KINGSWOOD CONNECT

Quarterly Newsletter for our community





NEWS & FEATURES

Wellbeing Activities



Help & Support Services



Community Events for Families & Individuals



Wellbeing and Skills Development Courses



Working Together

Police & Community

Councillors' Surgery







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 8734 Email: info@kingsmeadowmade4ever.org.uk

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

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



SUMMER HOLIDAY

EVENT

24th, 25th, 26th July 2024

JOIN US FOR 3 DAYS SUMMER HOLIDAY ACTIVITIES FOR FAMILIES. ENGAGE WITH YOUR COMMUNITY & MEET OTHER FAMILIES.

PROGRAMME OF ACTIVITIES

Wednesday, 24th & Thursday, 25th July

11 am - 3pm

- Live Music
- Face Painting
 - Dodgeball
 - Raffle
- Bouncy Castle!
- Bouldering room activities
- Garden & Community Clean-up activities
- A variety of Fun Family Friendly Activities

Our friendly café will be open to purchase food/drinks items

Our Coach trip
is kindly
supported by

- Family meal deal at

our friendly Cafe

- Bargain at our

Charity Shop

Mothers N

<u>Friday, 26th July 9am - 6pm</u>

Coach day trip to Weston-Super-Mare, Pick-up at 9am/drop-off approx 6pm

Please contact us for details

to reserve a place £5 refundable deposit per family Raffle tickets available for purchase now!



Venue: Kingsmeadow @ MadeForever Community Hub, Fisher Road, Kingswood, Bristol, BS15 4RQ

For more information contact us on call: 0117 301 8734 – Email: info@kingsmeadowmade4ever.org.uk

Facebook: kingsmeadowmade4ever - www.kingsmeadowmade4ever.org.uk



Kingswood Park

Our park at the heart of our community





Wednesdays 6.30 - 7.30pm, starting 17 July

At the bottom of the park - a relaxing class for everybody, led by Pippa.



Tai Chi

Tuesdays 6.30pm - 7.30pm, starting 23 July

In the tennis courts - a gentle introduction to this revitalising art - suitable for most abilities.



Mindfulness Workshops

Tuesdays 10.30am - 12 noon, starting 23rd July

Come and relax in the sensory garden, and explore what it means to live in the moment - please contact Georgina.green@southglos.gov.uk to attend.



Couch to 1 Mile

Mondays 10.30 - 11.30am, starting 15 July

A six week coach-led course to get you fit enough to run 1 mile meet at main entrance. Please book by contacting enquiry email.



Group Walks

Tuesdays 1 - 2pm, starting 16th July

Join us for a gentle walk around the park with tea and refreshments provided- meet at the main entrance.



Wild Wednesdays

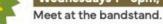
10.30am - 12.30pm, starting 10 July

Family friendly nature-themed activities, and crafting - meet at the bandstand.



Gardening workshops

Wednesdays 1 - 3pm, throughout July







South Gloucestershire Delivering for you

kingswoodpark@southglos.gov.uk





Find information website for adults, children and families





Children and families
Family advice, such as
childcare and education
options, parenting
support, and
things to do



Search
Connect with
community groups,
events and activities
in your area



SEND Local Offer Special educational needs and disabilities (SEND) services and information





Visit our website to find information and advice about services and support available for adults, children and families in South Gloucestershire. www.southglos.gov.uk/IAG

Built by South Gloucestershire Council with local partner organisations.









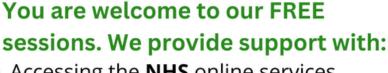


THURSDAYS 13:00 - 16:00

One to One & Drop-in Sessions Available!



Are you frustated everything is online these days?



- Accessing the NHS online services
- Connecting with friends & family on social media
- Joining online groups or support sessions
- Emailing
- Accessing bus & travel timetables
- Online shopping
- Job searching and more...

Whether you have no experience or looking to update your skills, we are here to help. Just drop in for support with your queries, or

1:2:1 assistance is available if preferred!

Bring your own smartphone, laptop or tablet or use one of our laptops.

