

CREst receives Mayor's Commendation

Members of the Cambridge Road Estates' Community Group (CREst) were the proud recipients of a Commendation from the Mayor of Kingston, Chrissie Hitchcock. The honour was given in recognition of the work carried out by CREst members both during and in the weeks following the Madingley Fire, including the administration of the Fire Fund Account set up to provide aid to the Madingley victims.

The award took place last month in the Guildhall, as part of the annual Mayor's Award for Community Service event. It was collected on behalf of the Community Group by Doreen Gardiner, CREst secretary and long-time resident on the Cambridge Road Estate.

Jill Preston, chair of CREst, stated: "The Community Group members were both surprised and honoured to receive the Mayor's Commendation.

"We view it as a testimonial to the team spirit demonstrated by all who worked together to provide assistance, during both the fire and its aftermath. We



Top left: members of the CREst Community Group. Top right: Doreen Gardiner is presented the award by the Mayor. Bottom right: the Mayor, with other members of the community, who all received commendations too



will continue to build on the increased community relations from that time and work towards an even greater atmosphere of co-operation in the future."

COMMUNITY CHOIR is a hit

CREst and the Euphonix Community Choir have worked together to set up a new choir on the estate.

Based at Queen Mary's Hall in Cambridge Gardens, the choir recently had two successful taster sessions for estate residents and people who live in Norbiton. The choir is looking for more singers and is open to anyone aged over 18 (you don't have to audition or read music). It's just £1 to join and singers donate what they can afford at each rehearsal.

If you love singing and would like to join in the fun and meet new people, then the next choir rehearsal is on **11 May, 2.30pm to 4pm**. Call Doreen on 020

8241 3624 (after 4pm) or visit www.e-voice.org.uk/crest for details of more rehearsals in the summer.

Euphonix (www.euphonix.org.uk) has been rehearsing and performing since February 2009, with members singing rounds and choral arrangements of folk and pop songs from around the world.

If you missed the taster sessions or if mornings would suit you better, call 020 8546 4086 to see if there are vacancies at the Wednesday morning rehearsal groups in Kingston.



Top right: the Euphonix Community Choir at Ham House. Bottom right: the Community Choir sings at Queen Mary's Hall in Cambridge Gardens

One of the main questions that the Cambridge Road Estates Community Group (CREst) is asked is “**How can I find out what is going on around here?**”. To try and resolve this problem, CREst has compiled an Activities Chart which lists every event that we know about for Spring/Summer 2011.

Activities are listed by venue and date and the chart will be constantly updated as and when we learn of new events. Updates can be found on our website under ‘Calendar of Events’ at www.e-voice.org.uk/crest. If you do not have access to the internet, then get in touch and we will print out an updated list for you.

If you would like to get more involved with resident consultations we can help you with that too! Norbiton has been chosen to participate in a pilot study. This consultation is important as local residents will have an opportunity to identify and prioritise issues, as well as the services you would like to be delivered in your area.

These issues will then be incorporated into a Norbiton Community Plan for discussion with council departments, partners and other service providers.

We shall also be looking for residents to become members of a Norbiton Community Panel, to provide comments and feedback on a range of issues which affect the local community. It is being run by Neville Rainford, Kingston Council Neighbourhood Manager.

If you would like to learn more about this please either contact CREst at the usual address or get in touch with Neville on 020 8547 4625 or email neville.rainford@rbk.kingston.gov.uk

“CREst is here to represent your views”

Similarly, we are still actively involved with consulting CRE residents, especially families, to find out what **play equipment** you would favour when the



Jill Preston (far right) with the Mayor and committee members after CREst received a Mayor's Commendation

overhaul, that is now possible thanks to the ‘Marathon Trust’ grant, is implemented.

