

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

# Summer Holiday Event

30TH, 31ST  
JULY,  
1ST AUG

RAFFLE  
TICKETS NOW  
AVAILABLE!

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

**WEDNESDAY 30TH, THURSDAY 31ST JULY**

**11-3PM**

- \*LIVE MUSIC
- \*FACE PAINTING / HAIR BRAIDING
- \*DODGEBALL / HOCKEY
- \*RAFFLE
- \*BOULDERING ROOM ACTIVITIES
- \*GARDENING & COMMUNITY CLEAN-UP
- \*A VARIETY OF FUN FAMILY FRIENDLY ACTIVITIES

OUR FRIENDLY CAFÉ WILL BE OPEN

**FRIDAY 1ST AUGUST**

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**

FOR MORE INFORMATION CONTACT US ON: 0117 301 8739

EMAIL: [INFO@KINGSMEADOWMADE4EVER.ORG.UK](mailto:INFO@KINGSMEADOWMADE4EVER.ORG.UK)

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

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

# Fun in the Park at Kingswood Park

13 JULY

11AM - 4PM



## Kingswood Park

Our park at the heart of our community



### Yoga

Wednesdays 6.30-7.30pm, starting 7th May

Running all Summer, a relaxing class with Pippa, meet at the bottom of the park.



### Tai Chi

Mondays 6.30-7.30pm, starting 2nd June

Suitable for all, meet at the bottom of the park.



### Mindfulness Sessions

Wednesdays 10-11am, starting 4th June

Come and relax in the park, please book.



### Nordic Walking

Thursdays 10.30-11.30, taster sessions 10th & 24th April

6 week course: 1 May to 5 June - booking required.



### Walking with Friends

Every Tuesday, 1-2.30pm

A gentle walk around the park area. Refreshments provided.



### Couch to 5K

Thursdays 6-7pm, 1st May - 3rd July

Coach-led course to get you fit enough to run 5K, booking required.



### Mens Circuit Training

Saturdays 9.30-10.30am, starting 5th April

Accompanied children over 10yrs welcome, meet at the tennis courts.



### Boxercise Classes

Tuesdays 6.30-7.30pm, starting 11th March

A fun way to get fit and de-stress.



### Boxfit for mums (bring your kids)

Wednesdays 10.30-11.30, starting 30th April

Suitable for all abilities, please text Jane on 07751237049



### Mums & Mini

Wednesdays 9.30am, starting 21st May

Coaches for perinatal exercise. Meet at Tennis Courts.

CoreWellnessLtd@gmail.com to book.

**FREE Weekly Summer Activities**



Bookings & queries

## Kingswood Park

Our park at the heart of our community



### Park Gardening Volunteer Drop-In

Learn tips from a skilled gardener and help to look after the park

Wednesdays - 1-2pm, every week

### Nature Art Classes for adults

Using materials from the park no experience needed

Thursdays 10am-12 noon, starting 15 May

Refreshments provided

### Cream Tea and Growing Flowers

A sociable, easy gardening session

Tuesdays 2.30pm - 4pm, starting 29 April

### 6 week introduction to horticulture courses

Wednesdays 5.30-7.30pm, starting 21 May

Wednesdays 5.30-7.30pm, starting 9 July

Wednesdays 2.30-4.30pm, starting 3 September

**Kingswood Park COMMUNITY GARDEN ACTIVITIES**

Please let us know if you are planning to visit.



All activities free, enquiries to:

✉ [Kingswoodpark@southglos.gov.uk](mailto:Kingswoodpark@southglos.gov.uk)  
or text George ☎ 07511867055



## Music in the Park

Our park at the heart of our community



Come along to enjoy a relaxing Sunday afternoon with local musicians playing on the bandstand in **Kingswood Park**. Bring your own chair and refreshments and unwind to great music.

**SUNDAYS 3-5PM**



Sundays at 3-5pm\*

May 18

June 1

June 15

June 29

July 13

Fun in the Park

11am-4pm

July 27

August 10

August 24



\*Keep an eye on the Friends of Kingswood Park Facebook page to see who's coming up:  
📱 [www.facebook.com/ourkingswoodpark](https://www.facebook.com/ourkingswoodpark)



# Free Bike Check-ups with Dr Bike

We want to let you know about our free-of-charge bike repair sessions for the community on the first and third Wednesday and the third Saturday of each month.

