

# KINGSWOOD CONNECT

Quarterly Newsletter for our community



## NEWS & FEATURES

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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.

### Make a Donation

Make a donation today to support people and families who need K@M4E during these challenging times. The knock-on effects of Covid-19, compounded with the economic downturn, and the ongoing huge rises in the cost of living, are responsible for a huge decline in the emotional wellbeing of many people in our community.

By making a donation you can help us bring people back from the brink.

We promise you that your donation will go directly towards crisis prevention, providing essential support packages, food parcels, free hot meals, clothing, and other emergency items, as well as health and wellbeing support to provide some stability in these difficult times.

**Thank you for your support.**

To donate even more **at no extra cost to you** simply check the box during the online process to qualify this donation as Gift Aid. You must have paid UK Income or Capital Gains Tax to the value of 28% of your gift.

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](mailto: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](http://www.kingsmeadowmade4ever.org.uk)**

**TASTER SESSION**

# Sounds & Wellbeing in Nature

**MONDAY 30TH OCTOBER**

**1PM- 3PM.**

**CREATE-** a sound garden

**CONNECT-** outdoors through music

**COMMUNITY-** make instruments together

**Where?**

**Kingsmeadow @ Made Forever**

**Kingswood. Fisher Road. BS15 4RQ**

**Sessions continue:**

**Mondays from November 6th**



**WEST OF ENGLAND  
MUSIC THERAPY  
& WELLBEING**



**Kingsmeadow  
MADE-FOREVER  
Changing  
lives  
together**

# Walking With Friends



**On Thursdays from 1pm until 2pm**

**We start and end at Kingsmeadow Madeforever, Fisher Road, BS15 4RQ where there is a café and toilet facilities as well as a car park.**

**Walking with Friends** extends a warm welcome to anyone who would like to take a gentle stroll at a leisurely pace, around the lovely Siston Commons.

We walk at your pace so that you can enjoy the sights and sounds and have a chat with other people if you wish. It is suitable for wheelchairs and children's buggies as we keep to the shared paths.

Please feel free to just come along and join in ! Or you can ask for more information by:  
Tel. Adam on 07875503586. Email [alwaysdeveloping41@gmail.com](mailto:alwaysdeveloping41@gmail.com)

# Welfare Benefit Advice sessions

We provide advice and support with welfare benefit matters. Such as eligibility assessment and applications.

Please call or text us on  
**07704 603686**  
to pre-book your session.

## Upcoming dates:

30/10/23  
27/11/23  
18/12/23  
29/01/24

Every Last  
Monday of the  
Month

Time:  
10am to 4pm



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

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COMMUNITY HUB**  
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**Facebook: kingsmeadowmade4ever**  
**website: [www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)**

KINGSMEADOW @ MADEFOREVER INVITES YOU

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

# HALLOWEEN PARTY

SAT, 28TH OCTOBER, 4.30 - 8PM



Raffle  
tickets  
available  
now!



- Best Fancy dress: adult & child award
  - Raffle tickets & prize draw
  - Halloween Party Games
  - 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**

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

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, SHOP, GARDEN & CAFE  
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website: [www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)

Registered Charity No: 1148905



Welcome to our Autumn newsletter I hope you managed to enjoy the very wet summer holidays and are getting used to the shorter days and darker nights.

The team have noticed an increase in Rogue trader activity, we have received reports from vulnerable and often elderly people who have fallen victim to Rogue traders. These unscrupulous, abhorrent people have a range of ways of engaging the vulnerable, They will drive around and select a property that they feel is likely occupied by an elderly person then they will knock the door and tell the victim that there is a problem with a roof tile. This often frightens and worries the victim, and they end up agreeing to pay thousands of pounds to these criminals who then do a shoddy job and take the money or just take the money and disappear.

Some knock the door of a property where the garden is overgrown and offer to clear the garden for an “agreed fee” when the work is completed, they add hundreds sometimes thousands to the bill. The vulnerable person is frightened into paying these people, who then disappear without a trace leaving a very poor job behind.

Please be aware that these people are out in our community and look for your elderly vulnerable neighbours, if you see something that doesn't look right, it likely isn't. If you feel you can speak with the neighbour, see what's going on, please do. If not, please let us know, if there are any suspicious vehicles, please take a note of the registration this is useful to us.

This type of crime targets our most vulnerable and can result in the quality of life for victims being badly affected as they often lose their confidence and their hard-earned savings after becoming a victim to this type of crime.

