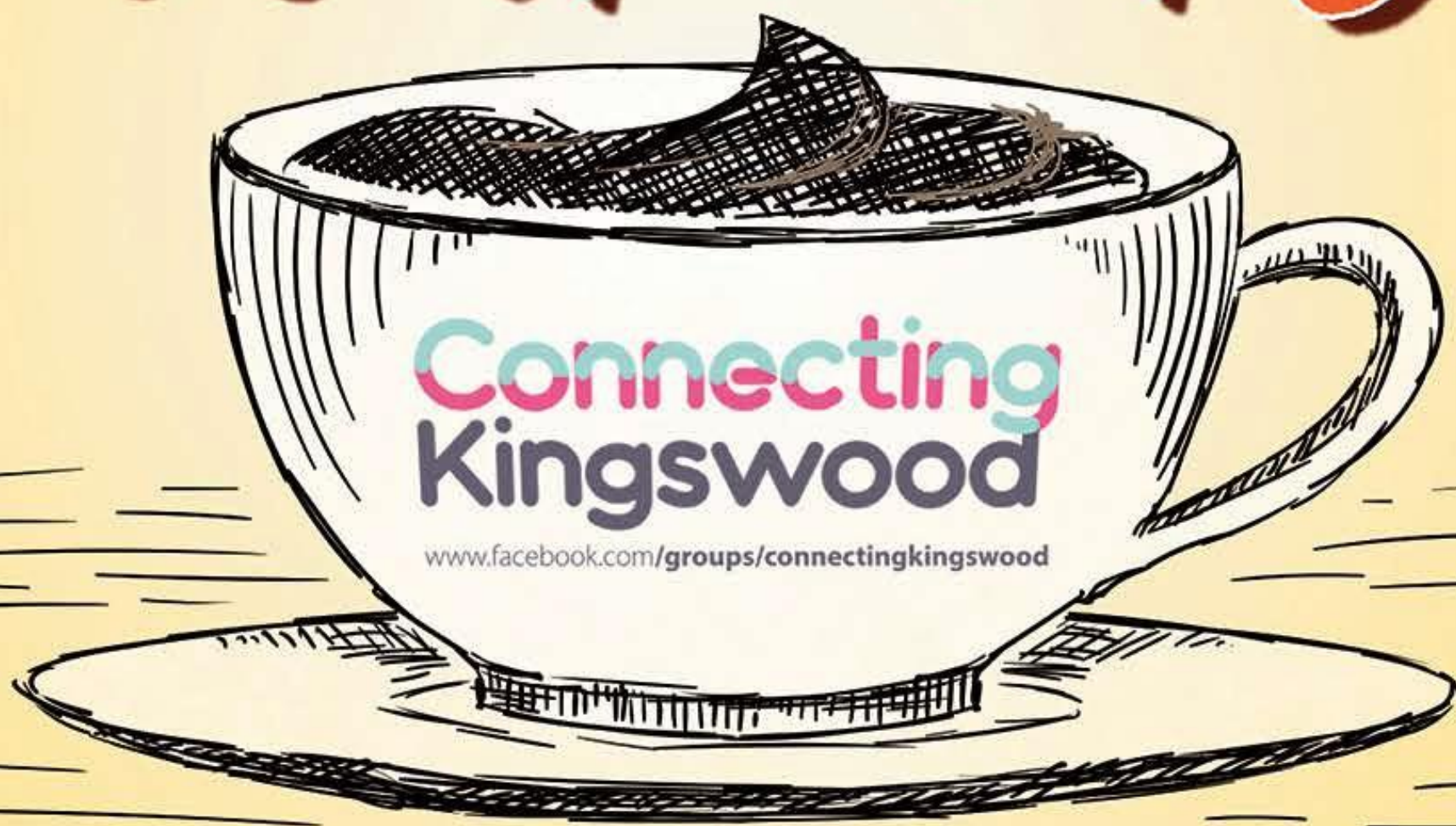


Your Winter Warmers



Stay warm this winter in body and mind, with this collection of fun activities, discount vouchers and FREE local services..