CREst is here to represent your views, so if you have an opinion on this please get in touch with Sheila Griffin on 020 8399 2325. She is actively involved with setting up meetings for residents, young and old to tell us what you want. The same is true of our coach trips – if you have a favoured day trip please give Doreen, our Events Organiser a call on 020 8241 3624 after 4pm.

Jill Preston, Chair, Cambridge Road Estates Community Group

Safety at home

After receiving training provided by Age UK on ‘Older People and Crime’, CREst member Sheila Griffin is now setting up meetings to discuss and debate issues such as safety in the street, in the home, identity theft, distraction burglary, bogus callers and many other topics. At the first meeting last month at Queen Mary’s Hall, there was a lively discussion as residents shared their experiences and responded to new threats. The residents said they found the meeting very useful and whilst in some cases the course covered topics which were familiar to them, other topics were new and very useful. Look out for notices of the next meeting on the estates.



Are you confused about your child’s immunisations?

Did you know that one child in 10 who catches measles ends up in hospital? Kingston is one of London’s best performers when it comes to kids’ vaccinations. More children in our borough are vaccinated against childhood diseases than in many other London areas. But we can still improve – unvaccinated children who catch diseases pose a threat to others. And it can be a confusing subject. **If you need advice about the right immunisation for your child, make an appointment with your Health Visitor by calling Hawks Road Clinic on 020 8546 1115, or just pop in and see reception.**



GP surgeries at Hawks Road Clinic go from strength to strength

The new GP surgeries at Hawks Road are proving a success with an increasing number of patients opting to see their GP at the clinic. The decision to bring patient care closer to ‘home’ has proved a popular one with local residents praising the welcoming atmosphere and increased convenience. Dr Charles Alessi said: “**This initiative is about responding to the needs of our patients.**” The new surgery times on Monday, Tuesday, Wednesday and Thursday mornings, are open to existing patients at both Churchill and Fairfield surgeries who make their appointments in the usual way, but can request to be seen at Hawks Road. Alternatively, new patients can pick up registration forms at the Hawks Road Clinic reception.



Registered Charity No. 1028908

Are you a Carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has a mental health or substance misuse problem. A carer may also be juggling paid work with unpaid caring responsibilities at home.

How can Kingston Carers' Network help carers?

Kingston Carers' Network provides information, advice and support



to both adults and young carers. We can support a carer by giving information about their rights, benefits and other carer services in Kingston. We can advise on how to get the things that carers are entitled to such as carer assessments, carer's allowance and breaks. Kingston Carers' Network offers a range of activities and outings so that carers can get a break from caring and meet other carers like them. We also employ a specialist legal advisor who can help carers with housing, employment and community care matters, as well as advice on benefit appeals.

Young Carers

Our young carers project helps carers aged 5-18 by providing: independent and confidential advice, support and information; advocacy for the young carer in schools and other services; as well as a wide range of activities, drop-ins and outings.



Carers Week - 13 to 19 June 2011

We are planning a range of activities and events to celebrate Carers Week including: BBQ, fundraising event, outings, pampering sessions, young carers' party, information day and more. **This year's theme is The True Face of Carers – the reality of caring.**

If you think you might be a carer and would like more information about our services, please contact us on 020 3031 2757 or send an email to info@kingstoncarers.org.uk

Make a difference to your local health services

Last year, some healthcare services in Kingston changed their name to a new not-for-profit organisation, called **Your Healthcare**. It provides services like Health Visiting, School Nursing, Physiotherapy and District Nursing for the NHS, many of which operate out of Hawks Road Clinic.

Now there's a chance to become a member of Your Healthcare (it's free) which will give you a greater involvement in your local health services and an opportunity to help influence how public money is spent. **For more information on joining, call the Membership Secretary on 020 8339 8000, or email them at membership@yourhealthcare.org, or you can visit the website: www.yourhealthcare.org**

yourhealthcare

Cambridge Road Estates Diggers Spring Update

Over the past couple of months a number of volunteer residents have been working hard to get the ground prepared for our Community Garden. Working on Tuesday afternoons, they have dug over the beds in front of Fordham and planted peas, garlic, fruit bushes and moved the rose bushes to more suitable homes. Next will come herbs and potatoes with a variety of other delicious fruit and veg.

