KINGSWOOD CONNECT

Quarterly Newsletter for our community





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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.

Amazon Smile

We're delighted to let you know that K@M4E has partnered with Amazon Smile. This means that every time you shop on Amazon, using the smile.amazon.co.uk URL and choosing us as your chosen charity, the Amazon Smile Foundation makes a donation to us of 0.5% of the net purchase price of your products - at no extra cost to you!

Sign up to Amazon Smile and select Kingsmeadow at Made Forever as your charity of choice to get started now.

Happy shopping!

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 - website: www.kingsmeadowmade4ever.org.uk

From: Friends of Siston Commons

The volunteer Friends of Siston Commons have continued to work throughout the Summer unless the day was exceptionally hot.

Some of us have also enjoyed an informative walk with Nick Hudson, learning about the many different species of grasses and wildflowers on the Common near to Madeforever and Turners Farm. We are so fortunate to live here and to be able to preserve them.



Climate change and drought are a concern for all of us. The photograph showing part of the Warmley Brook dried up, was taken on 29th August. I have never seen it dry out before. We can all do a little bit to help improve our gardens and the Commons, urban areas and farmland around here. You are cordially invited to help to plant wildflower plugs on 1st October on the Common at Siston Park which will increase the number of pollinators on the Common. There will be information and activities at Madeforever in Fisher Road. It is part of the Commons Connections Project, supported by WECA, South Glos Council and Siston Parish Council with the Friends of Siston Commons and local people being involved on the day and ongoing. We look forward to meeting you there! To find out more, please see our Facebook Group page Friends of Siston Commons. Email

friendsofsistoncommon@outlook.com where I will post more details when I have them.

Ros Mahoney, secretary FOSC

KINGSMEADOW @ MADEFOREVER
INVITES YOU

HALLOWEEN PARTY

SAT, 29TH OCT 2022, 4 - 7PM





- Best Fancy dress: adult & child award
 - Raffle tickets & prize draw
- Halloween Party Games: Eyeball race, Mummy wrapping, etc
 - Thriller Dance competition
 - Arts & Crafts
 - Sweet treats hunt
 - Disco
 - Cafe open with drinks and hot food available
 - Free parking on site
 - Baby changing facilities and disabled access

For more information contact us on call: 0117 301 8739

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Funds for local community projects in South Gloucestershire



Member Awarded Funding (MAF) is available from South Gloucestershire councillors to support community groups working to help our residents. Each councillor can allocate funds up to £3,000 to local projects and services in their ward **before the end of March 2023.**

If you have an idea for a project or service that will help people, contact your councillor to discuss your plans and to ask for an application form.

Awards can be made to voluntary, community and social enterprise organisations, including Mutual Aid Groups, and town and parish councils.

More information?

For further information please visit www.southglos.gov.uk/MAF where you can view case studies of previous projects and register your organisation for the scheme.

To speak to the Grants Team, call 01454 865865, or email your query to grants@southglos.gov.uk

Is your community organisation looking for funding to support a project or service across South Gloucestershire?



The Area Wide Grant scheme is open for applications

South Gloucestershire Council is inviting applications from voluntary, community and social enterprise (VCSE) organisations and town and parish councils, for Round 2 of Area Wide Grants (AWG).

You can apply for grants to support community projects, activities or services that meet the needs of residents in at least six of the 14 Community Engagement Forum (CEF) areas in South Gloucestershire.

For further information on the scheme please visit southglos.gov.uk/AWG.

The deadline for applications in Round 2 is 15th October 2022.

Applications received by the deadline will be presented to a sub-group meeting for review. Recommendations from this meeting will be presented to the Executive Member for Communities and Public Health for a decision to be published in March 2023. Applications should therefore be for projects and services being delivered from April 2023.

All organisations must be registered to the Grants Online System and must be approved before making an application. For more information please see our Registration Guidance.

if your organisation is already registered you can request an application form; email grants@southglos.gov.uk. Call the Grants Helpline for advice 01454 865865.

VITAMINDS SERVICES

Since the beginning of the Covid-19 pandemic, many people have experienced changes in their mental wellbeing and have for the first time needed to access services to help them.

We all experience difficult times when we feel like we can't cope. These incidents can affect your everyday life and prevent you from leading a normal life.

If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. VitaMinds works in partnership with the NHS to offer a range of short-term psychological therapies known as IAPT (Improving Access to Psychological Therapies) to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire.