All things Kingswood!

Join us on Facebook:

<https://www.facebook.com/groups/connectingkingswood>

ONEYOU SOUTH GLOUCESTERSHIRE

FREE ONLINE WELLBEING SESSIONS

"Since starting the wellbeing workshops and receiving some one to one sessions a lightbulb has switched on and I can see a way forward."

FIND OUT MORE ABOUT OUR WORKSHOPS

VISIT: www.oneyou.southglos.gov.uk

CALL: (01454) 865 337

These sessions are run by Southern Brooks Community Partnerships
on behalf of South Gloucestershire Council

SUPPORT SERVICES AVAILABLE AT KINGSMEADOW @ MADEFOREVER COMMUNITY HUB

Open Hours (including during lockdown) **Monday – Friday: 9am- 5pm**

We continue to provide the following Crisis Prevention and Personalised Support to the community.

Essentials Support Service:

- Gas/electric top-up
- Food Parcel
- Hygiene kits
- Clothing
- Household items

We also support with, shopping, essential errands e.g. prescription pick-up, befriending chats.

Personalised Support Service:

- 1 to 1 assessment + emotional and Practical Support to help you overcome challenges faced.
- Welfare benefit, Money Management and Debt Support
- Structured emotional support sessions
- Mentoring and Advocacy
- Long term help to access services such as health, welfare and employment support

Volunteer Development Service:

- Structured Work and Skills Development Volunteering
- Volunteering for Wellbeing

Wellbeing Support Bubbles and Activities:

- Sober social
- Tots Family Support
- Fibromyalgia/ME/Chronic Fatigue support group
- Knitting club
- 50+ Friendship & Exercise club
- Walking for Health
- Ladies Coffee Morning
- Book & Reading Club
- Gardening Activities
- Refurbishment & Recycling Workshop: DIY Activities

(Contact us for more information on support bubbles currently available)

Wellbeing, Learning & Skills development Courses:

Contact us for current courses available

Other Services Available at K@M4E Community Hub outside Lockdown

- Digital inclusion: One to one IT support and drop-ins
- Forever Friends Café: Welcoming, relaxed environment to meet people
- Community Shop: Volunteering opportunity, social engagement, donate and buy items locally
- Activity Start-up Support: Structured help for individuals to start-up and develop a wellbeing/social engagement activity that will benefit people & the community

For more information please contact us on:

Mobile: 07842428043

Office: 01173018739.

Email: info@kingmeadowmade4ever.org.uk

Address: Fisher Road, Kingswood, Bristol, BS15 4RQ

Love

books?

Complete our quiz for a chance to win a £10 book token

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid and Blitzen are seven of the reindeer named in the poem *A Visit from St Nicholas* attributed to Clement C. Moore but which reindeer is missing?.....
2. *The Snowman* was made into an animated film in 1982, but who wrote the original book?.....
3. What animal is Snowball in George Orwell's *Animal Farm*?
.....
4. Over the 12 days of Christmas how many birds did my true love send to me?.....
5. 'Marley was dead: to begin with' is the first line of which festive novel
.....

To be entered into the prize draw return this sheet with your answers to Kingswood Library before 19th Dec 2020. The prize draw will take place on 21st Dec 2020.

Name:

Tel/Email:

 @southgloslibs
 facebook.com/sgloslibraries

*Full T&Cs available at Kingswood Library

Kingswood Library welcomes you

Find out about library services - Up to date service information can be found on our website: www.southglos.gov.uk/librarychanges or by following us on [Facebook.com/sgloslibraries](https://www.facebook.com/sgloslibraries) or Twitter [@southgloslibs](https://twitter.com/southgloslibs).