### **15th October to 21st October is Hate Crime Awareness Week.**

During this week the team will be visiting schools to speak about Hate crime what it is and its effect on its victims, we will also be in the community to provide reassurance and advice on the subject.

We also have Business Engagement/Business Crime Awareness week from the 14th to the 21st October, the team will be engaging with local stores to advise management on the correct reporting procedures for shop theft and educating around the CCTV side of things.

I hope you have a good Autumn.

Kind Regards  
PCSO Kay Rees 7837

## WOULD YOU LIKE TO VOLUNTEER IN YOUR LOCAL COMMUNITY?



Visit Kingswood Library the second Monday of each month from 10am-12pm to:

- Discover a range of local opportunities
- Get all your questions answered
- Receive help and support into your role.

Starts Monday 11th September

For more info contact Jess Brassington (Kingswood Community Development Coordinator)  
07969 189485 or [jessicabrassington@southernbrooks.org.uk](mailto:jessicabrassington@southernbrooks.org.uk)

[southernbrooks.org.uk](http://southernbrooks.org.uk)  
Registered Charity 1157061

## COUNCILLORS' SURGERY

### Meet your local Councillors for New Cheltenham Ward

If you need any information or help from your Local councillor, you are welcome to come along to one of our SURGERIES.

**Time:** 10.30 - 11.30am

**1st Saturday & 3rd Thursday  
of the Month**



Sandie Davis & Matt Palmer

[Sandie.Davis@southglos.gov.uk](mailto:Sandie.Davis@southglos.gov.uk)

[Matt.Palmer@southglos.gov.uk](mailto:Matt.Palmer@southglos.gov.uk)

**VENUE:** Kingsmeadow @ Made4Ever  
Fisher Road, Kingswood  
Bristol, BS15 4RQ  
[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)

For more information call: 0117 301 87 39 or email [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)

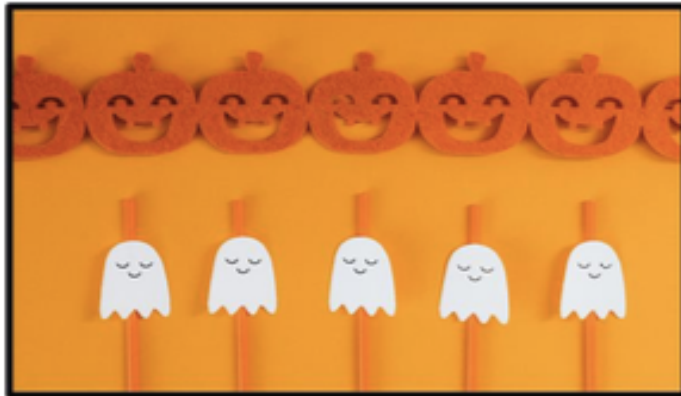
Facebook: [kingsmeadowmade4ever](https://www.facebook.com/kingsmeadowmade4ever)

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



# \*FREE Courses

## South Gloucestershire Community Learning



### Kingswood: HALLOWEEN CRAFTS FOR FAMILIES WORKSHOP






This \*FREE workshop gives parents/carers an opportunity to explore ways to create Halloween crafts with their children, whilst allowing them to develop creativity and confidence in their own abilities. It is suitable for parent or carers of primary school-aged children, wishing to help their child try out new ideas and develop problem-solving

**JOIN US at Kingsmeadow Madeforever Centre**

**Wednesday 25<sup>th</sup> October 2023**

**Time: 1.00 – 3.00pm**

#### Contact Sam to register your place!

	Phone:	07522 218409
	Email:	anthony.hill@southglos.gov.uk
	Website:	southglos.gov.uk/communitylearning
	Facebook:	sgloslearning
	App:	acl-south-glos.glideapp.io (or scan the QR code below)



\*For adults aged 19+ with few or no qualifications; or experiencing other barriers to work. We will also need to see evidence of identity and eligibility for this course. Please contact us for further details

Funded by:





# FUN & ACTIVE SPORTS SESSIONS FOR HOME SCHOOLED CHILDREN

**Tuesday's**  
**Ages 5 to 7 years = 9:45 - 10:35**  
**Ages 8 years plus = 10:45 - 11:35**



**£7 PER SESSION**

**INCLUSIVE TO ALL (S.E.N WELCOME)**

SCAN QR CODE TO BOOK OR BOOK ONLINE AT:  
[WWW.SPORTINGCHANCE-CSP.CO.UK/EVENTS/TAG/HOME-ED-ACTIVE](http://WWW.SPORTINGCHANCE-CSP.CO.UK/EVENTS/TAG/HOME-ED-ACTIVE)  
SIBLING DISCOUNT AVAILABLE. TO FIND OUT MORE, PLEASE ENQUIRE BY  
EMAILING US - [INFO@SPORTINGCHANCE-CSP.CO.UK](mailto:INFO@SPORTINGCHANCE-CSP.CO.UK)



**Kingsmeadow**  
**@Madeforever**  
**BS15 4RQ**



## Community Learning

☎ 01454 864613 ✉ [community.learning@southglos.gov.uk](mailto:community.learning@southglos.gov.uk)



Free courses\* available to you that are held in venues in your local community.

