

KINGSWOOD CONNECT

Quarterly Newsletter for our community



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KINGSMEADOW @ MADEFOREVER COMMUNITY HUB



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.

FOR ALL YOUR COMMUNITY NEEDS

Asda Green Token Scheme

We are pleased to announce that **Kingsmeadow @ MadeForever Community Hub** has been selected for the **ASDA Green token scheme**. The cause with the most online votes will receive a £500 donation with second place receiving £400 and third place £300. Please support us by voting **Kingsmeadow @ MadeForever** for the ASDA Green token scheme. **Voting is open until midnight Tuesday 31st May 2022.**

How to vote:

follow the link is below:

www.asda.com/green-tokens

select Longwell Green from the drop-down box.

Choose Kingsmeadow @ MadeForever

You can vote once every seven days, so please return and revote in the following weeks.

Thank you for supporting us support the community.

K@M4E Team.

Answer this online survey and give suggestions about the Kingmeadow @ MadeForever Wellbeing Activities and services.

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

For more information contact us on 0117 301 8739

Email: info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, SHOP,GARDEN & CAFE
Fisher Road, Kingswood, Bristol, BS15 4RQ

Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever) - website: www.kingsmeadowmade4ever.org.uk

Fibromyalgia Group

Kingsmeadow @ MadeForever



One of K@M4E's well-being group that has made great strides of progress in the last few months is the Fibromyalgia/ME/CFS and chronic pain support group that we facilitate fortnightly. Before the pandemic, the group was very successful, however the numbers dwindled due to the many lockdowns. Since then, we have been trying to build the group back up and recently we have had some newcomers as well our regulars who have become dedicated to attending. News of our small Kingswood based group has even managed to reach Yorkshire and to as far as the United States! We've had requests to add online option so people could join in from anywhere. Something for us to consider as the group develops.

“
Everyone has a
different story
or different
condition...
”

One of our new members said “I haven't socialised with anyone like this since before covid, I am definitely looking forward to the next time we meet” which shows she is finding the group beneficial, especially after the last 2 years.

The majority of people attending this group have previously been let down by service providers and are struggling to find places that recognise their condition exists, let alone the emotional challenges that go along with it. Fibromyalgia and ME are common conditions but support groups for them are few and far between so being that Kingsmeadow@MadeForever has designated space and time for this group means so much to the members.

The comments that are often heard when this group gets together is that they are so thankful they have the chance to talk and share with other people that feel similarly and experience the same battles. They are constantly sharing tips and useful information that not all of them are aware of, for example how to access a key for all public disabled toilets.

The members are forming a network of support for each other which seems to be vital for anyone who suffers with a chronic illness as feeling isolated is an inevitable side effect. Although the official name of the group lists Fibromyalgia and ME, it is inclusive of many other conditions that cause pain or fatigue, for example one of our members has Myasthenia gravis and another has Osteoarthritis. A quote from another of our members said that “everyone has a different story or different condition, but we all know what it is like to live a different life to what you planned so we support each other with adjusting to that.”

If you would like get some support about your condition, please feel free to call us on 01173018739 or just drop in at our Wednesday session at 2pm in the Kingsmeadow@MadeForever Community Hub.

THE DIGITAL DIVIDE

A GUIDE FOR SOUTH GLOUCESTERSHIRE

Includes

The Digital Divide
Local Services

Reasons to Get Online
Good Practice

Advice and Guidance
Case Studies



healthwatch
North Somerset

Healthwatch South Gloucestershire is an independent organisation that listens to people's concerns about health and social care services. They have recently published their **Digital Divide Guide**, which offers practical advice for individuals, groups, and organisations to reduce the barriers that may prevent someone from using the internet, plus tips to help people develop their confidence online.

If you would like to view or download the guide for yourself or to assist someone close to you, please visit:
www.healthwatchsouthglos.co.uk/Digital_Divide

The guide was created with support from the South Gloucestershire Over 50s Forum, Southern Brooks Community Partnership, the South Gloucestershire Disability Equality Network, and South Gloucestershire Council.

To share your feedback about any health or social care services in South Gloucestershire, you can fill out a short, confidential feedback form here:
www.healthwatchsouthglos.co.uk/share-your-views



ENOVERT COMMUNITY TRUST AWARD FOSC £50,000!

James Hackett, Chair of the FOSC :
“ The Friends of Siston Commons are thrilled to receive this generous funding from Enovert and South Gloucestershire Council and we are looking forward to involving local residents of all ages in helping us to carry out the exciting plans for Siston Park Common which will improve the area for humans as well as wildlife, giving us all hope for the future.

