



## Kingsmeadow @ MadeForever

Charity N°: 1148905

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

Phone: 0117 3018739

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

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

 [kingsmeadow@madeforever](https://www.facebook.com/kingsmeadow@madeforever)



Welcome!



## WHAT'S ON AT KINGSMEADOW @ MADEFOREVER COMMUNITY HUB



### FOR ALL YOUR COMMUNITY NEEDS

*Kingsmeadow @ MadeForever* is the hub of the community. We are a registered charity aimed at preventing isolation, reaching out to those already in isolation and enhancing wellbeing. We work with individuals, families and young people facing multiple challenges. We provide a range of services and wellbeing activities for everyone in our community.

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## STARTING A GROUP SUPPORT SERVICE

**Would you like to start up a social engagement or wellbeing activity group that will benefit members of the community?**

*Kingsmeadow @ MadeForever community Hub is a place for you!*



**Mon - Fri (10am - 4pm)**

*Our dedicated staff would love to hear from you!*

Contact us to book an initial discussion session.

**Contact Number:**

Tel: 0117 3018739

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

**Address:**

Fisher Rd, Kingswood, Bristol, BS15 4RQ

**Visit our website:**

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

### To Kingsmeadow @ MadeForever

I want you all to know just how much I appreciate the kind support you've given me! I really am truly, truly grateful.

I've had so much loss in my life and I've been suffering in silence for too long and unfortunately, time and time again the system fails us, when all we want is a chance to lead a good life!

I realise in myself that I still have so much to give to society and my own community. Maybe I can even share my own experiences to inspire and help others to help get them through their own tough times but equally for people to fully enjoy all the great things life can offer all of us. We're ALL special. We ALL have a gift and life is just so precious.

The support you've given me and so many other people in our community is just AMAZING and you are all so INSPIRING!!!

I ask God to bless you ALWAYS.

**Shaun, July 2020**



Visit us & pick up a bargain!

## Please support us

We kindly ask you to donate:

- Good quality, dry and clean clothing
- Clean and undamaged shoes, handbags and accessories
- unwanted gift,
- collectable items, picture frames, jewellery, unopened toiletries,
- books and household decoration items.

(No electrical equipment please)

Open times:  
Mon - Fri  
(10am - 3pm)



Address: Fisher Road,  
Kingswood, Bristol  
BS15 4RQ

Contact us: 01173018739

Charity N°: 1148905

**Volunteers needed to help in our Shop**

## Your Support services & Activities

### Personalised Support Service (Individuals/Families)

- 121 Needs Assessment + support package to help you overcome whatever challenges you are going through.
- Welfare benefit & debt support
- Structured Emotional support
- Be friending chats
- Mentoring and Advocacy
- Essentials Support: gas/ electric top-up, food parcels, Hygiene kits, clothing & household items.

Speak to a staff member to book an assessment appointment.



### Employment/Training Courses/Job search Support

- One to one IT & Job search drop-in support
- IT for Work & Job search training courses
- Variety of other courses and trainings to help into employment.

### Volunteering Development Service

- Volunteering for Wellbeing
- Volunteering for Work

*Kingsmeadow @ MadeForever provides support, mentoring and training for anyone looking to engage in the community through volunteering. Whether you are looking to gain skills/experience to help you to return to work, enhance your wellbeing or whatever your reason for volunteering, we will help you to find the right role.*

*We have a variety of opportunities for you to explore and a friendly dedicated team to support you.*



For more information call 0117 301 8739 or Email [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)

## Family / Children & YP Support

• K@M4E Tots Family Meet-up	<b>Dates/Times TBC</b>
• Home Education Family Meet-up	<b>Dates/Times TBC</b>
• Forever Young People Meet-up	<b>Dates/Times TBC</b>
• Community Engagement support for Young Offenders	
• Family Trips and Community Events	
• Assessment & support for you and your family in dealing with life's difficulties.	
<b>Speak to a staff member to book an assessment appointment.</b>	



## Wellbeing Activities / Services

**\*Contact us to sign-up for any of the activities below**

• Grow Forever Garden	<b>Tuesday—Friday , 10 am—3pm</b>
• Sober Social	<b>Every Tuesday, 12.30 - 14.30pm</b>
• Walking for Health	<b>Every 2nd Wednesday of every month</b>
• Forever Ladies Meet-up	<b>Every 2nd Monday of every month, 2 - 4pm</b>
• Ladies Coffee Morning	<b>Every Thursday, 10.30 - 12pm</b>
• Forever Wellbeing Knitting Group	<b>Every Monday, Time TBC</b>
• Forever Refurbishment & Recycling Workshop	<b>Dates/Times TBC</b>
• K@M4E Friendship & Exercise Club	<b>Thursday - 1.15 - 2pm &amp; 2.45 - 3.30 pm</b>
• Fibromyalgia Support meet-up	<b>Dates/Times TBC</b>
• Book & Reading Club	<b>Dates/Times TBC</b>
• Family Disco	<b>Dates/Times TBC</b>
• Arts & Crafts Workshop	<b>Dates/Times TBC</b>

