

KINGSWOOD CONNECT

Quarterly Newsletter for our community



**Wellbeing
Activities**



**Police &
Community**



**Skills
Development
Courses**



**Community
Events for
Families &
Individuals**



**Help &
Support
Services**

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

COMMUNITY EASTER PARTY

Get ready for an egg-citing adventure at our Easter Party!
Thursday 17th April

4:30pm - 8pm

Come and enjoy a variety of **FREE Fun** activities including
Easter Egg Hunt, Family Fun Games, Arts & Crafts, Face
Painting, Easter Disco, Raffle and more...

Friendly Cafe on site

Raffle tickets
available
now



For more information contact us on: 0117 301 8739

Email: info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, CHARITY 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





80th Anniversary



**KINGSWOOD
TOWN
COUNCIL**



INVITE YOU TO AN

AFTERNOON TEA

TO CELEBRATE THE 80TH ANNIVERSARY OF
VE DAY ON THE 8TH MAY 14:00-16:00.

EMAIL EVENTS@KINGSWOOD-TC.GOV.UK
TO FIND OUT MORE!





Are you 16-25 and need career advice or guidance?
Come to our drop in to speak to an Employability & Skills Mentor



- Discuss work and apprenticeship routes
- Create a CV
- Identify and apply for courses
- Build confidence and motivation

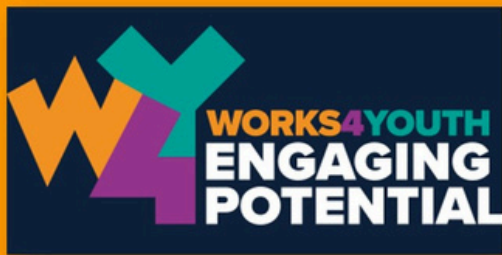


Where: Skills Hub, King's Chase Shopping Centre, Kingswood

When: Tuesdays 1-4pm from January 7th 2025

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

AGED 16 – 25?



Are you 16-25 and need career advice or guidance?
Come to our drop in to speak to an Employability & Skills Mentor



- Discuss work and apprenticeship routes
- Create a CV
- Identify and apply for courses
- Build confidence and motivation



Where: One Stop Shop, The Patchway Hub, Rodway Rd, BS34 5PE

When: Fridays 1-3pm from January 10th 2025

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



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



KINGSMEADOW

@ Made Forever

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.

Needs Assessment & Personalised Support

- Holistic person-centred support, with a one-to-one Needs Assessment
- Tailored intervention support plan for individuals or families to help them take control of any challenges they may be facing.
- Our dedicated team works with beneficiaries over a prolonged period to identify specific challenges, needs, barriers and strengths, and develop a targeted support plan that directly responds.
- Support takes both emotional and practical form helping with daily life challenges including financial hardship, welfare benefit & debt support, mentoring/advocacy, befriending and structured emotional support

Essential Support Service

- We provide Food Parcels, Cooked meals, Utility Top-up, Hygiene Kits, Clothing, Household Items, baby care products and Foodbank Vouchers to people in need.

Volunteering Development Service

- Would you like to learn new or develop existing skills?
- Would you like to share your knowledge/ skills, and experience the value to your contribution to other people and the community?
- Whether you are looking to enhance your wellbeing, gain work experience or whatever your reason for volunteering, we will help you find the right role for you.



Whats on?

Monday

- Coffee Morning: 10:30- 12:30 - **Weekly**
- Sounds & Wellbeing in Nature: 13:30 - 15:15 - **Fortnightly**
- Young People Meet-up: 6-16 Y/O 17:30 -19:30 - **Weekly**

Tuesday

- Home Ed Active: 9:45- 11:45 - **Weekly**
- Sober Social: 12:30 - 14:30 - **Weekly**
- Crochet: 13:00- 15:00 - **Fortnightly**
- Bingo: 15:00 - 16:00 - **Weekly**

Wednesday

- Knitting Club: 11:00- 13:00 - **Weekly**
- Fibromyalgia/ME/Chronic fatigue: 14:00-15:00-**Fortnightly**

Thursday

- 50+ Friendship & Exercise Club: 10:30 - 12:00 - **Weekly**
- Walk with Friends: 13:00 - 14:00 - **Weekly**
- Garden & Green Space/DIY Workshop: 13:00-15:00-**Weekly**
- Help with Tech: 13:00- 16:00 - **Weekly**

Friday

- Music Train/ Open Mic: 13:00 - 15:00 - **Weekly**

Saturday

- Karate: 8:30 - 11:30 - **Weekly**

"I have recently discovered this great community space and café. Popped into the café today whilst out for a walk. Great really hot, hot chocolate . Light open space, with plenty of seating even sofas"

"A warm and friendly place for sure. Plenty to do and gardening and maintenance to do if you have time to volunteer. The food in the café looks great too, a real community place. "

For more information contact us on 01173018739
or email info@kingsmeadowmade4ever.org.uk

Funds For Local Community Projects



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

In South Gloucestershire

“SPRING:
A LOVELY REMINDER
OF HOW BEAUTIFUL
CHANGE CAN TRULY BE.”