We offer courses in the following areas:

- English & Maths courses up to Functional Skills Level Two
- English for Speakers of other Languages (ESOL)
- Employability and some vocational qualifications up to Level One
- IT – some courses offer a qualification
- Family learning to support parents/carers with their child's wellbeing and schoolwork
- Wellbeing

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

We also offer bespoke 1:1 support to help learners access further education, training or apprenticeships, voluntary work and paid work. This service is available to anyone who has attended or is attending a Community Learning course.

**Holly Anderson**, Transition Coach, Community Learning and Skills Service

(Tel: 01454 868649 Email: [holly.anderson@southglos.gov.uk](mailto:holly.anderson@southglos.gov.uk))

## Future Bright

Free and one-to-one career coaching and support to help you take your next step on your employment journey.

You need to be:

- Aged 18+
- Resident in South Gloucestershire
- In paid work including zero hours and self-employed
- Receiving benefits/ tax credits -OR- earning below the Real Living Wage

☎ 01454 866008

✉ [future.bright@southglos.gov.uk](mailto:future.bright@southglos.gov.uk)



## Works4Youth

Free and one-to-one support to help you find work, training or start your own business.

You need to be:

- Aged 16-25
- Resident in South Gloucestershire
- Not currently in employment, education or training

☎ 01454 865009

✉ [works4youth@southglos.gov.uk](mailto:works4youth@southglos.gov.uk)



## We Work for Everyone

Free and one-to-one support to help you into paid employment.

You need to be:

- Aged 16+
- Resident in South Gloucestershire
- Not in employment
- Have a self-identified or diagnosed disability, learning difficulty or Autism that is a barrier to finding work

☎ 01454 863172

✉ [weworkforeveryone@southglos.gov.uk](mailto:weworkforeveryone@southglos.gov.uk)



Free personalised one-to-one and group coaching in **Secondary Schools** across South Gloucestershire.

We support cohorts of young people facing a range of barriers to learning which could put them at risk of becoming NEET post-16. We work alongside the school to support each identified young person over a 2 term block from Year 9 through to Year 11. The young people work with one of our Employability and Skills Mentors who help explore barriers, aspirations and options, as well as providing high quality information, advice and guidance to help with the transition in to post-16 provision or employment.

Free courses for **Primary Schools** in South Gloucestershire. We offer:

- 10-week Resilience Skills programme, which provides children with the opportunity to practise, discuss, share and develop their life and learning skills linked with resilience in class.
- Primary Enterprise is a 10-week business skills project designed to raise career aspirations of Key Stage 2 pupils. Children work in school to devise and deliver a small-scale business of their choice and making.
- Family learning courses to support parents and children with learning and wellbeing.

WHAT'S ON  
AT

# Kingswood library

located inside the Civic Centre

We are open with staff:

Monday  
10:00 - 17:30

Wednesday  
10:00 - 17:30

Friday  
10:00 - 17:30

Saturday  
9.30am-1pm

## Children's groups



Join in singing, simple crafts and nursery rhymes in these bouncy sessions for babies and toddlers

**Rhymetime**  
Wednesday 9:30-10am  
**Friday Fun**  
Friday 9:30-10am



**Saturdays**  
10-11am

There's something happening every Saturday at the library. Call or visit to find out more.



## Adult social groups



### Craft group

Alternate Mondays 15:30-17:00  
Saturday 11:00-12:30

Help yourself to tea and coffee and bring along your knitting, crochet, embroidery or anything else and join this friendly group for a crafty natter at the library.



### Get creative!

Saturday 10:30-11:30

Each week we'll have a mix of supplies for activities such as sketching still life, adult colouring, collage or crochet for you to try in this open, unguided weekly session.



Half-term at  
the library:

## AUTUMN LIGHTS

Monday 23rd October

10:30 - 11:30 am

Come along to our autumn craft session with lots of things to make and do. This free drop-in session is most suitable for children age 4-10. All children must be accompanied by an adult.