South Gloucestershire Council has provided the 10% match funding needed to secure the grant. Angela Haymonds, Trust Manager of Enovert Community Trust :

“Funding projects that contribute towards increasing biodiversity is a priority for the Trustees of ECT and we are delighted to be able to support this important project. ECT’s award of £50k will hopefully open up other funding opportunities to enable significant environmental improvements to be made over the next few years on this site.”

A wildflower meadow, a new avenue of trees and a new community orchard of heritage variety fruit trees will be created. There will also be two new ponds, a new footpath and some additional benches that will encourage visitors to access and enjoy the meadow throughout the seasons. Support has also come from Ward Councillors: Steve Reade: “This grant is a valuable step towards the recreation of a biodiverse and publicly welcoming common.”

Sam and Elizabeth Bromiley: " This work is only possible thanks to the tireless efforts of the FOSC.”

Sandie Davis: “ We really appreciate what the Friends of Siston Common do. We are also very grateful for the financial support from the Enovert Community Trust towards the landscape improvement project.

Andrew Stacey – Chair of Siston Parish Council: “We are delighted that FOSC have been able to secure the funding to progress this wonderful project.”

Hi Kingswood from the Kingswood Beat team, It's great to see the nights getting lighter and hopefully soon the weather will improve and we'll all be feeling a bit warmer. The beat team have been working in schools educating students around internet use, we cover topics such as internet safety and using the internet negatively and the consequences of doing so. On line Bullying via social medium platforms is classed as Malicious Communications. We deal with many reports of this and a lot of the offenders are school age! Any parent reading this please make sure you put parental controls on your child's devices and monitor their internet use, many of the students we speak to say no one checks what they look at !

The team have been completing cycle marking sessions in schools and in public places, the next session is being held on Saturday 9th April between 10 and 12 in Southey Park. Come along and get your cycle registered on the BikeRegister app – the national cycle database for free.

The beat team have completed several days of action, one around the use of E scooters and one around rogue traders and have several more actions days ahead.

We've been made aware that cars and vans are being broken into in the area. Please report any incidents to us either by calling 101 or reporting to us online via the Avon and Somerset Constabulary website. We have received 7 reports of theft from vehicles since the start of February.

If you don't report, we will not be aware that there is an issue that needs to be tackled. Posting on social media is not a way of reporting to us.

As the weather improves more of you will be outside and in your gardens, if you see any of us please say hello and if you have an issue please tell us. The team know a lot about what's going on in the area but we need your help to get the full picture.

Wishing you all the best for the Spring .

PCSO Kay REES

BEAT SURGERY

Please come along and see us the team will be delighted to meet you.

Kingsmeadow@MadeForever:

13th April

11th May

8Th June

(14:00 – 15:00 hrs)

For more information contact us on
0117 301 8739 or
info@kingsmeadowmade4ever.org.uk

Adress: Kingsmeadow @ MadeForever
Community Hub - Fisher Road

South Gloucestershire Community Learning and Skills Service

*FREE course for Adults

Digital Skills for Health and Social Care

- Help people to be independent in homes or hospital settings
- Exploring how to write, keep and upload records in the workplace
- Develop skills for work
- Progress onto nationally recognised course in Health and Social Care

Where:	Kingmeadow@Madeforever Community Hub
When:	Mondays, 1.00-3.30pm
How long:	5 weeks



Horticulture

Where:	Kingsmeadow@Madeforever
When:	Friday, 29th April, 1 - 3pm
How long:	9 weeks



For further details and to book your place, please contact:

Anthony Hill

☎ 07522 218409 / ✉ Anthony.hill@southglos.gov.uk

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



KINGSWOOD COMMUNITY GARDENING

"We are BS15" Community Group is opening a food growing project at Trinity Church, Kingswood High Street to grow food for local community cafes.

Tuesdays 11-1pm,
starting 22nd March

Community Allotment at Pound Road,
Developing and maintaining a site for growing food and wild flowers.

Wednesdays 2-4.30pm

Orchard Surgery Gardening Club set in a beautiful walled garden. Developing this mature garden growing flowers, and nature crafts


Thursdays 11-12.30pm



We are keen to find volunteers to help at other times during the week.