VitaMinds is a FREE service, and you don't need to visit a GP to get help - Vitaminds are able to assist below who are experiencing depression, low mood due to physical conditions, excessive worry or anxiety, excessive worry about health, panic attacks, sleep problems, stress, phobias, obsessive compulsive disorder and experience of a traumatic event.

There are three main ways to contact Vitaminds, a digital assistant that asks some questions and automatically refers you to the correct service, an online form that you can email to request services or call 0333 200 1893 to speak to an adviser. VitaMinds is not an emergency service and is not able to offer urgent help for crisis situations and will respond to any requests within 72 hours.

https://www.vitahealthgroup.co.uk/nhs-services/nhs-mentalhealth/bristol-north-somerset-and-south-gloucestershiremental-health-services/#how-it-works

GREEN SOCIAL PRESCRIBING

The Covid-19 pandemic highlighted the need for people to spend time outdoors and the benefits for both a person's physical and mental health. Green social prescribing builds on the success of a social prescribing model. Social prescribing is a way for local agencies, mostly GP's, to refer people to a link worker. Link workers can offer people more time to talk about things that may not be medical problems but could be impacting their health. The link workers can take an holistic approach to people's health and wellbeing. Green Social Prescribing links people with activities that take place outdoors and may include joining a local allotment group, walking well or outdoor photography sessions. The Bristol, North Somerset and South Gloucestershire Integrated Care Board have have produced a directory of available services which can be found at he One You South Glos page under

> GSP-Directory-2022.pdf (bnssghealthiertogether.org.uk)

Useful Mental Health Info page.

NATURE WALK

Get some fresh air, explore the local green space area & meet new people. Everyone is welcome!

Interested? Just turn up

Every 2nd Monday and 4th Wednesday of the Month from 10.30am to 12pm.

STAY ACTIVE & ENJOY NATURE

Enjoy our Forever Friends Cafe and Garden afterwards for a relaxing drink or food.

Free plants in pots available for walk members to take nature home

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





WISHING WASHING LINE[®] WESt



Help us to light up later life...

Alive is the UK's leading charity improving the lives of older people and their carers. We are looking for green-fingered volunteers from Kingswood and surroundings to join our lovely team.

Support our therapeutic gardening sessions at community gardens and care homes across Bristol, spend time with nature, learn something new, and share a smile.

Travel costs are reimbursed and training is provided. For more info, please get in touch with Nadja at volunteer@aliveactivities.org or call 07519534577. We're looking forward to meeting you!











You can also support our mission by becoming a one-time volunteer and grant a care home resident's wish by taking part in our project, Wishing Washing Line™ West.

The idea behind Wishing Washing Line™ West is simple: we at Alive collect wishes from care home residents and connect volunteers from the local community to grant them. Wishes currently include going on a day trip to Weston-super-Mare, petting some kittens, and going out for some fish and chips.



Please contact wishingwashingline@aliveactivities.org or call 07955 374632 to get involved. To keep up to date with our wishes, you can follow us on social media @wwlwest or be added to our WhatsApp group, where we post new wishes weekly.

Please find our website here: www.aliveactivities.org





WORKING TOGETHER

Avon and Somerset Constabulary

Working together to make the communities of Avon and Somerset be sale and feel safe Call 101 or visit www.avonandsamerset.police.uk





POLICE & COMMUNITY

Dear Kingswood,

Hello from the Kingswood Neighbourhood policing team, we hope you have enjoyed the summer. We have had a busy time on the beat engaging with the community and dealing with issues reported by yourselves.

We have been dealing with reports of Anti-social behaviour and dealing with any issues we find at the location of the incidents.

We have completed two successful drugs warrants on the beat and have disrupted those involved, we are currently building a case to bring those persons involved to justice. We are unable to comment any further than that, but we are really pleased with the results.

You may have seen us in Cock Road and Tenniscourt road with our speed cameras, we do these following complaints from residents to get a picture of the speed of motorists using the roads results of which we share with our partner agencies.

We have completed several cycle marking sessions at Kingschase Shopping centre and at Warmley Tea rooms, we have had a great response from riders who want their cycles to be as secure as possible. If you would like to bring your cycle to us to have it security marked and details of your cycle loaded onto the BikeRegister National Cycle Database, please come along to our next event at the tea rooms on Sunday 25th September from 11am till 2pm.

Best wishes Kingswood Neighbourhood Policing Team.

BEAT SURGERY

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

Kingsmeadow@MadeForever:

26th Oct 23rd Nov 21st Dec (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

please come along to our next event at the tea rooms on Sunday 25th September from 11am till 2pm.



COMMUNITY GARDEN & GREEN SPACE

Connect with nature and enhance you wellbeing.