FREE



For more information about any of these events and activities, call the library on 01454 868006 or email [kingswood.library@southglos.gov.uk](mailto:kingswood.library@southglos.gov.uk)



The library is also available during unstaffed hours using Open Access. Find more information at: [www.southglos.gov.uk/openaccess](http://www.southglos.gov.uk/openaccess)





**National Star**

Realising the aspirations  
of people with disabilities

## Skills for Work, South Gloucestershire

Boost your job prospects with the help of National Star

**'My daughter has had more life experiences than ever before'**

**Parent of learner**

Do you need support to develop your work skills and find a job? Are you aged 16-25 with an Education, Health and Care Plan? Our Skills for Work programme may be for you. Our academic year-long courses are based in Bristol, take place four days a week and provide internal and external work placements.

### **You will:**

- Be supported by a dedicated work skills tutor and job coach
- Be able to develop your independent travel skills
- Be supported to achieve a vocational qualification
- Be supported to achieve your maths and English if you do not already have a Level 2 qualification
- Access placements in a range of businesses and organisations depending on your career aspirations
- Access workshops to develop a CV and job application and interview skills
- Be supported to apply for secure voluntary and / or paid employment
- Have the opportunity to move onto a supported internship if appropriate

**'Thank you for encouraging our son to do his best and assisting him with applying for jobs. He finally has paid employment'**

**Parent of learner**

### **Find out more:**

For more information about our Skills for Work programme please email [steps-enquiries@nationalstar.org](mailto:steps-enquiries@nationalstar.org) or telephone **07837555329**.

**Saturday, 25th November**

**Time: 11am 1.30pm**

Kingsmeadow @ MadeForever Hub Invites you

## **COMMUNITY TABLE TOP SALE**

**Grab a bargain variety of items available**

**Public:  
Free Entry**



**Book your table NOW to  
secure a space**

**Seller £8 per Table**

**Cafe open on site**

### **VENUE:**

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

For more information contact us on call: 0117 301 8739

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

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

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

# Make a difference - become an Adviser

Help us get through the cost-of-living crisis.

At Citizens Advice South Gloucestershire, we are recruiting for Volunteer Generalist Advisers to help people with a wide range of problems from our office in Yate.

If you enjoy a challenging yet rewarding role - and being part of a great team - come and volunteer with us. You'll learn new skills and help improve people's lives.

Find out more at [www.southgloscab.org.uk/volunteer-advisers](http://www.southgloscab.org.uk/volunteer-advisers) or leave a message on **01454 334961** and we will arrange a call back. To apply, email Finance and Admin Manager Amanda Wood at [bureau@sgloscab.cabnet.org.uk](mailto:bureau@sgloscab.cabnet.org.uk) to ask for an application form.



**South Gloucestershire**  
Registered charity number 1037480



## Prepare to keep yourself warm and well this winter

- Pension Credit
- Vaccines
- Warm and Well
- General support

Keeping warm and well may be harder at the moment as food and energy prices remain high and winter viruses such as flu and Covid-19 are likely to be circulating. There are things you can do to help keep you warm and well over the colder months, and we can help you access financial support including local grants and national cost of living help.

### Pension Credit



If you are a pensioner you may be eligible for Pension Credit which can top up your income and help you access more benefits.

You could receive Pension Credit even if you have savings and own your home. Find out more and how to apply at [www.southglos.gov.uk/CostofLiving](http://www.southglos.gov.uk/CostofLiving)

### Vaccination programme

Make sure you are up to date with your vaccinations.

Those eligible for a Covid booster this autumn can now book theirs via the national booking system <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/> or by calling 119. Your GP surgery may be able to offer you're a vaccination sooner.

Residents of older adult care homes and those most at risk including those who are immunosuppressed will receive their vaccine first. Carers, pregnant women, and health and social care staff will then be offered a booster, as well as adults aged 65 and over.

Wherever possible, vaccinations for flu and Covid will be offered at the same time.

### Warm and well

The NHS recommends heating your home to 18C. Keep the cold out by draft proofing windows and doors, making sure you have loft and wall insulation, drawing your curtains and tucking them behind radiators and making sure radiators are not obstructed by furniture.

Our partners Warm and Well have lots of free tips and advice to help you keep your home warm. They can also help you access various local and national grant schemes, including for residents of South Glos to help pay energy bills or install insulation. Call their helpline on freephone 0800 500 3076.