Our free online library is always open 24/7

A huge choice of eBooks, eAudiobooks, eComics, digital magazines and newspapers are all available for library members to download anytime - www.southglos.gov.uk/eresources has all the details. **Not a member?**

Don't worry, you can join online now at bit.ly/joinLW – membership is free. You will receive an Online Membership number which will work for our digital services right away.



Volunteer Centre

Kingswood

Feel **even warmer this winter, with the satisfying feeling of volunteering!**

There are a wide range of volunteering opportunities in Kingswood and beyond. Find out more:

LauraWilliamson@southernbrooks.org.uk

Tel: 07929874656



Warming Winter Soup Recipe

Method:

Serves 4

- Slice the onion, leek and garlic. Place in a saucepan and fry in oil on a medium heat for around 10 mins until soft.
- Make up 1 litre of stock. Approx 2 stock cubes.
- Slice the carrots and potatoes and add them to the pan with the stock.
- Cook the soup on a medium heat until the carrot and potatoes are soft, approx 10 - 15 mins.
- Add salt and pepper to taste.
- If you like you can blend the soup, to give a different texture.
- You can box up any spare portions and freeze for later.

Ingredients:

- 1 large onion
- 1 leek
- 2 cloves of garlic
- 3 carrots
- 2 medium potatoes
- 1 litre vegetable stock
- 2 Tbsp vegetable oil



WE ARE STILL HERE TO HELP!

We have volunteers ready to help with

SHOPPING - PRESCRIPTION COLLECTION

RUNNING ERRANDS - DOG WALKING

CALL 01454 300186

Answerphone-only service. Voicemails are checked throughout the day Mon - Fri.

LATEST UPDATE

OVER
2,200

Calls Taken
on the BS15 Hotline

OVER
1,300

Calls for Help
Answered & Resolved

OVER
3,000

Facebook Members
across the two BS15 groups

OVER
£7,000

of Cash Donated
to the Kingswood Foodbank

OVER
20,000kg

of Food Donated
to the Kingswood Foodbank

40,000

Leaflets Distributed
across BS15

A HUGE THANK YOU TO ALL INVOLVED!

See how you can help at

www.BS15-Support.org



KINGSWOOD FOODBANK

- Find Out About Receiving A Food Parcel -

07584 625082 / 01179 478441

- Dropping Off Donations -

Foodbank Collection Point @ Sainsburys Kingswood

Christmas essentials needed - crackers, chocs, Christmas pud, mince pies

Get creative with our Autumnal Colouring Page..





help turn
lives around

South Gloucestershire Drug & Alcohol Service

- Are you concerned about your own or someone else's drinking?
- Has your alcohol use crept up over the Covid-19 crisis?
- Are you dealing with increased anxiety or low mood by using more alcohol?
- South Gloucestershire Drug & Alcohol Service can support you.
- Contact us on 01454 868750 or Freephone 0800 0733011
- Concerned about a loved one? We can help you at webfam.co.uk
- Try Breaking Free Online at breakingfreeonline.com. An online award-winning digital recovery programme - You can sign up for free using the code: **southglos11**
- Fancy trying an alternative to alcohol? Try this recipe from Alcohol Change:

