

Community Services

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

BEAT SURGERY Once a month at Kingsmeadow@MadeForever - Contact us for dates

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 Anthony Hill 01454 864613 or Anthony.hill@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



MORE NEWS, MORE EVENTS, MORE CARE.

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.



We would be really grateful if could answer this online survey and give suggestions about the Kingmeadow at MadeForever Wellbeing Activities.

<https://www.surveymonkey.co.uk/r/8JQXTV8>

Fisher Road, Kingswood, Bristol, BS15 4RQ - Phone: 0117 3018739
www.kingsmeadowmade4ever.org.uk

NBAC is continuing to support people with complex benefits issues including representation at tribunals.

Michelle, 46, came to North Bristol Advice Centre (NBAC) for help after she was awarded 0 points at her Personal Independence Payment (PIP) assessment, despite suffering musculoskeletal problems and acute mental health issues caused by past domestic abuse.

NBAC lodged an appeal on Michelle's behalf and whilst waiting for confirmation, the country went into lockdown and all face to face work was suspended. NBAC continued working on Michelle's case remotely, with telephone and email correspondence to prepare her for the tribunal.

When the hearing date arrived, plans to accompany Michelle to the tribunal in person had to be rearranged. Lockdown restrictions forced all hearings over to the telephone so NBAC represented Michelle via a three way phone call facilitated by HM Courts and Tribunals Service. Michelle's appeal was successful and she was awarded both the daily living and mobility components of PIP at a total rate of £83.30 per week.

If you or someone you know needs support at an upcoming benefits tribunal please contact North Bristol Advice Centre at:
team@northbristoladvice.org.uk,

call 07731 842 763 or 07595 047 278 or visit
www.northbristoladvice.org.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

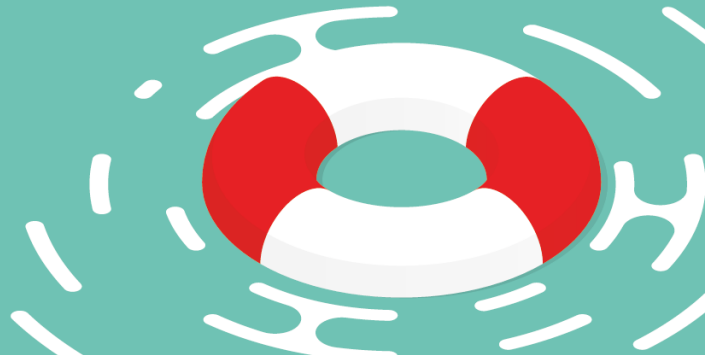
0117 947 7948



**North Bristol
Advice Centre**

**FREE, expert Debt and
Welfare Benefits advice for
North Bristol and South Glos**

**07731 842 763 / 07595 047 278
www.northbristoladvice.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
Kingsmeadow @ Made Forever
for a time of relaxing 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

Dear Kingswood,

We have entered into some challenging times where we are all having to do things differently. At the time of writing we are in Tier 3 as South Gloucestershire is dealing with reducing the infection rate of Covid 19.

Our approach is still to Educate, Encourage and Enforce as a last resort. For guidance on the Tier 3 rules of the Corona virus restrictions can now be found on <https://www.gov.uk/guidance/tier-3-very-high-alert>. Take the time to read up on how the restrictions affect your life and family.

We would ask residents to be vigilant with the elderly and vulnerable using cashpoints. We have had a suspect targeting the elderly using distraction tactics to confuse and steal large sums of money. For the moment, I would ask that anyone who is elderly or considers themselves vulnerable, please use the inside of the branch when withdrawing cash. Although the number of offences is small, it is still too many. Already we believe bank staff have stopped a further offence recently. We are increasing our patrols and focusing on this.

We are continuing with our School Patrol's. A gentle reminder to parents of children who are the owners of electric scooters. You are prohibited from riding them on roads, pavements and cycle lanes. You run the risk of having it seized under the 'No Insurance' scheme, and will have to pay a hefty release fee. The local schools are doing an excellent job at managing the arrival and exit of pupils.

Due to the Tier 3 status Beat Surgeries (Community Engagement) are on hold, however will be keeping in touch with our community partners. If this changes we will let you know of locations and dates etc. None of us knows how long this will go on for.

Get your security arrangements organised for Christmas now. For example, if you will be away, don't make your property look like no one's home. Get some timing switches for your lamps. Get a neighbour to park on your drive while you're away. No one wants to come home to ripped open wrapping paper with your gifts gone. Take special care to make sure your car is locked. Don't leave items on display.

