeForever Shop
- ✓ Continue delivering: Personalised support service (Assessment +Emotional and practical support package); Volunteer development; Foodbank vouchers; Utility top-up support, Hygiene items.

Phase 2 Activities and Services

- ✓ Restart Wellbeing Group Activities sessions

Phase 3 Activities and Services

- ✓ Room Hire
- ✓ Introduce other activities/services as we risk assess safety

If you would like to engage in Gardening, Workshop or personalised support service, please contact us before by phone or email to book in.

Please do not hesitate to call us on 0117 3018739/ 0784242843 or email info@kingsmeadowmade4ever.org.uk if you would like further information.

Come along and enjoy a vibrant and fun community environment.

We have missed you and look forward to seeing you soon.

Your K@M4E Centre Team

Gratefully serving the community

South Gloucestershire Libraries

Kingswood Library

Limited library services now available

Now COVID-19 lockdown restrictions have eased, our libraries have introduced pre-bookable services to borrow books, DVDs and audio-books and access a computer and use the Wi-Fi. This is so you can access them in a safe and controlled way. It does mean visiting the library in the way we were all used to before lockdown, for the moment, is not possible.

Find something to read

You can order up to 6 items to collect at a pre-booked time of your choice. Complete a Click and Collect webform for the library you will collect from online at sglibraries.eventbrite.com or call 01454 865022 Monday to Friday 10am – 4pm; Saturday 9:30am – 12pm and speak to a member of library staff

Book for 1 hour free use of a computer or our Wi-Fi using your own device

Call 01454 868006 Monday to Thursday 8:45am - 5:00pm; Fridays 8:45am – 4:30pm

Find the latest information on our website www.southglos.gov.uk/librarychanges

Our free online library is still open 24/7

eBooks, eAudiobooks, eComics, digital magazines and newspapers continue to be available for library members to download anytime - www.southglos.gov.uk/eresources has all the details. It now also includes *Who Else Writes Like?*, and for children, *Who Next?* where you can find authors who write in a similar way to those you have already enjoyed reading. Simply log in with your library card number and select South Gloucestershire.

As lockdown restriction begin to ease this is a period of uncertainty and worry for many, it is so important for us to look after our mental health as well as our physical health during this time.

We are continuously updating the advice and tips on how to maintain your mental wellbeing and service delivery during this difficult time online, visit:

<https://oneyou.southglos.gov.uk/coronavirus-covid-19-useful-mental-health-information/>

Alternatively, if you would like to speak to someone to find out what support is available:

call 0333 577 4666 (Available 11am-7pm Monday to Friday, 12pm-6pm Saturday) or

email communitysupport@southernbrooks.org.uk



This can be a very scary and confusing time for children and young people. However, there are lots of resources available online to help young people look after their mental health.

Please visit:

<http://sites.southglos.gov.uk/mind-you/coronavirus-covid-19-useful-information/>

we are updating the information on this page regularly.

Alternatively, if you need help and support or are worried about someone, advice is also available via Avon & Wiltshire Mental Health Partnership's 24-hour helpline, please call 0300 3031320.



Kingsmeadow @ MadeForever would like to thank all volunteers that have helped us to prepare the centre for reopening! **Thank you!!**



BEAT SURGERY @



**27 August 2020
01 October 2020
05 November 2020
10 December 2020**

**FISHER ROAD,
KINGSWOOD
BRISTOL, BS15 4RQ
TEL: 0117 3018739**

13.00 – 15.00hrs

www.kingsmeadowmade4ever.org.uk

One You South Gloucestershire brings everything together to support local people in South Gloucestershire to improve their wellbeing as well as make healthier lifestyle choices.

Tea and Talk Online

Tea and talk online sessions are for anyone living in South Glos to meet and share their own experiences.

Come and meet new people, learn from each other and share what helps to improve and maintain good emotional wellbeing.

The group is facilitated by a wellbeing worker to ensure everyone always feels welcome and ensure that it's a safe space to talk.

Online sessions are approximately 1 hour and you are welcome to join or leave the session at any point.

Every Thursday 11:30am-12:30pm.

More information and booking: <https://southernbrooks.org.uk/wellbeing>

Wellbeing Workshops

Join these free online workshops to:

- Create a plan to improve your daily health and wellbeing
 - Free tools, apps, tips, and resources to improve your daily wellbeing at home
 - Find out about opportunities and groups in your local area
 - 30-minute one-to-one phone session with a Wellbeing Worker (to be arranged after the session)
- Meet new people and share ideas (optional if you have a webcam/microphone)



Monday-Friday 1:30-2:30pm with different wellbeing themes each day.