## Volunteer Testimonial

“Thank you very much for working with me for the past 8 months, the confidence and experience I gained working with you all has been invaluable to me and I don't think I would have got a job if I didn't have the experience from being here.”  
Thank You (**Volunteer**)

“I came to Kingsmeadow @ MadeForever as a volunteer after my retirement to put something back into the community. Having had severe issues with depression which resulted in me having to abandon my original career as a Finance Director, I have been impressed with the range of help and activities provided by K@M4E Community Hub to assist people with a range of issues and needs. The staff and volunteers have been most helpful and accommodating and I am sure that with additional capacity, the team could increase the support to the Kingswood community so much more.”  
**Volunteer, Sept 2020**

“I love it here, I like the friendliness. “The way staff treat you- “they have great respect for you.” “I feel really happy working here.”

“ It's a friendly place, very inviting. “Everything is set out really nicely and it's disabled friendly.” “I really look forward to coming here.”  
**Kelvin, Sept 2020**

“I started coming here after the lockdown was lifted. I found it to be a great way of reconnecting with the outside world. And doing something for my local community. I enjoy coming here to volunteer with K@M4E. Everybody has been lovely and it really feels like we are one big family”.  
**Evie, Sept 2020**

“I was told about K@M4E through Future Bright. I came to K@M4E and instantly felt welcomed and comfortable. I am by nature quite anxious but everybody was so friendly I felt comfortable and at ease straight away. This is an incredible place, since I have been here the main remark which I hear time and time again echoes my initial thought: It is so welcoming and friendly here. Although I came here to improve my admin skills I WANT to stay to help and be a part of this super community. I feel incredibly lucky to be here.”  
**Kate, Sept 2020**

“Doing COVID-19 I was furloughed from my job after completing a Fundraiser for the organisation I worked for, I needed a new purpose. I saw that K@M4E needed volunteers and I decided to join the project. It's been a very different project from other community centres I have worked with, the staff have been very welcoming, approachable and supportive and give me space to work independently. I have really enjoyed helping in the garden and other areas. It's a pleasure coming to the Community Hub and I look forward to it each week”  
(Volunteer 2020)

# We welcome new Volunteers

Are you interested in  
developing new or existing  
skills?



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

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

*We also provide training.*

### Current opportunities available:

- Café Assistant
- Receptionist/Admin Assistant
- IT Support Assistant
- General Maintenance Assistant
- Garden & DIY Workshop volunteers
- Community Shop Assistant

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

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

For more information on these roles please email  
[clarissacosta@kingsmeadowmade4ever.org.uk](mailto:clarissacosta@kingsmeadowmade4ever.org.uk) or call 0117 3018739



[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)  
Fisher Road, Kingswood,  
Bristol, BS15 4RQ

## Wellbeing Courses



- Life after lockdown
- Creative writing
- Mindfulness
- Building Resilience
- Money management
- Variety of other courses

**\*Courses are term time only.  
Contact us for the next date.**

## Community Engagement Services /Events

• **Start-up a Group Support** - Would you like to start-up a social engagement / wellbeing activity group that will benefit members of the community? *Contact us*



• **Book Swap** - K@M4E offers a book swap service! Finished a book! Visit us at K@M4E Community Hub for a swap. *Monday - Friday, 10am -3pm*



• **Information** - We provide information for all services, activities and events available in the community.

• **Community Events** - We organise various community events to engage people, encourage socialisation and keep our community together.

• **Table Top Sales** - Contact us for the next date and book a table for £6 only.



**Upcoming Events to be confirmed**

For more information call 0117 301 8739 or Email [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)



## Grow Forever Garden



We would love for you to get involved!

Looking to meet new people, learn new gardening skills & enjoy some green space?

Everyone is welcome to join our FREE Grow Forever Garden activities.

**Tues - Fri ( 10am - 3pm)**

We also welcome donations:

- plants,
- fruit trees,
- compost,
- fencing wood,
- wood posts,
- garden canes and
- other garden tools/materials.

**Friendly café on site!**



FOR MORE INFORMATION CONTACT 0117 3018739 or

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

**KINGSMEADOW @ MADEFOREVER CENTRE, FISHER ROAD, BS15 4RQ**

## Quotes from the Community:

“This is the first time I’ve been out (since lockdown) and it’s been wonderful!”

“Thank you to the K@M4E Team, you’ve done a great job” (with the social distancing and made it possible for us to come out again safely)

“Personally, I so look forward to Thursdays and coming here to K@M4E. The staff are so lovely and caring. Thursday morning is the highlight of the week for me to come here to K@M4E Hub.”