VENUE: kingsmeadow @ MadeForever - Community Hub, Shop, Garden & Cafe Fisher Road, Kingswood - Bristol BS15 4RQ

For more information contact us on call: 0117 301 8734

Email: info@kingsmeadowmade4ever.org.uk

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

Registered Charity No: 1148905



WHAT'S ON 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



Rhymetime Wed 9:30-10am

Friday Fun Fri 9:30-10am Join in singing, simple crafts and nursery rhymes in these bouncy sessions for babies and toddlers

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.

Saturdays 10-11am

There's lots going on Saturdays at the library. Call or visit to find out more.

CLUB

Building blocks at the ready! Join us for a story and monthly
Lego session. Age 4+

BUILDERS

Too little for Lego? Join us for a monthly preschool playtime with a story and Duplo.

Monthly club for games, activities and lots of chatter. Age 7-11







Your paragraph text

For more information about any of these events and activities, call the library on **01454 868006** or email kingswood.library@southglos.gov.uk

For all children's activities, all children must be accompanied by an adult.

SMS Comeck



MONTHLY INFO / ADVICE SESSIONS

Struggling to find

- Employment?
- Access to further education?
- Apprenticeships?
- Paid or voluntary work?
- Training?

<u>Drop-in</u>
<u>Sessions:</u>
First Monday
of every month
1-4pm

Skills Connect offers **BESPOKE 1:1 MENTORING** to help you take your next step in your employment journey.



Come along to our **FREE** sessions hosted at Kingsmeadow
Made Forever Community Hub, to get started on your
road to employment!



kingsmeadow @ MadeForever - Community Hub,
Charity Shop, Garden & Cafe
Fisher Road, Kingswood - Bristol BS15 4RQ



For more information contact us on call: 0117 301 8734

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

Registered Charity No: 114890



Community Food Fund

The Community Food Fund aims to support Food Aid organisations working to help our residents to have access to food.

Community organisations can apply for funding of up to £500 per month to help fund additional food supplies or to run public food aid facilities for residents of South Gloucestershire.

Grants can be used as full or part funding or as match funding to cover the costs of food supplies, running costs and volunteer expenses.



Awards can be made to voluntary, community and social enterprise organisations and town and parish councils that have registered and been approved. Find out more about the requirements on our grants registration page.

More information?

For more information on the principles of the scheme and how to apply, go to southglos.gov.uk/community-food-fund

You can email the Grants Helpline for advice on grants@southglos.gov.uk or call 01454 865865, Monday to Friday, 9am to 4pm.

Funds for Community Spaces in South Gloucestershire



Community Welcome Spaces grant funding aims to support community groups working to help our residents to keep warm this winter in community spaces. Grant funding of up to £500 per month is available to organisations who wish to provide a Community Welcome Space on a first come, first served basis.

If you have a community space that you would like to receive funding for, contact the grants team to ask for an application form.

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

More information?

For further information please visit https://beta.southglos.gov.uk/community-welcome-spaces-grant

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











Mondays 13:30-15:15 Bi-weekly



For further information please contact us on 0117 301 8734 or info@kingsmeadowmade4ever.org.uk

Venue: Kingsmeadow @ MadeForever
COMMUNITY HUB, CHARITY SHOP, GARDEN & CAFE
Fisher Road, Kingswood, Bristol, BS15 4RQ
Facebook: kingsmeadowmade4ever
www.kingsmeadowmade4ever.org.uk
Charity No.1148905





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. Be prepared for mud and rain!

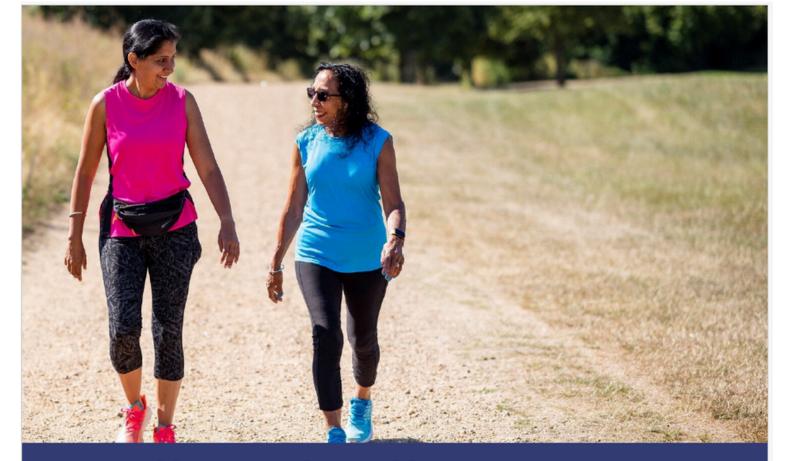
The photograph above shows a path alongside the Warmley Brook.