More information and booking: <https://southernbrooks.org.uk/wellbeing>

If you have any questions or would prefer to book over the phone then call us on 01454 865337 or email wellbeing@southernbrooks.org.uk

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

One You South Gloucestershire is for all adults over the age of 18 who are South Gloucestershire residents or registered with a GP practice in South Gloucestershire.

For more information about healthy lifestyles and wellbeing in South Gloucestershire please visit <https://oneyou.southglos.gov.uk>

ONE YOU
SOUTH GLOUCESTERSHIRE
ONEYOU.SOUTHGLOS.GOV.UK



South Gloucestershire

Community Learning

01454 864613

community.learning@southglos.gov.uk

www.southglos.gov.uk/communitylearning

Into Work

- Developing Study Skills: Thurs 10am to 12noon. Starts 21st January 2021; runs until 18th March (8 weeks)
- Exploring the Hidden Job Market: Starts January 2021 (2 weeks)
- Introduction to Working in Schools: Thurs, 9.30am-12.30pm. Starts 24th September; runs until 22nd October (5 weeks)
- Introduction to Childcare: Thurs, 9.30am-12.30pm. Starts 5th November; runs until 3rd December (5 weeks)
- Manual Handling Awareness: Mon 9.30am-12.30pm. Starts 28th September (1 day)
- Introduction to Study Skills Workshop: Thurs 12.30 to 3pm. 3rd December (1 day)
- Exploring the Hidden Job Market: Starts Jan 2021 (2 weeks)

Flexible Online Learning

Study on a course which combines online and some face-to-face learning to fit around you. Within a small and relaxed group, you will:

- Learn using a range of study options, with a tutor to support you along the way
- Work in a way that is designed to fit around you
- Work towards a qualification for some courses when your tutor feels you are ready, eg Functional Skills maths and English, etc

Here are some of the courses we are offering. Most are due to start Autumn 2020:

Confidence and Resilience to Help you Move Forward

CV and Interview Skills in a Changing Market

Family Resilience and Parenting Skills

IT for Work

Refresh your Maths Skills

Refresh your English Skills

Grammar Skills to support your studies

Maths Problem Solving for Everyday Life

For a complete course listing please see our website or Facebook page. For more information on any of the courses listed and how to enrol, contact Mark Lawrence: 01454 864613 or mark.lawrence2@southglos.gov.uk

**For adults aged 19+ with few or no qualifications.*

www.southglos.gov.uk

Education & Skills
Funding Agency

South Gloucestershire
Council

Free courses starting Sep 2020. Go online to find out more:

www.southglos.gov.uk/communitylearning



#sgclearn



www.facebook.com/sgloscouncil

Community Learning courses from September onwards to be offered in the Kingswood area (venues are to be confirmed in line with government guidance), as well as a number to be run online.

Kingswood

Accredited Employability

- NOCN Level 1 Childcare: Thurs 9.30am-1.30pm. Starts 22nd January 2021; runs until 4th March 2021 (6 weeks)

Computing and Digital Skills

- Functional Skills IT: Weds 12.30 to 2.30pm. Starts 13th January 2021; runs until 26th May 2021 (15 weeks)
- IT for Work: Weds 12.30 to 2.30pm. Starts 30th September; runs until 9th December (10 weeks)

English

- Brush up your Grammar: Starts April 2021 (8 weeks)
- Functional Skills English: Weds 10 to 12noon. Starts 20th January 2021; runs until 30th June 2021 (20 weeks)
- Functional Skills English: Weds 1 to 3pm. Starts 20th January 2021; runs until 30th June 2021 (20 weeks)
- Refresh your English Skills: Weds 10 to 12noon. Starts 23rd September; runs until 9th December (11 weeks)
- Refresh your English Skills: Weds 1 to 3pm Starts 23rd September; runs until 9th December (11 weeks)
- Improve your Tenses: Starts Jan 2021 (6 weeks)

ESOL

- ESOL for Communication: Weds 9.30 to 11.30am. Starts 30th September; runs until 9th December (10 weeks)
- ESOL in the Community: Weds 9.30-11.30am. Starts 20th Jan 2021; runs until 31st March 2021 (10 weeks)
- ESOL for Work: Weds 9.30-11.30am. Starts 28th April 2021; runs until 7th July 2021 (10 weeks)

Created by Developing Health & Independence (DHI), www.webfam.co.uk is an online tool for the families and carers of people with a drug or alcohol problem.

webFAM encourages you to think about your own needs, the stresses and strains that may be causing you difficulties with your mental health, housing, finance and more, and then points you in the direction of the right support for you. Research has shown that it takes on average 7 years for a family member or carer to seek help for themselves, and by that time problems have often spiralled. With **webFAM**, you can get the early support you need to make sure that you are always able to do the right thing for your loved one.