“Good staff, a pleasant atmosphere, a pleasure to come here at K@M4E and meet friends.”

**Individual members of the “Ladies Coffee Morning” group, July 2020**

“I was scared and felt very anxious to come here as I have lived in this area all my life knowing this place for all sorts of evil for many years. I must say I am amazed by what goes on here now and will ensure everyone knows what a great environment it is here. -

**Local resident**

This is exactly what this community needs, warm loving feel free environment, variety of activities, something for everyone, bringing everyone together, sharing ideas, it just makes you feel part of something good. I wonder why no one thought of this several years ago - **Local resident**

“can I just say a huge thank you for making us feel so welcome in the work we do at Madeforever, you are doing such a great job in the local community and are making a real difference” -

**SGC Community learning**



Would you like to meet new people?

**You are welcome to join us at our 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 over a cuppa.

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

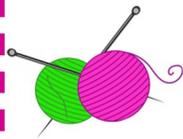


Kingsmeadow @ **MADE-FOREVER**  
Changing lives together

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



## Forever wellbeing knitting group

Every Monday from 12:30–2:30

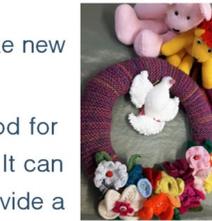


Whether you are an experienced knitter or crocheter, or someone taken knitting for the first time and love to encourage community spirit and togetherness than this group will have something for you.

This will provide you with an opportunity to get of the house, make new friends who share the same interest.

Knitting will improve your physical and mental wellbeing, it is good for your fingers and hands, reduce isolation, stress and depression. It can also help with relaxation, focus and concentration. It will also provide a calming influence to people who need it.

Please contact Barbara for more information 0117 3018739 or email: [barbaragome@kingsmeadowmade4ever.org.uk](mailto:barbaragome@kingsmeadowmade4ever.org.uk)



Kingsmeadow @ MadeForever - Fisher Road, Kingswood, Bristol, BS15 4RQ

## TESTIMONIAL FROM A CLIENT:

I am writing to express my gratitude for the support and help I have had from Barbara and the whole of Kingsmeadow @ MadeForever team.



I was referred to the Kingsmeadow by the job centre I was struggling with multiple barriers, I have learning difficulties, I get very paranoid, anxious around people, and depressed. I have not worked for about 20 years I have been looking after my husband who has pass away. My benefits has been stopped and I did not know what to do and who to talk to and was behind with my bills and was getting into debt, I was feeling like I did not what to live any more. When I finally contacted K@M4E I spoke to a lady, she was very nice on the phone and told me not to worry that she was going to help me, and made an appointment to come and see her. I came did not knowing what to expect or get any help because I have been let down by so many agencies. I met Barbara and she was very nice and calm, while she was talking to me asking me question, I felt so relaxed although I came in very anxious not knowing what to expect.

She explained to me how they could support me, and I left feeling very positive and encouraged.

I was encouraged every time I came to see her, to get out more and do things to get me off my depressed mood. She even accompanied me to the G.P for my appointment support with my depression. And also encouraged me to enrol for a money management course and other wellbeing activates to meet new people.

Due to the support I received from Kingsmeadow @ MadeForever, I was able to sort out my benefits, pay my bill and debts. I don't know what I could have do without the support from K@M4E. I feel much better and happier, I have even been on holiday since something I thought I will never do due to the way I was feeling before.

The support they provide to the community and people like me is priceless. And I will always recommend any one to use K@M4E service.

**B. W, 2020**

## WHAT PEOPLE ARE SAYING:

I have been getting help from Kingsmeadow @ MadeForever since the lockdown. I am an 81-year lady leaving on my own. I will normally go out and do my own food shopping, with the lockdown restrictions, my medical condition and my age I was told to stay home.

I contacted the council because my neighbour told me that I can get some food parcel that she was getting one. Someone from the council gave me a number to call and ask for help. I was very frustrated because this was the second number, I have been given a number to call, I did not get help from the first one there send me back to the council.

When I call this number, the lady that answered the phone was very lovely and she said (don't worry we are going to support you), we had a lovely chat.

I was relieved to be able to get help. She told me the service can help me with shopping for food prescription pick and some hygiene things that I needed. And mentioned other services and groups, the friendship group that I would like to attend after the lockdown. To meet new people because I live on my own now, it will be nice to meet with other people. The next day she came to deliver some hygiene things for me and mention about the foodbank which I was happy for her to arrange the food delivery.

I had food delivered now every 3 weeks, arrange for my prescription to be delivered to me and get a call for a chat.