There is still an enormous amount of work to do and this will only increase as the days get longer and the plants grow higher. We need to solve the problem of water to the site, as the days get warmer we will need to keep the ground moist – and that will mean lots of hands to help do the hard work.

We also need to build raised beds for some of the more delicate plants (especially the ones that the squirrels and foxes would love to devour) and put down some paving between the planting to aid access. So can you help?

We need more volunteers to give a helping hand. Put these dates in your diary and come along to the area in front of Fordham any Tuesday afternoon from 2pm to 6pm, or every second weekend of the month - currently booked are **7/8 May and 11/12 June.**

Could there be a better way to have fun, make friends and get healthy!



Who can come?

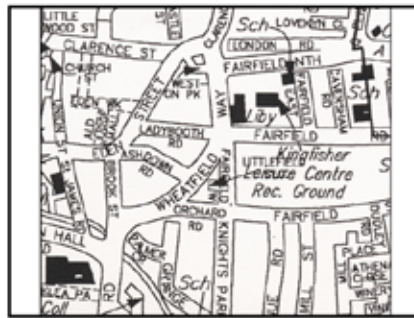
People from all walks of life and all ages are currently using our centres. Anyone who is over 16 and is not in full time education is welcome. We have full wheelchair access to all our centres.

When can I come?

Sessions are held in the morning, afternoon, evening and even on Saturdays. A tutor will help you to choose the most suitable time to come.

Remember—spaces are limited so it pays to be flexible.

We are here



For information about Literacy and Numeracy, and our GCSE Maths & English courses at Kingston Adult Education, please contact the Open Learning Centre.

Email:

sarah.dmonte@rbk.kingston.gov.uk

The Open Learning Centre
(Next to Kingston Library)
Wheatfield Way
Kingston upon Thames
Surrey KT1 2PS

TEL: 020 8547 6436



BRUSH UP YOUR ENGLISH AND MATHS!

- LEARN TO SPELL BETTER
- WRITE MORE ACCURATELY AND WITH MORE CONFIDENCE
- IMPROVE YOUR EVERYDAY MATHS SKILLS
- TAKE UP OPPORTUNITIES TO GAIN A CERTIFICATE (INCLUDING GCSEs)
- WORK AT YOUR OWN PACE

WORKSHOP SESSIONS AT THE KING CHARLES CENTRE, HOLLYFIELD ROAD, SURBITON ON:

WEDNESDAY AFTERNOONS

CALL 0208 547 6436 FOR AN APPOINTMENT TO COME AND SEE US



Back to Employment with Kingston Adult Education

FREE COURSE FOR THE UNEMPLOYED

NOCN Qualification - Award in IT User Skills (ITQ)

- Only 15 hours a week
- 12 week course
- Course starts every 4 weeks
- Attendance between 9.30am and 3.15pm

LEARN NEW SKILLS:

- Basic IT
- IT fundamentals
- Word processing
- Excel
- PowerPoint
- Job search skills
- CV/update CV
- Work placement taster

Call us on 0208 547 6837 for more information or to apply

Kingston Adult Education Training for Work
KING CHARLES CENTRE, HOLLYFIELD ROAD
SURBITON, SURREY KT5 9AL



We are an equal opportunities organisation funded by the Skills Funding Agency



European Union
European Social Fund
Investing in jobs and skills



KAE Training for Work



Are you aged 16-18?

Unsure about work?

Not ready for a college course?

Undecided what to do?