Facebook: [/DevelopingHealthIndependence](https://www.facebook.com/DevelopingHealthIndependence)

Twitter: [@dhi_online](https://twitter.com/dhi_online)



You can still become Dementia Friendly during lockdown!

Join us for one of our FREE 40-minute online webinars.

Arrange for us to deliver a FREE online session to your group or staff team (minimum 6 people attending).

Join with us in the **South Gloucestershire Dementia Action Alliance** and let's work together to make South Gloucestershire the most Dementia Friendly county in the South West - it's FREE to join!

We will provide ongoing support through networking, newsletters and meet-ups - virtually at first, and face-to-face when possible.

Get in touch to find out more: dementia@southernbrooks.org.uk



Dear Residents of Kingswood,

Our role has had some changes in the type of situations we've been dealing with. A large focus of our work has been around dealing with reports of breaches of the COVID-19 restrictions, being visible in our community, and ultimately, making sure people are staying safe. The large majority of the calls have been found that no breaches have occurred; and if they have, words of advice, and education has been provided around the restrictions. During the last three months, since these restrictions have been put in place, our team have only had to issue one penalty notice, which is fantastic! We've found that our stance of educating people around these restrictions has worked very well, and the people we've had to speak to within our community have taken the advice on board and listened to it.

We've continued with our high visibility patrols in our more open areas around Kingswood, including Southey Park, Kingswood Park and Cock Ridge. As always, we've found it a pleasure engaging with our community and giving them reassurance during this difficult time. We've been present with patrols in and around Kings Chase Shopping Centre and Regent Street, providing support for the centre during this testing time.

PCSO's Kay and Chris have been fantastic in working alongside Made For Ever Youth Club, in assisting them with providing support for members of our community, who have been in need of this during this testing time. This includes making sure that the members of our community who required help during this strange time, were aware of the support that the youth club could offer. Some fantastic joint partnership work to be proud of!

On behalf of the Kingswood Beat Team, we all hope everyone is staying safe and well.

Kind regards,
Jack Withers
Police Constable 383

01454 864613

community.learning@southglos.gov.uk

South Gloucestershire Community Learning and Skills Service



*Free courses for adults

*Subject to eligibility

September 2020 – July 2021

Learn part-time in your local area



#sgcleam



<https://www.facebook.com/sgloslearning/>

**WEST OF
ENGLAND**
Combined Authority



**South Gloucestershire
Council**



Dream job? New course? We can help you get there...

Free travel support offers to people travelling to work, skills and training opportunities.

Get going at: travelwest.info/w2ww

If you're over 16, a resident in South Gloucestershire and need some help to travel to interviews, new jobs or courses Wheels to Work West can help you.

We have FREE bus tickets or vouchers, subsidised reconditioned bikes and 1:1 travel planning support.

For further information please contact:
transport.policy@southglos.gov.uk

Creative Youth Network are continuing to offer online support for young people through virtual youth clubs and short courses. In addition to this from July our detached youth work team will be out and about in the local area on Tues and Thurs evenings 7-9pm. They will be checking in with young people's safety and wellbeing during this time, and offering advice. If you see them, do say a distanced hello.

JACK.FITZSIMMONS@CREATIVEYOUTHNETWORK.ORG.UK
WWW.CREATIVEYOUTHNETWORK.ORG.UK

0117 947 7948

citizens
advice South
Gloucestershire

Citizens Advice South Gloucestershire helps give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.

We offer confidential advice to anyone, for free on a range of issues including welfare benefits, employment and debt. Due to government guidance we are currently operating a Telephone Advice service only.

We have a local number 01454 334961 which people can call for advice 10am - 4pm Monday to Friday. The National Adviceline number 03444 111 444 is also available 9am - 5pm Mon - Fri.

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 @

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

Web: www.kingsmeadowmade4ever.org.uk



Kingsmeadow at made4ever



Share Your Views

Healthwatch South Gloucestershire are here to make sure that those running services put people at the heart of care. The more people share their ideas, experiences and concerns about the NHS and social care, the more services can understand what works, what doesn't and what people want from care in the future.

If it matters to you, it's likely it matters to someone else too.

We want to hear your views - visit our website and share your story: <https://www.healthwatchsouthglos.co.uk/share-your-views>

Digital Inclusion

As the independent champion for people who use health and social care services, Healthwatch South Gloucestershire focus on making sure that people's worries and concerns about current services are addressed. Coronavirus has led to a lot of changes in the way we live. This includes Doctor's appointments going 'digital'. We know getting online is one thing, using the internet is another!