Also, please be fraud aware. Your bank will never ask you to provide personal information over the phone. If you doubt the call, phone the company direct through a confirmed number that can easily be checked online. If sure find someone who can help. Some people have had fraudsters say they are from NHS Connect and Trace, asking them to pay for sampling kits. Don't. This is a free service. Report anything suspicious to Action Fraud either online <https://www.actionfraud.police.uk/> or by phoning Action Fraud on 0300 123 2040.

Have a safe Christmas and a Happy New Year

Best wishes from the Beat Team at Kingswood

Kind regards

Aaron Ashforth

PC 2011



Covid Vaccine

Who gets it first?



1
65+

People who live in care homes for older adults and their carers

6
16-64

Anyone 16-64 in an at-risk group including a learning disability

2
80

Everyone older than 80 - and health and social care workers

7
60

All people age 60 or older

3
75

All those over 75

8
55

People over 55

4
70

People over 70 and those who have shielded

9
50

People over 50

5
65

Everyone older than 65

10
+

Everyone else

Kingswood Library

latest news

FREE
BOOKSTART
BABY BAG
For babies aged 0 -12 months



Pick up a Bookstart Baby Bag for your baby at a South Gloucestershire Library
www.southglos.gov.uk/librarychanges

The content varies, but will include two board books, a rhyme sheet and a booklet of tips and ideas for sharing books with children from a very young age.

Active Libraries BookTrust
Getting children reading

Join the **Winter Mini Challenge** online and become a reading hero!

The Winter Mini Challenge runs from 1st December – 15th January.

Visit wintermini.org.uk for more details on this 'Everyone is a Hero' themed challenge which celebrates heroes in all their forms and will keep you reading this winter.



Our **FREE** online library is open 24/7

Enjoy the huge choice of eBooks, eAudio-books, eComics, digital magazines and newspapers available for library members. Visit www.southglos.gov.uk/eresources for details.

Not a member? Join online now at bit.ly/joinLW.

It's free, and you can start using our digital services right away.

For all the latest **Library Service** updates, visit www.southglos.gov.uk/librarychanges, or call 01454 865022.

facebook.com/sgloslibraries

@southgloslibs

Enjoy Crafts?
Pick up your **FREE** holiday craft bag from Kingswood Library from **8th December**
Suitable for primary school aged children



Active Libraries
Getting children reading

South Gloucestershire Council

ONEYOU SOUTH GLOUCESTERSHIRE

Thankyou for the support today, you have really lifted my spirits. I already feel like a weight has been lifted off me

This group gives me purpose within my week

I cannot thank you enough. Talking with you has helped me reflect on what I do and helped me work out new ways of doing things

FIND OUT MORE ABOUT OUR FREE WORKSHOPS AND OTHER SERVICES

Visit: oneyou.southglos.gov.uk/wellbeingsupport

Call: (01454) 865337

These sessions are run by Southern Brooks Community Partnerships on behalf of South Gloucestershire Council

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



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

Web: www.kingsmeadowmade4ever.org.uk



Kingsmeadow at made4ever

We welcome you all to join us at
K@M4E Tots Family Meet-up.

Children from birth to school age.
It is fun, safe and welcoming place to visit whilst making new friends. Come and join us for play, arts & crafts, refreshments, songs and story time.

- Available disabled toilets
- Baby changing facilities
- Friendly Café on site
- Free parking available



Every Tuesday From 10.30 am-12pm

Kingsmeadow @ MadeForever also offers variety of wellbeing activities & services for individual, children, family and young people.
Come along and have a look around.