HEALTH & HAPPINESS HUB KINGSWOOD



Delivering with you

South Gloucestershire
Locality Partnership



NETWORK4

Worcestershire | Herefordshire | Gloucestershire

Supporting adults with long term health conditions who want to make simple changes to improve their wellbeing and health.



WHAT TO EXPECT:

- A friendly, informal group supported by a dedicated team
- A chance to talk, laugh and share with others in similar situations
- A Health & Wellbeing Coach to help set personal goals and stay motivated
- Introduction to other local activities and services
- Exploring topics such as: Physical Activity, Sleep, Managing stress, Nutrition, Goal setting and Overcoming barriers.

WHO CAN ATTEND:

Adults living with one or more of the following conditions:

- Pre-diabetes
- Heart disease
- Chronic kidney disease

WHERE AND WHEN:



Kingswood
Community
Association
High Street
Kingswood, BS15 4AB



Wednesdays
2pm – 4pm



Tea and coffee
provided

For more information about this free service, please ask your GP practice to refer you to the care co-ordinator for hubs.

Volunteers needed in Kingswood Park!

Come and help create and support an exciting programme of community events in the park



Why volunteer with us?

- Make new friends
- Learn new skills
- Improve your physical and mental health
- Help the Friends of Kingswood Park group make the park a vibrant and active community space



A wide variety of volunteer opportunities available.
Register your interest and find out more at:
kingswoodpark@southglos.gov.uk 07592 107649



Looking to beat the winter blues?



**Join us at our
weekly coffee morning.**



**A warm space to eat cake, chat and meet
new people. Kids and ideas welcome.**



Every **Wednesday**,
starting 8th January, 2025

10.00 AM - 12.00 PM

Bourne Christian Centre,
Waters Rd, Bristol BS15 8BE

Free entry & refreshments

Activities & crafts

Signposting & support

For more information, contact Jess:

07969 189485

jessicabrassington@southernbrooks.org.uk

ACTIVITY FACILITATOR VOLUNTEERS

We are looking for multiple volunteers who would like to:

- CO-ORDINATE/FACILITATE ENGAGING, FUN ACTIVITIES FOR CHILDREN OR ADULTS
- SUPPORT CHILDREN OR ADULTS TO ENGAGE IN ACTIVITIES TO IMPROVE THEIR WELL-BEING.

Scheduled activities with which we need help are:

- Tots Family Activities – weekly on Friday mornings
- Adult Arts & Crafts Activity – weekly on Monday mornings
- Chess Game Activity – weekly on Wednesday afternoons
- Board Games Activity – weekly on Thursday afternoons

We need people with a positive attitude, who are reliable, friendly and supportive. Staff support will be provided.

VOLUNTEERING WITH US PROVIDES YOU WITH OPPORTUNITIES SUCH AS:

- Social engagement with people in a friendly community hub
- Learning new skills and gain work experience
- Use your skills and experience for the benefit of others
- See the value of your contribution to people in your community
- Be part of a family-like team

Interested in joining us?

Please Email us at referrals@kingsmeadowmade4ever.org.uk
Providing a telephone contact number. Following which you will receive an initial call for a further discussion.



North Bristol
Advice Centre

Money or benefits
problems?

We are Debt and Welfare
Benefits specialists

Call 0117 951 5751 or visit

www.northbristoladvice.org.uk

FREE expert advice in North
Bristol and South Gloucestershire



Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

Eleanor Roosevelt

quote fancy

WALKING WITH FRIENDS



EVERY THURSDAY 1PM -2PM

We start and end at Kingsmeadow Made4Ever, 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



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

Breaking News

Citizens Advice South Gloucestershire is moving!

Citizens Advice South Gloucestershire is very pleased to say we will soon be moving to a new address in Yate – a bigger building with more space to help more people face-to-face each week as well as better facilities such as a disabled toilet.