Dr Bike – an experienced bike mechanic – checks to see if bikes are safe and roadworthy and can carry out many minor repairs on-the-spot. This includes punctures, squeaky brakes, slipped chains and skipping gears.

This is your ideal chance to get your bike ready for the summer!

Sessions are held at Warmley Wheelers, on the Bristol and Bath Railway Path, next to the Warmley Waiting Room Café.



**Wednesday, May 7**

10am to 2.15pm

**Saturday, May 17**

9.30am to 1.45pm

**Wednesday, May 21**

10am to 2.15pm

**Wednesday, June 4**

10am to 2.15pm

**Wednesday June 18**

10am to 2.15pm

**Saturday, June 21**

9.30am to 1.45pm

Do you have lived experience of an eating disorder, as an individual or carer? or  
Do you have a personal or professional interest in eating disorders or disordered eating?  
**AND** live or work in or near Bristol, North Somerset or South Gloucestershire (BNSSG)?

**edhit**  
Eating Disorder Health Integration Team

## Disordered eating & eating disorders discussion event

Hear about current topics in the field of eating disorders

Join discussions around prevention, services and research

 **Tuesday 10th June 2025, 10:00am - 12:00pm**

 **Vassall Centre, Bristol, BS16 2QQ**

Email [helloedhit@gmail.com](mailto:helloedhit@gmail.com) to reserve your place

**"Improving the lives of people with eating or body image concerns"**

## Walk with Friends

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

**Every Thursday 1pm-2:15pm.**

Kingsmeadow@  
**MADE FOREVER**  
Changing lives together



**Interested? Just turn up**

Stay longer, enjoy our Forever Friends Cafe and Garden after the walk with a relaxing drink or food.



**STAY ACTIVE & ENJOY NATURE**

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

For more information Call 0117 301 8734  
Email: [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)

Registered Charity No: 1148905

# SOCIAL PRESCRIBING

## What matters to you?



- **IDENTIFY GOALS**
- **CONNECT TO LOCAL GROUPS AND SERVICES**
- **FREE PERSONALISED SUPPORT**

### What is social prescribing?

Social prescribing is a service for anyone aged 18+. Our Link Workers can support you to identify goals and build connections with your community, from advice about housing and employment to social isolation and bereavement. Our friendly team can build your confidence and knowledge of what's available in your area.

Refer yourself using the QR Code:



Via our website:  
[southernbrooks.org.uk/social-prescribing](https://southernbrooks.org.uk/social-prescribing)

Or by phone:  
0117 403 4238

Charity number: 1070079



Open to ALL children  
and adults with a  
Disability

**FREE!**

# FRAME RUNNING

An accessible way to exercise and  
have fun!

 Sundays, 11:30am-1pm

 Bristol Family Cycling  
Centre, BS14 0XA

 13th April      10th August  
11th May      14th September  
8th June      12th October  
13th July

 07784 770122 (Karon)





# SPEND TIME IN OUR

## Green Space



*Join us to: explore our green space, engage with local wildlife, participate in planting a vegetable patch to promote sustainability, engage with DIY projects and socialise with other people in our community hub .*

**Wed: 10:30am - 12:30pm**

**Thurs: 1:00pm - 3:00pm**



**Vegetable  
growing**



**DIY  
Activities**



**Local  
wildlife**

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Registered Charity No: 1148905

Turn  
your  
idea  
into a  
bright  
reality

With a

Small  
Sparks

Grant



Apply for a grant of

**£100-£500**

to help improve your local community

Local groups and small community organisations can apply for a Small Sparks grant to support local activities or events which take an asset-based community development approach.

To find out more and apply, go to:

[www.southglos.gov.uk/stronger-together-fund](http://www.southglos.gov.uk/stronger-together-fund)



# Apply for a grant to make a difference in your community

Organisations can apply for up to **£10,000** to support projects which take an asset-based community development approach by:

- bringing people together
- involving local people in project design and delivery
- partnering with other organisations
- running interest and skills and asset
- tackling inequalities

A wide variety of volunteer opportunities available.