Monday - Friday 10am - 2pm

Join our Community gardening and green space activities

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

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

Facebook: kingsmeadowmade4ever - www.kingsmeadowmade4ever.org.uk
Charity No.1148905



Future Bright offers FREE career coaching, training and support to help you develop the skills and confidence you need to take your next step.

What will I get?

- **Support**: With your personal career progression coach
- Advice: Practical help to take control of your work and pay
- Skills: Training and development tailored to your needs

Is this for me?

Future Bright offers FREE career coaching to residents:

- in Bath & North East Somerset,
 Bristol and South Gloucestershire
- · aged 18 and over
- in paid work (including zero hours and self-employed) and
- receiving benefits or tax credits or
- earning below the real living wage

How do I sign up?

Visit

www.futurebright.org.uk

Call

01454 866 008

Email

future.bright@southglos.gov.uk

Future Bright is funded and managed by the West of England Combined Authority and delivered by Bath & North East Somerset, Bristol and South Gloucestershire councils.



South Gloucestershire

KINGSMEADOW@ **MADEFOREVER**, FISHER ROAD, KINGSWOOD BRISTOL, BS15 4RQ



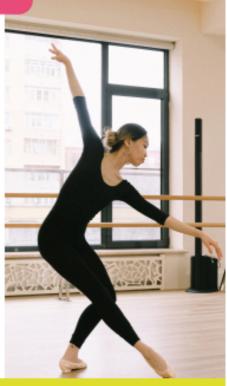


Make money doing what you love

25th November 10am - 1pm







We can help you turn your hobby into a business

Get in touch -

info@coolventures.co.uk • 0800 041 8293 www.coolventures.co.uk/workshops

Macmillan Coffee Morning

On September 27th Kingsmeadow@MadeForever held a Coffee Morning in aid of MacMillan Cancer Support. The annual coffee morning we organise is popular from how bustling our Café lounge was. From the feedback we received about the event, it appeared that everyone who attended seemed to leave feeling full of cake as well as a giving-spirit.

Thanks to many people in the community who were generous with either their time in attending the event or with donating cake, we were able to raise a wonderful amount of money, of £80.95. We are very grateful to our community supporters, service users, volunteers as well as staff who donated countless cakes and baked products. One of our regular members of our Nature Walk group, Hailey made a magnificent cake (see below) for us which was eaten in record time!

We would like to say a big "Thank You" to everyone who helped us raise funds for MacMillan Cancer Support while providing a lovely fun coffee morning.

K@M4E Team
Gratefully serving the 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

9.30am - 1.30pm

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

Kingsmeadowe

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

Registered Charity No: 1148905

Kingsmeadow @ MadeForever 3 Days Summer Community Event

A 3 day summer programme was held at Kingsmeadow Community Hub from 8th to 10th August. Everyone from the community was invited to participate in the activities which were held in the community hub. We had a community clean up, nature walk and planting activities. A family picnic with fun activities all day. The programme was finished with a family coach trip to Weston Super Mare, which was kindly sponsored by Mothers Union. Nearly 300 people benefited from the programme over the 3 days and everyone said they had an amazing time.

DAY ONE

A community clean up and nature walk was organised to tidy the surrounding area, including Siston Common. Everyone who participated thoroughly enjoyed it and were all able to make a difference to the environment by collecting several black bags of litter. Everyone returned to the hub for free refreshments at K@ME Hub's Cafe. After a well-earned break, families and individuals were able to plant their own vegetable and flower seeds into pots, which were provided by K@M4E. This allowed everyone to experience nature and the children were able to take their planted seeds home to nurture and watch them grow. Children and Young People were kept engaged in games and fun activities by our Activities coaches. Everyone relaxed in the afternoon with a movie in the sports hall and enjoyed the sweet cones and popcorn!







DAY TWO

A family picnic was planned with free food provided by the K@ME Hub Cafe. The lovely weather meant that people were able to enjoy the community hub garden and be out in nature. There were fun activities which included a bouncy castle, boulder room/climbing wall. Sporting and games activities were led by Children and Young People activity coaches in the outdoor sports court and the children we able to use the arts and crafts materials which were provided by K@ME. People said there were lovely activities for young children, a lovely variety and the staff and volunteers were great! Parents also said it was so

lovely to get all the children together and off their tablets/devices and to be playing and enjoying each other's company.