If you interested please contact Georgina Green
georginagreen@southernbrooks.org.uk 07814 288916





North Bristol
Advice Centre

Free and independent advice and support

For North Bristol and
South Gloucestershire

- ▶ Welfare Benefits
- ▶ Universal Credit
- ▶ Debt Advice
- ▶ Appeals and representation
- ▶ Help to Get Online

Enquire using our Advice Tool at
www.northbristoladvice.org.uk
Or call 0117 951 5751



Registered Charity number: 1066921



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Out and About

WECIL and our partner organisations run a range of services for disabled / SEND children and young people in different areas of Bristol and B&NEs. We provide 1:1 volunteer befriending support, a variety of different session based activities, day trips and holiday short breaks.

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All of our services are designed to ensure that children and young people can build skills and knowledge, grow in confidence, interact in different social environments and help build positive relationships.



Out & About

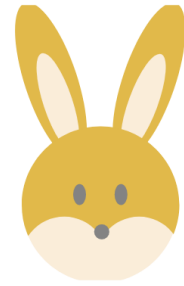
Short breaks for disabled children (5-19)

Contact our team for more information:

0117 947 9911 / 07835 611651
outandabout@wecil.co.uk



Community Easter Holiday Fun



Join us for a 3 days Community Easter fun event on the
11th, 12th and 13th April

Event Program:

11th and 12th April (11am - 3pm)

variety of fun activities including Easter Egg Hunt, Face Painting, Music, Bingo, Cinema, Arts and Crafts, Easter games, Bouncy Castle and more...

13th April (4pm to 8pm)

Family Disco, Raffle, bingo, fun activities, friendly cafe...

**For more information
contact us on
call: 0117 301 8739**

Email:
info@kingsmeadowmade4ever.org.uk

**Venue: kingsmeadow @ MadeForever
COMMUNITY HUB, SHOP, GARDEN &
CAFE**
Fisher Road, Kingswood - Bristol
BS15 4RQ

**Facebook: kingsmeadowmade4ever
website:
www.kingsmeadowmade4ever.org.uk**

Registered Charity No: 1148905

Health Start



Healthy Start paper vouchers are being replaced by a new prepaid card

To continue to get help to buy healthy essentials, you'll need to apply online to receive your new prepaid card:
www.healthystart.nhs.uk

Do you currently receive Healthy Start paper vouchers? (or know someone who does?)

The Healthy Start scheme has gone digital. You will now receive your payments on a prepaid card.

To continue receiving your payments, you must apply online by 10 March for your prepaid card.

Apply now: <https://www.healthystart.nhs.uk/how-to-apply/>



The NHS Healthy Start scheme has now gone digital

Apply online today to receive your new prepaid Healthy Start card at:
www.healthystart.nhs.uk

Free training

The paper voucher scheme is changing and vouchers will be replaced with a pre-paid card. If you offer advice to families on welfare benefits, you may be interested in a free virtual briefing session about these changes.

Please contact Nicola Ellis, Public Health, South Glos Council for more information or to book a place.

Email: nicola.ellis@southglos.gov.uk

Or tel: 01454 863499

BINGO



Free, relaxing, fun weekly Bingo session open to all.

Join us for a tea or coffee and a chance to socialise.

Small prizes to be won!

EVERY TUESDAY

Time: 3.00-4.00pm.

**For more information contact us on
call: 0117 301 8739**

Email: info@kingsmeadowmade4ever.org.uk

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Registered Charity No: 1148905



South Gloucestershire

What can Citizens Advice help me with? Are you struggling to make ends meet? Do you wonder if your employer is treating you fairly?

We can all face situations which seem complicated and may need some advice to help us though. At Citizens Advice South Gloucestershire, we can help with most everyday problems from employment to housing, relationship breakdown to benefit entitlement and debt.

Whether you are struggling to pay your energy bills or need to check if you are getting all the benefits you are entitled to, our experienced advisers are here to give you free, independent and impartial information and advice. We will give you and give you the knowledge and confidence to find your way forward.

Come and see us at The Community Hall, Little Stoke Lane, Bristol, BS34 6HR, on the 2nd and 4th Monday of every month from 12.30 pm to 2.30 pm.in Staple Hill on Thursdays between 10am-1pm 96 High Street, Staple Hill, BS16 5HL – contact us on 0808 278 7947 or visit <https://www.southgloscab.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.

Enjoy our Forever friends Cafe for a relaxing drink & lovely food!