For more information

Contact: 0117 301 8739














Email: info@kingsmeadowmade4ever.org.uk

www.kingsmeadowmade4ever.org.uk

TIER 3

VERY HIGH ALERT

FROM 2 DEC

MEETING FRIENDS AND FAMILY  <p>No mixing of households indoors, or most outdoor places, apart from support bubbles. Maximum of six in some outdoor public spaces (e.g. parks, public gardens).</p>	BARS, PUBS AND RESTAURANTS  <p>Hospitality is closed, with the exception of sales by takeaway, drive-through or delivery.</p>	RETAIL  <p>Open.</p>	WORK AND BUSINESS  <p>Everyone who can work from home should do so.</p>
EDUCATION  <p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	INDOOR LEISURE  <p>Open. Group activities and classes should not take place.</p>	ACCOMMODATION  <p>Closed (with limited exceptions)</p>	PERSONAL CARE  <p>Open.</p>
OVERNIGHT STAYS  <p>We advise against overnight stays other than with household or support bubble.</p>	WEDDINGS AND FUNERALS  <p>15 guests for weddings, civil partnerships and wakes; 30 for funerals. Wedding receptions not permitted.</p>	ENTERTAINMENT  <p>Indoor venues closed.</p>	PLACES OF WORSHIP  <p>Open, but cannot interact with anyone outside household or support bubble.</p>
TRAVELLING  <p>Avoid travelling outside your area, other than where necessary such as for work or education. Further exemptions apply. Reduce the number of journeys where possible. Plan ahead and avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble.</p>	EXERCISE  <p>Classes and organised adult sport can take place outdoors, but people should avoid higher-risk contact activity. Group exercise activities and sports indoors should not take place, unless with your household or bubble. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	RESIDENTIAL CARE  <p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	LARGE EVENTS  <p>Events should not take place. Drive-in events permitted.</p>



Wash your hands regularly.



*Wear a face covering in all shops, indoor venues and on public transport.



Keep your distance from others.

*Exemptions include: • children under the age of 11 • people with breathing difficulties • people living with a disability

Stop the spread.

Do the right thing.

www.southglos.gov.uk/coronavirus

Out of work?



15+?

Live in South Glos?
Something stopping you from finding work or training?

We may be able to help with;

- Writing CV's, cover letters or completing application forms
- Job searching online
- Finding training and gaining new skills
- Preparing for interviews
- Offer personalised one to one action plans to support you in your goals



Contact us for a free conversation today to see if we can help:
southernbrooks.org.uk/employment
01454868570



South Gloucestershire Community Learning and Skills Service



***FREE**

Developing Study Skills course

This course will help you to develop confidence in a range of study skills, which will support you to return to education and prepare you for retraining or study opportunities.

Where:	Kingsmeadow @ MadeForever, Kingswood
How long:	Thursday (afternoon workshop)
Starts:	21 st January-18 th March 2021, 10am-12noon
Contact	For more information please contact Anthony Hill on 07522218409 or email anthony.hill@southglos.gov.uk

* For adults aged 19+ with few or no qualifications; or experiencing other barriers to work

Need help making a Universal Credit claim?

At Citizens Advice South Gloucestershire we can support you to make a new claim for Universal Credit, from opening your account to receiving your first full payment.

From **November 30th**, we will resume our face to face drop in sessions* in the following location:

- **Yate One Stop Shop** - Mondays 9-12pm
- **Kingswood One Stop Shop** Tuesdays & Thursdays 9-12pm
- **Patchway One Stop Shop** : Wednesdays & Fridays 9-12 pm

* Covid safety measures will be in place - please wear a face covering

Talk to us online: citizensadvice.org.uk/universalcredit

Call us: Freephone 0800 144 8 444

You can find more information on Universal Credit on our website: citizensadvice.org.uk/universalcredit



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?

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

**Every 2nd Tuesday of the month
(1-3pm)**

For more information contact us on: Phone: 0117 3018739

Email: info@kingsmeadowmade4ever.org.uk

**Book &
Reading
CLUB**



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

Web: www.kingsmeadowmade4ever.org.uk

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)



Forever Refurbishment & Recycling Workshop

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

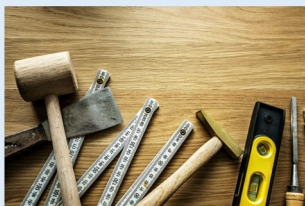
Come and join us!

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



DO YOU WANT TO

Reconnect Your Street.....?