DAY THREE

A family coach trip to Weston Super Mare was organised for local families and individuals. 100 people registered to attend the trip on 2 coaches, which was very kindly sponsored by Mothers Union. Janet and Joan from Mothers Union joined K@M4E staff on the day making sure all the families had a great time. There was also attendance from the local Police Community Support Officers. Everyone met at K@M4E Community hub early in the morning and received free snack bags were given out, which were provided by K@4ME.Upon arriving at WSM free access was given to go onto the pier so everyone could enjoy the rides and amusements. Excellent feedback was given with everyone saying it was well organised, with friendly staff and was a great time to relax and enjoy family time. People felt it was lovely to meet and speak with other families and the trip had a real community feel. People told us day also helped with their anxiety and wellbeing and they returned feeling wonderful. Everyone enjoyed the goody bags and being able to get in the water because of the hot weather. All the children and families said they thoroughly enjoyed the trip, it was amazing! A great day was had by all which was made better by the lovely weather. Overall, the trip was a great success and everyone is looking forward to the next one!







"Thank you so much for providing this trip and for making it accessible to all"

" A well organised trip for the community, some great time to relax and enjoy family time. My children enjoyed it so much, great day out. Well done to such amazing friendly staff. We would love more trips to come again. Thank you!

"All my grandchildren and I are really pleased we went on the trip and the goodie bags were great"

A lovely day, Thank you very much.

'Excellent family activity. Please do them often to different destinations" It was a great bonding time for my family.

"My family had a fantastic day, much needed.

Thank you

"It was amazing and I loved it very much and I'll never forget it" Theo, aged 10

" My family had an amazing time. Much better than having my children stuck on their computers while I work. Thank you!

"Great activity, we need more of such. We feel wonderful"

'It was so lovely to get all the children together and off their tablets/devices and to be playing and enjoying each other's company. It was lovely to get to know other parents"

"Excellent Family activity, well organised, friendly and fun. Thoroughly enjoyed our day out. Well planned, the coach had air condition as it was a hot day. Brilliant"

JOIN US!

ME ARE HIRING



YOUTH WORKERS NEEDED!

Evening and holiday-time Youth Support Worker and Leader in Charge positions with scope for wider roles!

Contact us to find out how you could join our team!

CURRENT VACANCIES IN;
PATCHWAY, FILTON,
FRAMPTON COTTERELL &
KINGSWOOD!

for more information call 0117 9691938 or visit the link:

WWW.FACECHARITY.ORG.UK/VACANCIES



Hybrid Kingswood Community Engagement Forum Join in Person at Kingswood Civic Centre or Virtually using MS Teams

All local residents and organisations are welcome to discuss what is happening in your community

- Your local Police Beat team
- Avon Fire and Rescue service
- South Gloucestershire Councillors
- Town and Parish Councils
- math Wednesday 9 November 2022 @ 10am
 - Kingswood Civic Centre
 - A Hate Crime &
- Cleansing and Street Maintenance Services

To attend, please email:

communityengagement@southglos.gov.uk

We want to ensure your needs are met. To find out more, or if you would like this information in any other format, please contact us.

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



Your voice counts in shaping your community

Nature and Mass Planting Event

On 1st October Kingsmeadow@MadeForever (K@M4E) hosted a Nature and Mass planting event delivered in partnership with West of England Combined Authorities (WECA), South Gloucestershire Council Commons Connection Project and Friends of Siston Commons. The objective of the event was to encourage people to engage and connect with nature in their local community, provide an opportunity for people of all ages and backgrounds to participate in creating a wildflower meadow in Siston Common so they could take pride in their surroundings having played a role in the planting and to support pollinators, like bees because they are vital for our future sustainability. It was also aimed to provide a nature themed fun day activities enjoyed by families and individuals in the community, creating a sense of common care for our environment and each other.



Kingsmeadow@





One of the most significant issue facing our generation is the climate crisis, the event provided awareness of environmental challenges and information on how we can care for and nurture the environment on a local level.

Throughout the day, we had lots of nature themed activities engaging families, adults, children and individuals from the community. Many joined our team and built 2 large bug hotels made from recycled pallets, leaves and bits donated or found around the hub. Councillor Toby Savage, head of South Gloucestershire Council (SGC) and fire officers from A&E added their personal touch to the bug hotels. Paul Volker (SGC public health) and Cheryl King (Juice Community Project) who both played a major role in building the hotels named them Leaf Lodge and Bark Hotel. We provided information on "How to build your own bug hotel at home". Everyone is welcome to visit the Bug hotels at K@M4E Community Hub.

The children from K@M4E Art and Comic Club had a special opportunity to present their art work of this term which focused on caring for our planet, to the Mayor of West of England Combined Authorities (WECA), Mayor Dan Norris.