We would like to hear your views about accessing online services such as speaking to your Doctor. Can you access the internet? Do you feel you have the skills to use the internet or online services or maybe you just don't know where to start? Do you worry about online crime? Do you think the internet is relevant or unhelpful?

Please call us on 07944 373235 to chat to our friendly team and tell us what you think. If you're already online, take a look at our website www.healthwatchsouthglos.co.uk.

healthwatch
Bristol

Bristol
T 07944 369 180
E contact@healthwatchbristol.co.uk
www.healthwatchbristol.co.uk

healthwatch
North Somerset

North Somerset
T 01275 851400
E contact@healthwatchnorthsomerset.co.uk
www.healthwatchnorthsomerset.co.uk

healthwatch
South Gloucestershire

South Gloucestershire
T 07944 373235
E contact@healthwatchsouthglos.co.uk
www.healthwatchsouthglos.co.uk

3rd Floor, The Sion, Crown Glass Place, Nailsea, North Somerset BS48 1RB

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KWF



BK1

- Associated with Dorfman Karate -

"Kiddies"

5 - 7 years - 9.00am - 9.30am

"Juniors"

8 - 15 years - 9.30am - 10.15am

"Seniors"

16 and over - 10.15am - 11.30am

Classes every Saturday

Classes
conducted
by



Marco Fanicchi
KWF 7th Dan - BK1 7th Dan

CONTACT

0770 459 4648

marco.fanicchi@gmail.com

First Class
FREE



**KINGSWOOD MADE
FOR EVER YOUTH CENTER**
Fisher Road, Kingswood,
Bristol, BS15 4RQ

**FORMER KWF WORLD CHAMPION
MEMBER OF THE KWF SUPREME MASTERS PANEL**

Japan Graded ■ A Class Instructor ■ A Class Examiner ■ A Class Referee

Future Bright offers free career coaching, training and support.

Work and income affected by coronavirus?



Talk to us
www.futurebright.org.uk

It is available for residents living in South Gloucestershire, Bath & North East Somerset and Bristol who would like to progress with their careers and help remove barriers which may be holding them back.

Criteria for the Future Bright scheme has also been adapted to help you if your job or income has been significantly affected by coronavirus.

Find out more at: www.westofengland-cagov.uk/futurebright or email: future.bright@southglos.gov.uk or call 01454 866008.

If your work or income has been affected by the coronavirus outbreak, Future Bright is here for you. We can support you with one-to-one career coaching to get things back on track.

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, aged 19 or over, in paid work (including zero hours and self-employed) and receiving benefits or tax credits. Future Bright has been expanded to support people whose work and income has been affected by coronavirus.

How do I get in touch?

- **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.



ARE YOU UNEMPLOYED AND LOOKING FOR A JOB OR TRAINING?

DO YOU WANT FREE SUPPORT WITH:

- ✓ **BUILDING YOUR CONFIDENCE**
- ✓ **JOB SEARCH & APPLYING FOR JOBS**
- ✓ **WORK EXPERIENCE & VOLUNTEERING**
- ✓ **CV WRITING & INTERVIEW TECHNIQUES**

Contact us on 01454 868572 or 07773048811
or visit our website <https://southernbrooks.org.uk/employment/>



Worried about benefits, debt or money issues?

North Bristol Advice Centre is OPEN for FREE phone advice.



Tel: 07731 842 763 or 07595 047 278

Email: team@northbristoladvice.org.uk

Visit: www.northbristoladvice.org.uk

We are here to help



Specialist advice and information for people 50 and over.
Call 01454 411707 or email info@ageuksouthglos.org.uk
www.ageuk.org.uk/southgloucestershire



Advice and support for people living with HIV
Call 0117 955 5038 or email info@brigstowe.org
www.brigstowe.org



Employment, discrimination, benefits appeals & housing.
Call 0117 924 8662 or email mail@bristollawcentre.org.uk
www.bristollawcentre.org.uk



The Home Energy team helps people in fuel poverty.
Call 0800 082 2234 or email home.energy@cse.org.uk
www.cse.org.uk



Independent advice on employment, debt, benefits & more.
Telephone advice: 01454 334961
Monday to Friday: 10am-4pm
www.southgloscab.org.uk



Specialist debt & welfare benefits advice, including appeals.
Call 07731 842 763 or 07595 047 278
email team@northbristoladvice.org.uk
www.northbristoladvice.org.uk



We can help people with bad housing or homelessness.
Call 0344 515 1430
Urgent help out of hours: 0808 800 4444
england.shelter.org.uk



Specialist debt, benefits and income maximisation advice.
Call 0117 954 3990 or email mail@talkingmoney.org.uk
www.talkingmoney.org.uk