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 will keep to the shared all weather paths if we need to.

Please feel free to just come along and join in!

Or you can ask for more information by:

Tel. 0117 301 8739 email kingsmeadowmade4ever.org.uk



Walk and Talk

For carers in Bristol and South Gloucestershire

Do you look after someone who could not manage without your support and do not receive a payment for it? If so, you may be a carer.

Meet other carers and take a stroll around a local green area close to you at our informal Walk and Talk group. You will get a chance to enjoy being outdoors in the company of other carers.

One of our friendly support workers will lead the walk, offer a listening ear and provide information to support you in your caring role.

To find out more, call us on 07742 291 073 or Email walk@carerssupportcentre.org.uk





www.carerssupportcentre.org.uk







Planters for sale! Made to order!



Large planter (91 X 52 X 43 CM): £45



Small planter (52 X 52 X 43 CM): £25



kingsmeadow @ MadeForever - Community Hub, Charity Shop, Garden & Cafe Fisher Road, Kingswood - Bristol BS15 4RQ

For more information contact us on call: 0117 301 8734 Email: info@kingsmeadowmade4ever.org.uk

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

Registered Charity No: 1148905







Are you a school leaver, or student and need some career advice or guidance?
Come to our drop in to speak to an Employability & Skills Mentor

skills CONFCT



- Prepare for life after school
- · Create a CV
- Identify and apply for courses
- · Build confidence and motivation

Where: Skills Hub, King's Chase Shopping Centre, Kingswood BS15 8LP When: Tuesdays 2pm to 4pm



STARTS: TUESDAY 4TH JUNE 2024 @ KINGSWOOD SKILLS HUB

Additionally, if you are post-16 and not in employment or full-time education you may also be eligible for our Works4Youth: Engaging Potential programme. For more information contact Works4Youth on 01454 865009 or works4youth@southglos.gov.uk





COMMUNITY GARDEN & GREEN SPACE

Connect with nature and enhance your wellbeing

Every Thursday 1-3pm



Join our Community gardening and green space activities

For further information please contact us on 0117 301 8734 or info@kingsmeadowmade4ever.org.uk

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

Facebook: kingsmeadowmade4ever - www.kingsmeadowmade4ever.org.uk

Charity No.1148905





FREE LAUNCH SESSION (BOTH ACTIVITIES)

1ST MARCH 6-8 PM

THEN EVERY OTHER FRIDAY STARTING 8TH MARCH

ROLLER DISCO & BOULDERING FORTNIGHTLY SESSIONS (6-8PM)



(BRING YOUR OWN SKATES OR BORROW OURS)





VENUE: KINGSMEADOW@MADEFOREVER,
FISHER ROAD, KINGSWOOD, BRISTOL. BS15 4RQ.
£10 PER FAMILY OF 4 (£3 EACH ADDITIONAL PERSON - PAY ON ARRIVAL)
CAFE OPEN FOR SNACKS AND DRINKS

PEN FOR SNACKS AND DRINKS







Employability & Skills Drop In

Hosted by South Glos. Council's Community Learning & Skills Service

Employment, Skills and Training needs?

Come and speak to one of our friendly advisers to receive information, advice or guidance on:

- Job support
- Changing careers
- · Improving your income
- Training and skills opportunities



Whether you're in work, or unemployed, we can support you to plan a pathway that's right for you.

Employment . Skills . Training

| How to book | | |
|-------------|-------------|---|
| 0 | Where: | One Stop Shop, Kingswood Civic Centre, High Street, Kingswood |
| 0 | When: | Tuesdays, every fortnight, 9.30am-12pm |
| 曲 | Start date: | Tuesday 14th May 2024 |
| ď | Book here: | No need to book |
| ① | More info: | Email: community.learning@southglos.gov.uk |

Extras

- SGC Community Learning & Skills Service manage and deliver various employability projects to support multiple needs.
- Free Adult Learning is available to residents over 19 with few or no qualifications, or experiencing barriers to work.