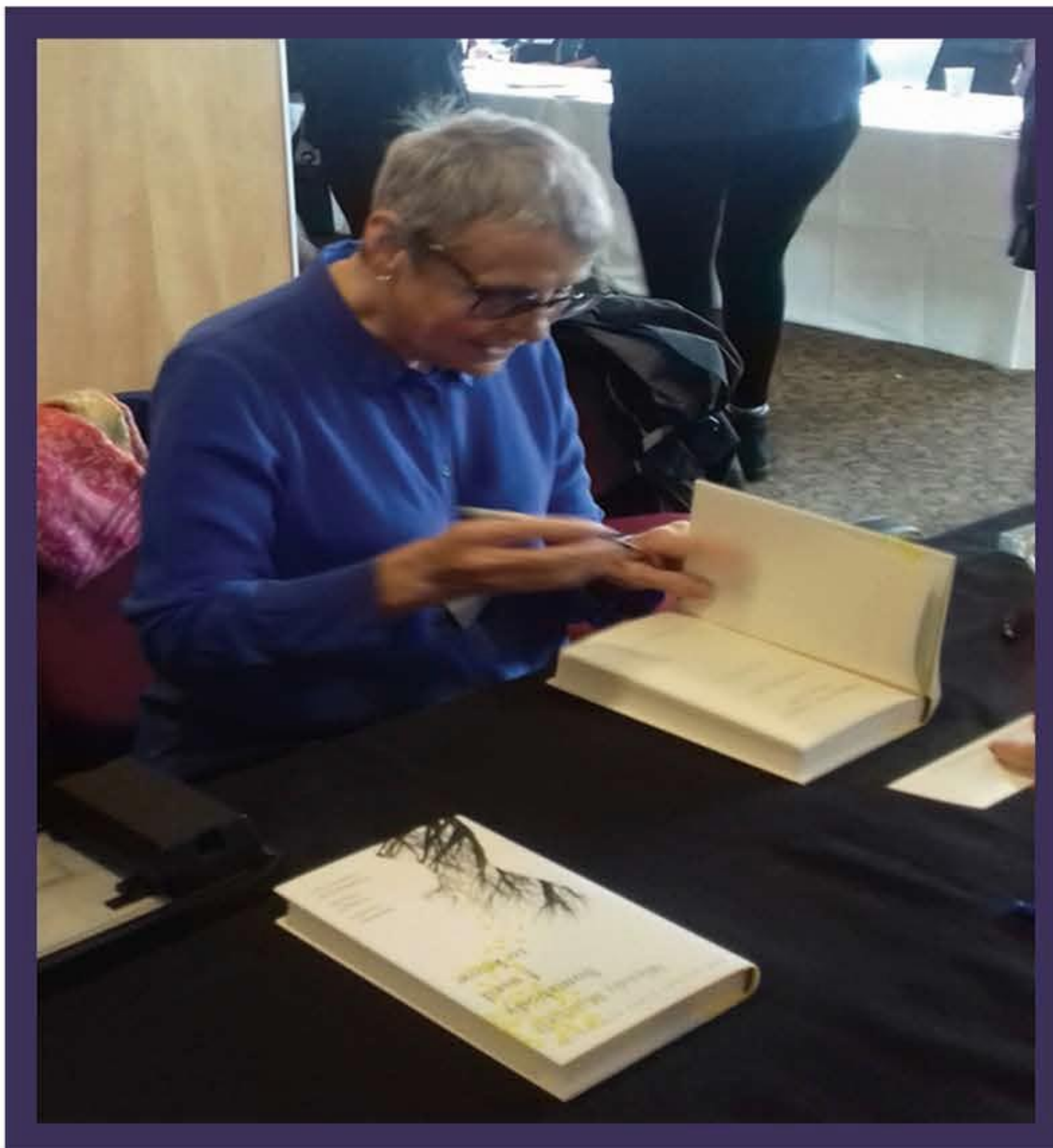
How to make a Spiced Apple

275ml apple juice	slice of apple
50ml cola	wedge of lemon
shake of cinnamon	ice

Fill a highball glass with ice. Pour in the apple juice then top up with cola. Sprinkle with cinnamon to taste and garnish with lemon and apple. Enjoy!



SEE THE PERSON, NOT THE DEMENTIA



Wendy Mitchell, mother, author, conference speaker, living with dementia.



**The South
Gloucestershire
Dementia Action
Alliance** invites
you to

Attend an online
40 minute
information session

Learn about
dementia

Help us to make
Kingswood
dementia friendly.