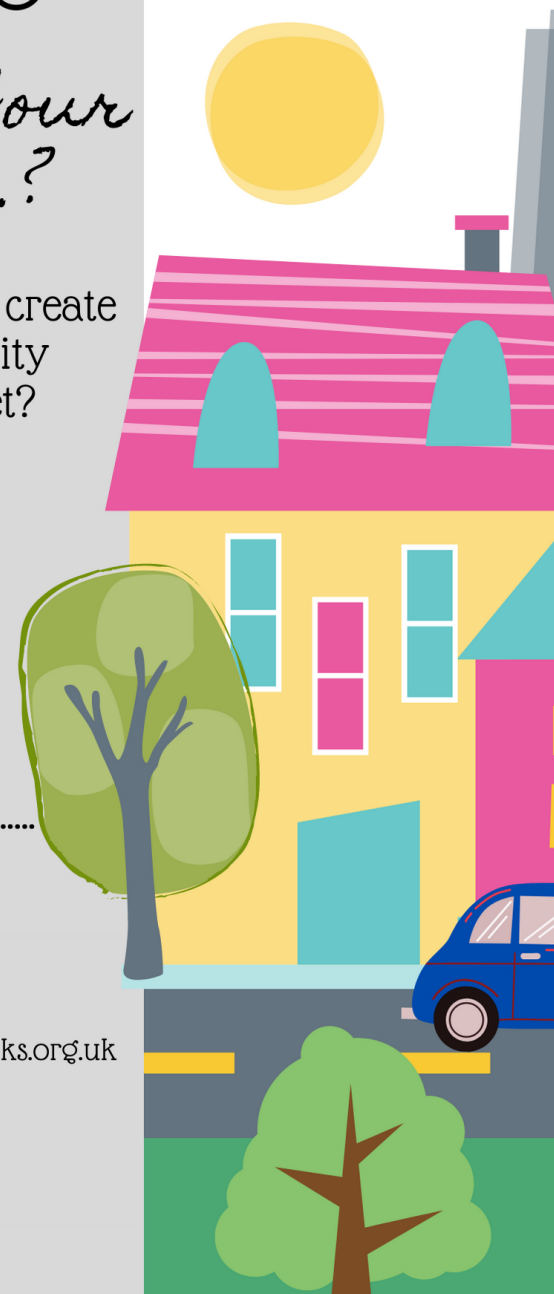
Would you like to help create
a friendlier community
spirit on your street?



We'd love to hear
your thoughts &
have an ideas chat

Contact Zaya:
07969 189485

zayamorris-taylor@southernbrooks.org.uk





Worried about Brexit?

ARE YOU WORRIED ABOUT HOW BREXIT
WILL AFFECT YOUR RIGHTS
(OR YOUR FAMILY) IN THE UK?

We are here to help.

For free support and information for EU
nationals, contact:



Registered Charity No: 1157061

COMMUNITY PARTNERSHIPS

www.southernbrooks.org.uk/brexit/
tamarasmith@southernbrooks.org.uk

or

Tel: 01454 868570
07929 787 473



Work and income affected by coronavirus?

**FUTURE
BRIGHT** ■ Support
■ Advice
■ Skills

*"An invaluable source of
support to me and my
family. I have a hugely
positive outlook on what
I can achieve"*

Emma, Bath & NE Somerset

Talk to us

www.futurebright.org.uk

**FUTURE
BRIGHT** ■ Support
■ Advice
■ Skills

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.





Couch-To-5K Courses

Are you looking to improve your fitness or start running? Then why not join one of our brilliant Couch-To-5K beginners running courses!

These ever popular courses fill up quickly due to their inclusive and welcoming nature. No previous experience is required and over 9 weeks we will take you in session one from running for 60 seconds to being able to run continuously for 30 minutes by week nine.

Couch-To-5K is sociable and beginner friendly with all the group sharing the journey. As well as the coached sessions we encourage our groups to meet up and do their "homework" sessions together, this usually means there's another chance to catch up over a coffee! There's also a closed Facebook group where you can pick up tips, ask questions and generally chat with your and other courses about how it's going! Run throughout the year starting on designated dates.

Contact us for information on the next course or see below for the most recent/upcoming courses. Next NEW courses start in the Spring

"I think having done cross-country at school and absolutely loathed it with every fibre of my being. If you had told me that I would enjoy running and see it as a hobby, I would not have believed 'me'. That's the main thing, it got me back into sport"

<https://sites.southglos.gov.uk/activeinlife/>

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



WECIL is launching a new Check in and Chat Service for members of our community in response to the Covid-19 crisis and funded by Bristol City Council.



The service is aimed at disabled adults or those with long term health conditions who are feeling isolated and would like someone to talk to.

Covid-19 has disproportionately affected disabled people in many ways including loneliness, isolation and extended shielding. We want to support people to make positive connections by linking them with a volunteer 'Telefriender' who will lend a supportive ear. People will receive weekly phone calls, for 6 weeks, to help tackle the isolation they are feeling.

To receive a weekly phone call you can refer yourself via:

Online form <https://bit.ly/WECILCheckinandchat>

Or contact Charlotte on: 07973686389
Charlotte.Heath@wecil.co.uk