Time: Monday - Friday (10am - 3pm)

We also welcome donations:

- Plants/ Fruit tree
- Compost
- Fencing wood/ wood posts
- Garden tools/ materials



For more information contact us on call: 0117 301 8739

Email: info@kingsmeadowmade4ever.org.uk

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Registered Charity No: 1148905

HELP PAINT OUR
HUGE MANDALA
& BE A PART OF THIS
COMMUNITY
MASTERPEICE TO BE
DISPLAYED IN
KINGSWOOD



COME & PAINT FREE

NO EXPERIENCE NEEDED
MATERIALS PROVIDED
ALL AGES WELCOME

PAINTING SESSIONS
@ LIBRARY OF THINGS,
KINGSWOOD

EVERY WEDNESDAY • 12-2PM

CONTACT:
MOB: 07969189485
EMAIL: BRICKPROJECT.UK@
GMAIL.COM



Share Bristol
A Library of Things

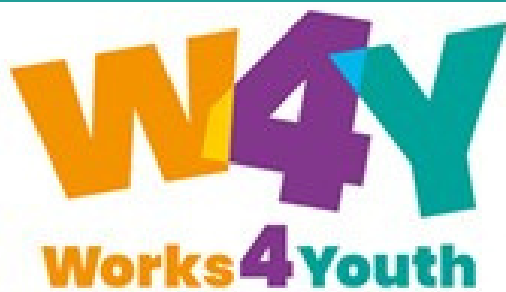


Connecting
Kingswood

www.facebook.com/groups/connectingkingswood



COMMUNITY PARTNERSHIPS



@works4youthSG



@works4youth



Are you 16-25 years old,
unemployed and not in full
time education?

Do you live in South
Gloucestershire and need
support?

Works4Youth have
dedicated Employment
Mentors to help you:

- Explore your options
- Develop skills and confidence
- Build on your strengths



01454 865009



works4youth@southglos.gov.uk

Works4Youth is a free service supporting 16-25 year olds on their employment journey. If you are not in employment or full-time education, live in South Glos. and would like some support to find employment then we can help.

Works4Youth provide 1-to-1 employment mentoring that explores your skills and opportunities to set you on a work-path right for you. We help you set goals and make action plans, as well as invite you to workshops all over the county that focuses on the different things that make up this journey. From confidence building to writing the perfect cover letter.

We work in partnership with other local organisations to ensure your support is personalised and works for you.

For a chat about our service,
call 01454865009 or
email

works4youth@southglos.gov.uk

Check us out on the socials:

Twitter: @works4youthSG Insta:
@works4youth

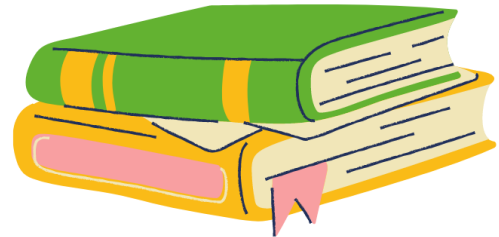
Book & Reading Club

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 in our book & reading club.

2ND WEDNESDAY EVERY MONTH. TIMES: 1 - 3PM



For more information contact us on call: 0117 301 8739

Email:
info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, SHOP, GARDEN & CAFE
Fisher Road, Kingswood - Bristol BS15 4RQ

Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever)
website: www.kingsmeadowmade4ever.org.uk

Registered Charity No: 1148905

Information for yourself/ friends and family to support Positive Mental Health and wellbeing from the South Gloucestershire Public Health Team.

One You Service:

<https://oneyou.southglos.gov.uk/stress-less/>

Lots of information about local groups and strategies to help you look after your own wellbeing, also directs you to local support.

Do you manage people at work?

Access this free mental health at work e training for managers here if you live or work on South Gloucestershire.....

<https://www.westofengland-ca.gov.uk/growth-hub/workforce-development/thrive/>

Mind you:

<https://sites.southglos.gov.uk/mind-you/>

Information about young people's mental Health and wellbeing, also sections to direct to local help.

Need to talk to someone now 24/7 helplines:
Samaritans 116 123 phone 24/7
Shout - Text service - Text the word 'SHOUT' to 85258 or visit their website for more information. Anyone, any age can text the service if resident in the UK.

Kingswood Library



Opening times: Monday, Wednesday, Friday 10.00-5.30pm
Saturday 9.30am-1pm
Library also available during unstaffed hours using Open Access.
Find more information at: www.southglos.gov.uk/openaccess

APRIL ANTICS

Saturday 9th April
10.00 – 10.45am

Kingswood Library

This is a free craft suitable for children aged 4-10.
All children must be accompanied by an adult



Craft
and a
Coffee

Come join us at Kingswood Library every other Monday between 15:30 and 17:00 (Starting 28th February 2022) and every other Saturday between 11:00 and 12:30 (Starting 5th March 2022). We look forward to meeting you...