The children later joined the mayor planting wildflowers at Siston Commons to support pollinators. The children and their families have told us they very much enjoyed the event. Our Art & Comic Club was generated by two year 6 children from "The Tynings Primary School" in our community. It runs every Saturday 3-5pm and is open to children aged 6-12 of all levels of experience/skill.





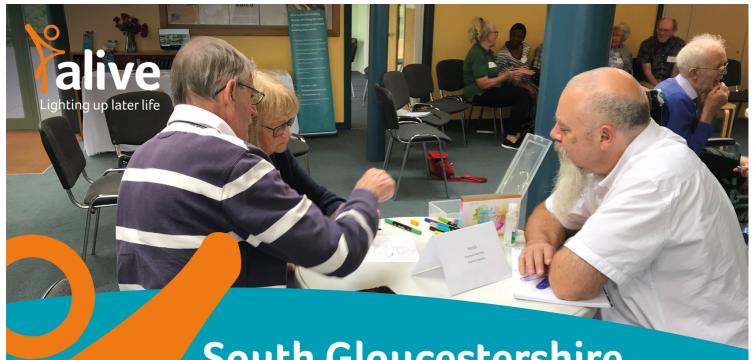
In the K@M4E hub garden, individuals and families planted seeds in plant pots which were given to them to take home to nurture and grow. Other activities such as nature theme face painting, nature bingo, climbing wall and live music created an enjoyable environment for everyone. There were information stands including Travel-West, who educated about sustainable transport and access to e-scooters, SGC Public Health gave information on green social prescribing and SGC Community Learning promoted nature and wellbeing courses. Dr. Bike from Bike Bristol repaired bikes on site and gave useful tips on bike maintenance.

There were amazing attractions such as A&E Fire Brigade who attended with their fire-engine and allowed the public including children to learn about their work and explore the fire engine. Bird of Prey Discovery allowed people to hold an Owl and provided information which was very exciting for children and adults.

K@M4E team took their turn and planted 80 plant plugs at the planting site on Siston Commons. Over 7,000 plant plugs were planted on Siston Common by the community which was an incredible achievement within 1 day

The feedback we received from the event was overwhelmingly positive, people enjoyed every aspect of the event. One participant said "it is amazing to have all the different activities going on at the hub alongside the planting at the Siston Commons". A family said, 'it was good to take part in making a difference' and another remarked that it was 'a great event raising awareness and community involvement'.

K@M4E community hub aims to strengthen a sense of community and prevent loneliness and isolation. We are pleased that it was an all inclusive fun event that got everyone of all background engaged. The atmosphere was fantastic! We would like to say a big "Thank You" to the our wonderful community of great people, volunteers, WECA and all the participants who contributed to the success of the event.



South Gloucestershire Dementia Meeting Centre

The Meeting Centre is for anyone living with a dementia and their spouse, carer or significant other to attend together.

We are now open and welcoming new members for a free taster session.

The South Gloucestershire Dementia Meeting
Centre is at
Bradley Stoke Evangelical Church,
Baileys Court Road,
Bradley Stoke BS32 8BH

Opening times are Wednesday and Thursday 10am-3pm.

Contact us for information and to join: Email: sglosmeetingcentre@aliveactivities.org Tel: 07377 197 893

E: info@aliveactivities.org T: 0117 377 4756 W: www.aliveactivities.org Registered Charity No. 1132708

Kingswood Library

located inside the Civic Centre



Opening times: Monday, Wednesday, Friday 10.00-5.30pm Saturday 9.30am-1pm

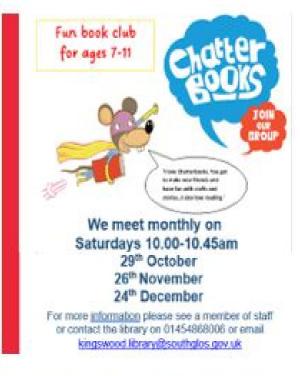
Library also available during unstaffed hours using Open Access.

Find more information at: www.southglos.gov.uk/openaccess

Join us for
FREE
Autumn craft
activities on
Wednesday
26th October
2:30-3:30pm
Most suitable for
primary school
aged children



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...





members
welcome to
join our
adult
BOOK GROUP
who meet on
the 4th
Wednesday
of the month
from 1:003:00pm
Please ask
staff for more
details

New







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.

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 - 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 Fisher Road, Kingswood, Bristol, BS15 4RQ 0117 3018739 Charity N°: 1148905