### General support

The council is here to help you. For more advice or to check you are receiving all the help you are eligible for, visit us at your nearest One Stop Shop in Kingswood, Patchway or Yate, call us on freephone 0800 953 7788 or email [OSSAppointments@southglos.gov.uk](mailto:OSSAppointments@southglos.gov.uk)



# Looking for something to do?



Love the Commons?  
Join the Friends of Siston  
Commons for fresh air and  
friendship, working with us to  
help to maintain the beautiful,  
ancient Commons in Siston.

**We meet every Tuesday from 09.30 to 12.30.**

Gloves will be provided and all the tools needed.  
Please bring a drink and snack. Wear suitable clothing and  
footwear.

Training courses are available and are required for anyone eg  
using power tools.

We work on all the Commons, so you will be told where we will  
meet each Tuesday.

You don't have to commit to every Tuesday and if you can only  
stay for part of the time that is fine !

Please email [friendsofsistoncommon@outlook.com](mailto:friendsofsistoncommon@outlook.com) and you will  
be sent a copy of the Constitution and Byelaws which you need  
to agree to and abide by.

We look forward to hearing from you!





Alive's South Gloucestershire Dementia Meeting Centre (SGDMC) celebrated its first birthday this month with both past and present members.

The Dementia Meeting Centre has been supporting residents of South Gloucestershire for over twelve months, welcoming those living with dementia and their carers. With a team of trained staff and volunteers, we offer our valued members the opportunity to take part in a variety of activities and gain access to both emotional and physical support.

The Dementia Meeting Centre concept is unique in that both the person with dementia, and their loved ones who support them, are welcome. Both are at the heart of our person-centred approach to help them adjust to the changes that dementia brings. A diagnosis of dementia can bring challenges for everyone connected to the person diagnosed. This is why we specifically focus on, and warmly welcome, those living with mild to moderate dementia symptoms - where we have the expertise to make the biggest impact.

The SGDMC meets weekly at Bradley Stoke Evangelical Church. We offer free taster sessions so please do reach out if you want to find out more about joining our lovely group.

Please contact us at [sglosmeetingcentre@aliveactivities.org](mailto:sglosmeetingcentre@aliveactivities.org) or call us on 07377 197 893.

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Would you like to make a positive difference in the lives of people living with dementia? Why not volunteer at our Dementia Meeting Centre and support our members and their carers. Let's combat isolation together and create a space where everyone feels welcome and supported.

When: Wednesdays and Thursdays, mornings or afternoons

Where: Bradley Stoke Evangelical Church, Baileys Court Road, Bradley Stoke BS32 8BH

Get in touch for more information and to apply: [volunteer@aliveactivities.org](mailto:volunteer@aliveactivities.org) or 07519534577. We would love to hear from you!



# COMMUNITY CHRISTMAS PARTY

Friday, 15th December - 4.30pm - 8:30pm

## Event Activities:

**Santa's Grotto**  
**Christmas Carol**  
**Disco & Festive games**  
**Christmas Raffle**  
**Arts & crafts**  
**Christmas Shop**  
**and more**

**Free  
Entry**

Mulled wine & mince pie, beer, wine for a Donation

**FAMILY FRIENDLY**  
**WHEELCHAIR FACILITY**

**FREE PARKING**  
**FRIENDLY CAFE**

## Venue:

kingsmeadow @ MadeForever COMMUNITY HUB  
Fisher Road, Kingswood - Bristol BS15 4RQ

**FOR MORE INFORMATION CONTACT US ON: 0117 301 8739**  
**EMAIL: [INFO@KINGSMEADOWMADE4EVER.ORG.UK](mailto:INFO@KINGSMEADOWMADE4EVER.ORG.UK)**

# COMMUNITY SERVICES

POLICE Emergency and high priority: [www.avonandsomerset.police.uk/report/](http://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 0117 3018739 or  
Email: [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)

DHI (Developing Health & Independence): [www.webfam.co.uk](http://www.webfam.co.uk)

Meet the councillors': New Cheltenham Councillors, Sandie Davis and Matt Palmer will be at Kingsmeadow@MadeForever Cafe from 10.30 – 11.30am every first Saturday & third Thursday of the month for residents to raise any local issues with them.

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

North Bristol advice centre: Call 0117 9515751 or [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)

Community Learning: Contact Anthony Hill 01454 864613 or  
Email: [Anthony.hill@southglos.gov.uk](mailto:Anthony.hill@southglos.gov.uk)

National Star College: Contact 01242 527631/ 07837 555329 or  
Email: [steps-enquiries@nationalstar.org](mailto: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](mailto:info@kingsmeadowmade4ever.org.uk)



[www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)  
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0117 3018739  
Charity N<sup>o</sup>: 1148905