Lego Club

Saturdays
Every four weeks
10-11am

Join us for a story and themed Lego building session

Free session for Primary School children.
To book a space or to find out dates please contact Kingswood Library

COMING SOON.....

Fun book club
for 7-11yr olds



'I love Chatterbooks. You get to make new friends and have fun with crafts and stories...I also love reading.'

We meet monthly on
Saturdays 10.00-10.45am

Spaces are limited so please book a place

To book onto any of our children's sessions please email: kingswood.library@southglos.gov.uk
Or speak to a member of staff

Libraries welcoming families!

Pop in to your local library and have some fun!
There's something for the whole family to enjoy

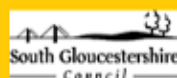
Rhymetime – Wednesdays,
9:30 – 10am, FREE

Have fun and learn new rhymes to share with your little one




Storytime – Fridays,
9:30 – 10am, FREE

Enjoy stories and crafts with your little one



facebook.com/sgloslibraries @southgloslibs





Community Engagement Forums



Come to an open virtual meeting for residents to discuss and address neighbourhood matters and help build a stronger community

Your community engagement forum (CEF) meeting is your opportunity to engage with:

- Your local Police Beat team
- Avon Fire and Rescue service
- South Gloucestershire Councillors
- Town and Parish Councils




You can also find out what is happening in your local area and receive Public Health updates.

 **Tuesday 28th June 2022**  **7pm**
 **Kingswood**  **Positive Mental Health**

Please read and adhere to : [Code-Of-Conduct](#), [Ground-rules](#), [Privacy-Notice](#)

To get involved with your local CEF please email:

communityengagement@southglos.gov.uk

 www.southglos.gov.uk/CEF  01454 868113
 communityengagement@southglos.gov.uk

Your voice counts in shaping your community

Digital Inclusion drop in sessions



We will tailor our sessions to specific things you want help with, for example:

- connecting with friends & families on social media
- Accessing online appointments including medical appointments
- Joining online groups or support sessions
- Sending emails
- Accessing bus timetables
- Online shopping
- Job searching

EVERY TUESDAY
12.30-2.30pm

Do you need help with technology?

Are you anxious everything is done online?



For more information contact us on call: 0117 301 8739
Email: info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever - COMMUNITY HUB, SHOP,GARDEN & CAFE

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Registered Charity No: 1148905

Kingswood Park

South Gloucestershire Council has now commenced work with the Friends of Kingswood Park to develop proposals for the restoration of Kingswood Park. The National Lottery Heritage Fund awarded the project funding for development stage work in October 2021. We have 15 months to develop our proposals for Kingswood Park and we are now under way with this work.

As part of the project development our proposals include the restoration of the park's heritage features (stone boundary walls, gateways, paths and access improvements, improved toilets, amphitheatre and band stand and iron railings), potential provision of a new refreshment concession, and a wide range of learning and participation projects, together with proposals for activities, health & wellbeing initiatives in the park, and interpretation and signing. You can find out more on our Kingswood Park web page here – www.southglos.gov.uk/leisure-and-culture/parks-and-open-spaces/kingswood-park/



COMMUNITY SERVICES

POLICE Emergency and high priority: www.avonandsomerset.police.uk/report/
Beat Surgery: Please come along. The team will be delighted to meet you at
Kingsmeadow@MadeForever: 13th April, 11th May & 8th June (2 - 3pm)

Kingsmeadow @ MadeForever Support: Call 07842 428043/ 0117 3018739 or Email:
info@kingsmeadowmade4ever.org.uk

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

Meet the councillors!: Once a month at Kingsmeadow@MadeForever -
Dates: 20th April, 18th May & 15th June 2022. Contact us for more information.

Wecil: Call us: 0117 947 9911 - <https://wecil.co.uk/>

North Bristol advice centre: Call 0117 9515751 or www.northbristoladvice.org.uk

Community Learning: Contact Anthony Hill 01454 864613 or Email:
Anthony.hill@southglos.gov.uk

National Star College: Contact 01242 527631/ 07837 555329 or Email:
steps-enquiries@nationalstar.org

Citizen Advice Bureau: Contact us on 0808 278 7947 or visit
<https://www.southgloscab.org.uk/>

* 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
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0117 3018739
Charity N°: 1148905