Register your interest and find out more at:

[kingswoodpark@southglos.gov.uk](mailto:kingswoodpark@southglos.gov.uk) 07592 107649

To find out more and apply, go to:

[www.southglos.gov.uk/stronger-together-fund](http://www.southglos.gov.uk/stronger-together-fund)

# 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](http://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.

# Sounds in Nature & Gardening

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



**Mondays  
13:30-15:30  
Weekly**



**CREATE - a sound garden**  
**CONNECT - outdoors through music**  
**COMMUNITY - make instruments together**



**For further information please contact us on  
0117 301 8734 or  
[info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)**

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HUB, CHARITY SHOP, GARDEN & CAFE  
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Website: [www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)**

*Charity No.1148905*



# TABLE TOP Sale

SATURDAY 5TH  
JULY  
11:30 - 1:30pm



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

**Email: [info@kingsmeadowmade4ever.org.uk](mailto: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](http://www.kingsmeadowmade4ever.org.uk)**

**Registered Charity No: 1148905**

## Community Learning

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

**WORKS4YOUTH  
ENGAGING  
POTENTIAL**

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

**WE WORK  
for Everyone**

☎ 01454 863172

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



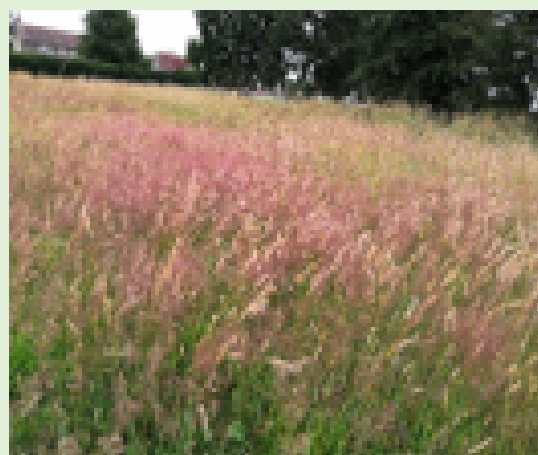
**The Friends of Siston  
Commons  
are volunteers who want  
to protect all the beautiful  
plants and all creatures  
great and small...so....**

## **Poem by Friends of Siston Commons**

*For Voles and Moles and Bats and Owls,  
Grasses, Brambles, Gorse and Flowers,  
Song birds, Squirrels, Butterflies,  
Bees and Wasps and loud Magpies,  
Slow worms, Lizards, Frogs and Toads,  
Beetles, Flies and Mosquitos,  
Foxes, Badgers, Deer and Mice  
We keep the Commons looking nice.*



# 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](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 and welcoming you !**



# BE AMAZING! DONATE A RAFFLE PRIZE!



We are very grateful for your raffle prizes donations to our community events. The proceeds of our raffles go towards supporting our Wellbeing Services to the community. Your support makes this possible!



- Donation Ideas:**
- Gift Sets (unopened)
  - Gift Cards/Vouchers
  - Toys (unopened)
  - Bottles of Wine/Spirits
  - Sweets and Chocolates
  - Household Items (new)

Tel: 0117 301 8739 Email: [info@kingsmeadowmade4ever.org.uk](mailto:info@kingsmeadowmade4ever.org.uk)  
Kingsmeadow@MadeForever Community Hub, Cafe & Charity Shop  
Fisher Road, Kingswood, BS15 4RQ

Facebook: KingsmeadowMade4Ever Website: [www.kingsmeadowmade4ever.org.uk](http://www.kingsmeadowmade4ever.org.uk)  
Charity No. 1148905



# K@M4E 2025

## Easter Event

On Thursday 17th April 2025  
Kingsmeadow @ Made4Ever held its  
annual Easter Event open for all. It  
was very well attended with over  
150 people including adults,  
children and over 65's.



There were many fun activities  
including, the egg hunt, face  
painting and seed planting. The  
one that got the most eggs  
received a prize.

There was also live music all  
throughout the day, an Easter  
Bunny to entertain the children  
and the raffle.

### **Some Quotes from attendees:**

“Really enjoyed my first Easter event, nice  
to spend time with family and friends”

“This was such a fab event thank you.  
Everyone was friendly and helpful”

“Enjoyed every bit of the event”

## Thank You

To everyone who attended and to the  
volunteers that made this event possible.  
Thank you everyone who gave us feedback,  
we are very grateful to your contribution.



# 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](mailto:info@kingsmeadowmade4ever.org.uk)

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

**Carers Support Centre:** Call 01179652200 or Email [walk@carerssupportcentre.org.uk](mailto:walk@carerssupportcentre.org.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)

**Skills Connect:** [southglos.gov.uk/communitylearning](http://southglos.gov.uk/communitylearning)

**SGC Directory:** [www.southglos.gov.uk/search-information-services](http://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](mailto:info@kingsmeadowmade4ever.org.uk)



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Charity N°: 1148905

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