Join one of our
social groups &
stay connected

Call or email us to
find out more

Email:

**dementia@
southernbrooks.org.uk**

Tel: **01454 86 8570**

<https://southernbrooks.org.uk/dementia/dementia-friendly-communities>

Sensory and Reminiscing Bag

Collect the items shown below.

Get a lovely bag and place all the items in very carefully.

When you want to play, take out one item and enjoy the sensations.

- What does it remind you of?
- School days or holidays?
- Does the lavender remind you of summer days?



Items

- Conkers
- Shredded paper
- lavender
- Chalk
- Sweets
- Feathers
- Dried Leaves

Our senses of taste, smell, touch, hear and sight all help us to recall happy times. You can have hours of fun or a few minutes of respite with this homemade bag.

This can be used by anyone, young or old. Use it to start a conversation, to reminisce about old times or just to enjoy the different sensations!

**TOP 3
MONEY
SAVING
TIPS:**

get
Smart Heat
controls
**SAVE £75
per year!**

Turn OFF
standby on
electrical goods

**SAVE £25
per year!**
Draught Proof
Doors &
Windows

**Is it difficult to pay your energy bills?
Are you warm enough at home?**

FREE SUPPORT INCLUDING



fuel debt support



energy bill advice



heating and insulation grants



switching energy provider



energy efficiency advice

If you are feeling overwhelmed by home energy and need an advocate on your side, email Mike Ellaby to arrange a confidential appointment.

mikee@severnwyenergy.org.uk



or call the Warm & Well advice line to arrange a visit

0800 500 3076

Mandala Colouring

Take a moment of mindfulness to add some colour to this lovely mandala design. Colouring is a great way for people of all ages to relax and relieve anxiety and stress.