🖪 01454 864613 🗟 community.learning@southglos.gov.uk 🤀 southglos.gov.uk/communitylearning 📢 @sgloslearning



We welcome you all to join us at

K@M4E

TOTS FAMILY

Meet-up

Come & enjoy fun, Learning & play activities in a safe and welcoming place whilst making new friends.

For families with children from birth to school age.

- · Available disabled toilets
- Baby Changing facilities
- Friendly Cafe on site
- Free parking





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

call: 0117 301 87 34

Email: info@kingsmeadowmade4ever.org.uk website:

www.kingsmeadowmade4ever.org.uk Facebook: kingsmeadowmade4ever

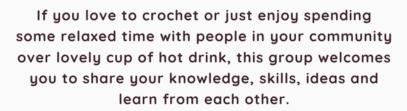


Venue: Kingsmeadow @ MadeForever COMMUNITY HUB, CHARITY SHOP, GARDEN & CAFE - Fisher Road, Kingswood, Bristol, BS15 4RQ Facebook: kingsmeadowmade4ever www.kingsmeadowmade4ever.org.uk

Charity No.114890:

Kingsmeadow Crochet Group

EVERY OTHER TUESDAY - 1 - 3PM



No crochet experience necessary!

For further information please contact us on 0117 301 8734 or info@kingsmeadowmade4ever.org.uk

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

Facebook: kingsmeadowmade4ever www.kingsmeadowmade4ever.org.uk

Charity No.1148905







MADE-F



Coffee Morning



Every Monday 10.30am 12.30pm



Would you like to meet people in a friendly relaxed setting? You are welcome to join our coffee morning!

A coffee morning is a perfect chance to:

- Bring people together in the community
- Discuss ideas & issues
- Expand your social activities, meet friends or catch-up with family over a cuppa.

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

Disabled access/facilities available

0117 301 8734 or

info@kingsmeadowmade4ever.org.uk



Venue: Kingsmeadow @ MadeForever COMMUNITY HUB, CHARITY SHOP, GARDEN & CAFE - Fisher Road, Kingswood, Bristol, BS15 4RQ Facebook: kingsmeadowmade4ever www.kingsmeadowmade4ever.org.uk

Charity No.1148905







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

VENUE: Kingsmeadow @ MadeForever
Fisher Road, Kingswood
Bristol, BS15 4RQ
www.kingsmeadowmade4ever.org.uk



Sandie Davis & Matt Palmer
Sandie.Davis@southglos.gov.uk
Matt.Palmer@southglos.gov.uk

For more information call: 0117 301 87 39 or email info@kingsmeadowmade4ever.org.uk

Facebook:kingsmeadowmade4ever Website: www.kingsmeadowmade4ever.org.uk

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 up to £1,000 to local projects and services in their ward before March 2025.

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 and town and parish councils.

Find out more:

You can find full information at www.southglos.gov.uk/MAF, including the principles of the scheme and case studies of previous projects. All organisations must be registered with us. Find out more on the registration.page.

Contact us:

For advice and guidance you can contact the Grants Team by,

Phone: 01454 865865

Email: grants@southglos.gov.uk





If you have experience of services relating to:

- domestic abuse
- homelessness
- drug/alcohol misuse
- children's services, adult safeguarding and/or social care

You could help us improve our services and reach more people who need support.

Our Lived
Experiences
group is a team
of experts who
really understand
the problems
people are facing.

By joining you will:

- meet others with similar experiences and professionals who work in relevant services
- benefit from this continuing opportunity to develop professional skills
- receive vouchers as a thank you for your involvement



PLANTS FOR SALE

Strawberries

Tomatoes

Beetroot

+ More

£3.50 Per Pot



For more information contact us on call: 0117 301 8734

Email: info@kingsmeadowmade4ever.org.uk

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

Registered Charity No: 1148905



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 0117 3018734 or

Email: info@kingsmeadowmade4ever.org.uk

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

Carers Support Centre: Call 01179652200 or Email walk@carerssupportcentre.org.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

Skills Connect: southglos.gov.uk/communitylearning

SGC Directory: www.southglos.gov.uk/search-information-services

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.

* 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 3018734