We will soon be announcing a moving date – for now, all Yate face-to-face services will still be running from Kennedy Way, Yate BS37 4DQ near Yate Leisure Centre while our open door sessions across South Gloucestershire will remain unaffected at their usual locations and times.



Our new address will be:

**Citizens Advice South
Gloucestershire, Unit 1
Badminton Court, Station Road,
Yate, BS37 5HZ**

Look for the building with a clock tower just to the east of Yate Railway Station on Station Road.

We're currently carrying out building work at Unit 1 Badminton Court but will soon be ready to move in – check back on www.southgloscab.org.uk and our Facebook, Instagram and Twitter/X pages as well as our Weekly Round- Up newsletter for more updates

Once we have moved, our Monday, Tuesday and Friday face-to-face open door sessions in Yate as well as face-to-face appointments – such as for debt or PIP – will no longer take place at Kennedy Way and will happen solely at Unit 1 Badminton Court. Sessions elsewhere in South Gloucestershire such as at Cadbury Hath and Staple Hill will be unaffected.

If you have a face-to-face appointment in Yate over the coming months, please check the address of where the appointment will take place.

We are thankful for your patience during this period and look forward to sharing our new building with you.

Skills Connect

MONTHLY INFO / ADVICE SESSIONS

Struggling to find

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

**Drop-in
Sessions:**
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

Email: info@kingsmeadowmade4ever.org.uk

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

Registered Charity No: 1148905

Community Learning

☎ 01454 864613 ✉ community.learning@southglos.gov.uk



Free courses* available to people aged 19 and over with few or no qualifications, which 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

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)

Skills Connect

Free one-to-one employability and skills mentoring to help you find work, training or career support options. The website allows you to be referred into all our skills projects.

You need to be:

- Aged 18+
- Unemployed resident in South Gloucestershire

skills
CONNECT

www.skillsconnect.org.uk

Future Bright

Free 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
- Support is tailored to each individual. Level of support may vary depending on individual circumstances

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

☎ 01454 866008

✉ future.bright@southglos.gov.uk

Works4Youth: Engaging Potential

Free and one-to-one support to help you find work, training or develop your employability skills through mentoring, workshops and traineeships.

You need to be:

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



☎ 01454 865009

✉ 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 learning difficulty, disability or Autism (a formal diagnosis is not essential)

**WE WORK
for Everyone**

☎ 01454 863172

✉ weworkforeveryone@southglos.gov.uk

ICEP (International Communities Employment Programme)

Free one-to-one career coaching with an Employability and Skills Mentor to help find and apply for work, as well as free courses and training to help develop the skills and confidence to progress within employment (this includes ESOL for Work).

To take part in the programme you need to be:

- A South Gloucestershire resident
- Unemployed and looking for work
- On a resettlement programme



☎ 01454 864613

✉ icep@southglos.gov.uk

Are you looking for something to do?



Do you 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 a requirement if 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 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 and welcoming you !

Kingswood Swap Shop



**SWAP YOUR UNWANTED
CLOTHES AND BOOKS**

EVERY THURSDAY, 11:30-1PM

One item donated and exchanged for another. All items will be quality checked.

.....
HOLY TRINITY CHURCH HALL, KINGSWOOD, BS15 4AB
.....

For more information contact Jess at
jessicabrassington@southernbrooks.org.uk
or on 07969189485

TABLE TOP Sale

SATURDAY 5TH
APRIL
11:30-1:30PM

Free
Entry!

For more information contact us on: 0117 301 8739

Email: info@kingsmeadowmade4ever.org.uk

Venue: kingsmeadow @ MadeForever COMMUNITY HUB, CHARITY

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



COME ALONG TO MEET YOUR COUNCILLORS
FOR NEW CHELTENHAM

COUNCILLOR SURGERY

THURSDAY 16TH JANUARY 10.30-11.30AM
NO APPOINTMENT NECESSARY
(EVERY THIRD THURSDAY OF THE MONTH)

KINGSMEADOW @ MADEFOREVER
FISHER RD KINGSWOOD BS15 4RQ

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

COMMUNITY SERVICES

POLICE Emergency and high priority: [www.avonandsomerset.police.uk/report/Beat Surgery](http://www.avonandsomerset.police.uk/report/Beat%20Surgery): 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 Matt Palmer and Angela Morey will be at Kingsmeadow@MadeForever Cafe from 10.30 – 11.30am every 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
Charity N°: 1148905

For more information on whats on at Kingsmeadow @ MadeForever follow us on Facebook.