6 Steps to Winter Wellbeing



Read a good book



Get creative



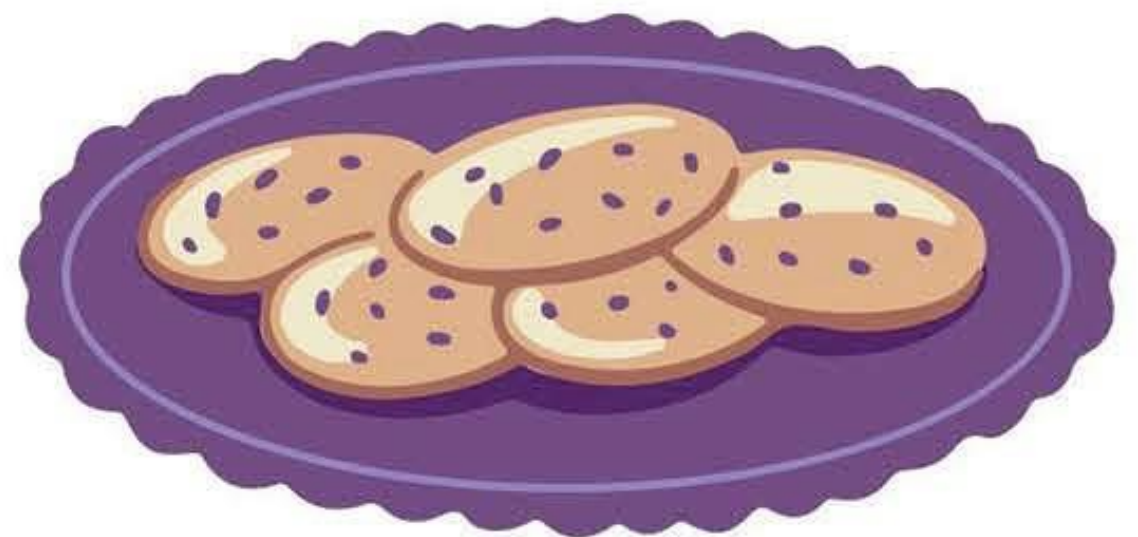
Go for a walk



Make
hot chocolate



Wrap up in
your favourite blanket



Bake some treats



South Gloucestershire Over Fifties Forum

Campaigning for older people

The South Glos Over 50's Forum

The Clocktower, Tower Road North, Warmley, Bristol, BS30 8XU

email: southglosover50s@gmail.com or call 07967 102141

The Voice for people over 50 in South Glos

Hearing your issues

Providing information and getting answers

Speaking up on your behalf

Meeting on-line and face to face

Ensuring we aren't forgotten

Why not join our next on-line meeting on

Monday 30th November 2020

10:15am for 10:30am

A speaker and time to share your issues

Email: southglosover50s@gmail.com for the link

Contact us to find out more

Web: southglosover50sforum.btck.co.uk

Tel: 07967 102 141

Share your story...

We're here to make sure services put people at the heart of care. The more people share their ideas, experiences and concerns about the NHS and social care, the more services can understand what works, what doesn't and what people want from care.

We want to hear your views

Get in touch and share your story

Call us on 07944 373 235

Health and Social Care Word Search

Find and mark all the words hidden inside the box. Each word is a service that you can share your views about to Healthwatch South Gloucestershire. Grab a pen and get searching!

W	S	O	C	U	Z	W	B	U	S	P	R	O	M	M
W	Y	C	A	M	R	A	H	P	Y	H	N	C	P	Y
F	X	H	X	T	S	X	G	T	Y	Y	A	A	P	H
D	L	A	T	I	P	S	O	H	T	S	I	R	U	Y
R	U	U	A	N	T	D	X	V	S	I	C	D	A	N
Z	I	I	G	L	T	H	F	E	I	O	I	I	I	Z
P	Q	G	H	T	M	T	B	D	T	T	T	O	Y	X
C	X	Q	Y	P	T	Y	R	X	N	H	P	L	T	Y
R	A	M	B	U	L	A	N	C	E	E	O	O	I	L
O	W	P	B	R	W	U	G	D	D	R	W	G	N	F
T	I	D	O	T	E	Z	W	D	R	A	G	Y	R	H
C	B	O	N	C	O	L	O	G	Y	P	K	S	E	G
O	A	Q	T	H	W	M	H	B	J	Y	U	V	T	G
D	S	K	M	S	B	E	N	L	V	L	T	L	A	S
S	E	E	S	R	U	N	T	Q	B	M	U	E	M	T

AMBULANCE
CARDIOLOGY
DENTIST
DOCTOR
HOSPITAL
MATERNITY
NURSE
ONCOLOGY
OPTICIAN
PHARMACY
PHYSIOTHERAPY

DO YOU WANT TO *Reconnect Your Street.....?*

Would you like to help
create a friendlier
community spirit
on your street?