I am not worried about food and medication now I am happy that I call K@M4E, to get all this support I am very grateful to everyone

*A. H, August 2020*

"I've been using the Food Shopping service provided by Kingsmeadow @ MadeForever Community Hub. Before I had this assistance, it was difficult for me to get food on a regular basis.

As I'm over 70, I couldn't go out due to new Government Regulations and found it impossible to access supermarket on-line shopping, even though I was classed as vulnerable.

I had no choice but to go out occasionally for food but felt very anxious about having to do this. A lot of my friends are also over 70, so they couldn't help either. It was a stressful situation. I felt relieved to have been able to access this community service, and I no longer worry about getting food. Everyone at Kingsmeadow have been incredibly kind and helpful, and I'm very grateful to them all."

*C. T, June 2020*

## SOBER SOCIAL

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



South Gloucestershire  
Drug & Alcohol Service

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 Kingsmeadow @ MadeForever Community Hub for a time of relaxed socialising; meeting others to have a chat, play POOL, board games or cards while enjoying quality coffee, teas, snacks and cakes.



**Every Monday 12:30 - 14:30**  
**Free Entry. Drop In.**  
**@ Fisher Road, Kingswood.**  
**BS15 4RQ**

## K@M4E FRIENDSHIP & EXERCISE CLUB

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

**EVERY THURSDAY (1:15 - 2pm & 2.45 - 3.30)**

YOUR INSTRUCTOR IS

**Fisher Road  
Kingswood  
BS15 4RQ**

GENTLE EXERCISE  
MAKE NEW FRIENDS  
TEA AND COFFEE  
FIRST SESSION  
FREE

**Spencer Davies**  
**07825 155954**

**FOR MORE INFO AND BOOKINGS CALL: 0117 3018739**



South Gloucestershire  
Council

Do you enjoy reading and sharing your thoughts about books with others?

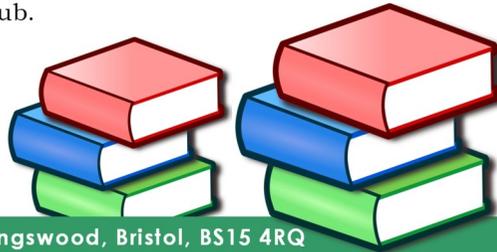
Would you like some encouragement to start reading or do you just enjoy listening to others read and share their experience with a book?

## Book & Reading CLUB

COMING SOON

You are welcome to register your interest for our upcoming book & reading club.

**DATES & TIMES: TBC**



For more information contact us on: Phone: 0117 3018739

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

Address: Fisher Road, Kingswood, Bristol, BS15 4RQ  
Web: [www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)

## BOOK SWAP

**K@M4E now offers a book swap service!**

Finished a book!  
Visit us at **K@M4E Community Hub** for a swap.  
For more details please contact us on; **0117 3018739/0784 242 8043**



**Open times:  
Mon - Fri  
(10am - 3pm)**

**For more information**

Fisher Rd, Kingswood, Bristol, BS15 4RQ -  
Tel: 0117 3018739  
[info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)



## Forever Friends Cafe

Come and join us!

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

Refurbished and extended outside space for social distancing.

**Mon - Fri (10am - 4pm)**

Whether you are looking to: catch up with friends & family, meet new people, have a calm moment over a cuppa. We are happy to welcome you.



Fisher Road, Kingswood, Bristol - BS15 4RQ - Contact us on 01173018739

## Essentials Support Services

We provide the following support:

- Gas & electric top up
- Clothing
- Food parcels
- Household items
- Hygiene kits



**To access help or for further information.**

Contact us on 0117 3018739/ 0784 2428043

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



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

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

Kingsmeadow at made4ever

# Forever Refurbishment & Recycling Workshop

Do you enjoy DIY, staying active, sharing your knowledge/skills in refurbishment or recycling?

**Come and join us!**

**Tue - Fri ( 10am - 3pm)**

Donations also welcome:

- Wood,
- DIY tools and materials,
- furniture for refurbishment.

**Friendly Café on site!**



Fisher Road, Kingswood, Bristol - BS15 4RQ - Contact us on 01173018739

## Walking for Health

**Stay active and make friends**



**Every 2nd Wednesday of the month  
from 10.30am - 12pm at  
Kingsmeadow @ MadeForever**

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

Everyone is welcome!



Interested? Just turn up.



Enjoy our *Forever friends* 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



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.



- Welcoming Team
- Bouldering room & Climbing wall for hire
- Games & Sports equipment available
- Laptops for hire
- Free WIFI
- Free Car Park
- Disable facilities
- Friendly café on site
- Catering services available
- Spaces frequently cleaned
- Large airy spaces for social distancing
- 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."*

For more information:

Telephone: 0117 301 8739

Email info@kingsmeadowmade4ever.org.uk

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