We'd love to hear
your thoughts &
have an ideas chat

Contact Zaya: 07969 189485
zayamorris-taylor@southernbrooks.org.uk

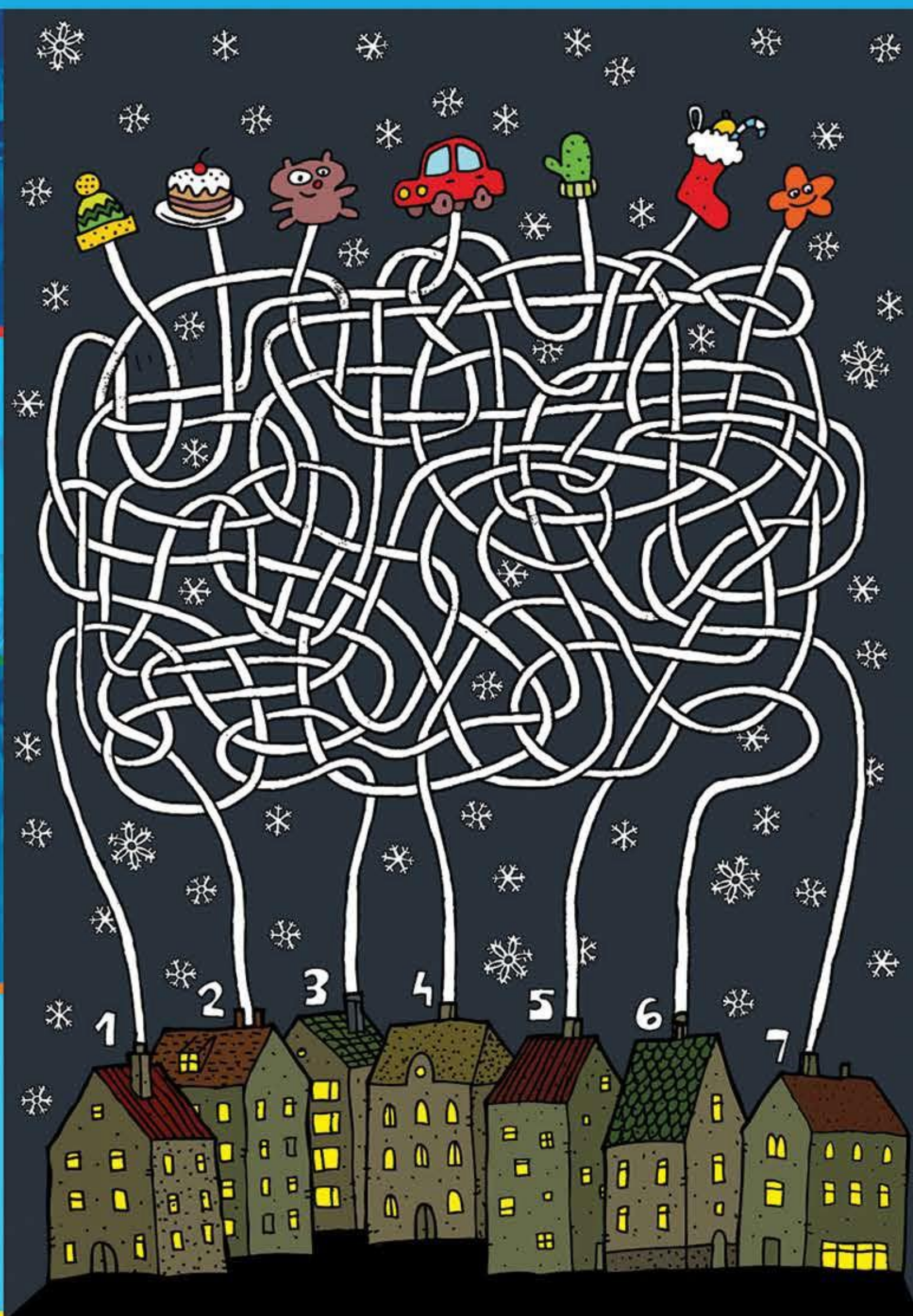


Why not send a card to
someone in your street &
start re-connecting now?



AN ACTIVE MIND IN AN ACTIVE BODY

...CAN YOU WORK OUT WHICH PRESENT
BELONGS TO WHICH HOUSE?



Answers: 1 - bear, 2 - star, 3 - sock, 4 - cap, 5 - car, 6 - gloves, 7 - cake

KEEP ACTIVE THIS WINTER AT KINGSWOOD ACTIVE LIFESTYLE CENTRE

Visit www.activecentres.org

ACTIVECENTRES.ORG

☎ 0300 333 0300

Active
Lifestyle Centre

INSPIRING
ACTIVE
LIFESTYLES

OUT OF WORK?



15+?

Live in South Glos?

Something stopping you from
finding work or training?

We may be able to help with;

- Writing CV's, cover letters or completing application forms
- Job searching online
- Finding training and gaining new skills
- Preparing for interviews
- Offer personalised one to one action plans to support you in your goals



Contact us for a free conversation
today to see if we can help:
southernbrooks.org.uk/employment
01454868570