Join us at the King Charles Centre, King Charles Road, Surbiton, Surrey KT5 9AL

You will have the chance to:

- Gain employability skills
- Learn about team working
- Find out how to manage your own money
- Discover alternatives to paid work

PLUS

Gain Functional skills qualifications in English, Maths and ICT
Other Accreditation—BTEC Workskills Certificate and NOCN Progression Award

Attendance 26 hours a week for 24 weeks (average)

Course also includes the chance to take part in drama, art, film making and music activities

Call Lesley or Janet on 0208 547 6837 to find out more!

A route to Apprenticeships, Employment and other Further Education Courses at Level 2



European Union
European Social Fund
Investing in jobs and skills





Early Years Numeracy



To book and for further information CONTACT FAMILY LEARNING
ON: 020 8547 6720

3rd May – 19th July 2011

Tuesdays 9.45 - 11.45am

Norbiton Children's Centre

(Next to King's Oak Primary)

Dickerage Lane

New Malden

KT3 3RZ

Come along to our FREE course with FREE crèche for parents / carers and their children 0-4 years of age.

The course will take place every Wednesday You will find out about:

- Early number ,shape and measures skills
- Stories, songs and games for children to join in with
- Boosting your own numeracy skills and gaining a qualification
- Plus plenty more!

Please note this course is only suitable for people who do not have GCSE Maths.



The Community Library Service is the free and vital service for any housebound person living in the Royal Borough of Kingston who is unable to get to their local library. This service is also available to Carers. The Community Library visits every four weeks, bringing library materials (ordinary print, large print, books on tape, cds, etc) tailored to people's tastes and needs.

If you work with any RBK residents you think could benefit from our service, please pass our details on. Perhaps you live in the borough and have a neighbour who cannot visit the library anymore? You do not have to be registered as disabled to use the service.

Our telephone number is 020 8547 6451, or email us at community.library@rbk.kingston.gov.uk

Details are also available on our website at www.kingston.gov.uk/browse/leisure/libraries/community_library_service.htm

This essential service is a lifeline for those who are unable to leave their homes. For many of these elderly, disabled and vulnerable people, the Community Library and a few other service providers are their only contact with the outside world and invaluable to their quality of life. Please spread the word if you know anyone who could benefit.



ENGLISH COURSES for adults

Did you know that the ESOL (English for Speakers of Other Languages)

department at Kingston Adult Education offers courses in written and spoken English for adults who are permanently settled in this country?

There are daytime classes in Kingston, Surbiton, New Malden and Hook and evening classes at our centres in Kingston and Surbiton. We also have an excellent Citizenship Course for people who want to become British nationals. We have friendly classes taught by fully trained tutors and many of our learners have gone on to further training or to get jobs. Nearly all our learners achieve a national qualification.

For more information, telephone our office on 020 8547 6724. We are open Monday to Friday 9.30am to 2pm.



Healthy Kids

This spring see's the launch of three children's weight management programmes in Kingston. Each programme includes food workshops for families and weekly activity sessions for children. The programmes are **FREE** and available to families who are willing to make healthy lifestyle changes.

fun factor for 5-7 year olds.
 Wednesday 4 May, 4pm.

Weekly for 10 weeks at Kingfisher Leisure Centre, Fairfield Road, Kingston, KT1 2PY.

fwd factor for 8-12 year olds above their ideal weight.

Thursday 5 May, 4.30pm.

Weekly for 10 weeks at Kingfisher Leisure Centre, Fairfield Road, Kingston, KT1 2PY.

4u factor for 13-16 year olds above their ideal weight

Tuesday 26 April, 4.15pm.

Weekly for 12 weeks at Kingfisher Leisure Centre, Fairfield Road, Kingston, KT1 2PY and Tolworth Recreation Centre, Fullers Way North, Tolworth KT6 7LQ.

For details, call 07754 148239 during office hours.



Spring Timetable for Kingston Town | May to 16 July 2011

Telephone 020 8481 0640 or email kingstontowncc@rbksch.org

SURE START Children's Centres
Kingston Town Children's Centre
Villiers Road, Kingston KT1 3AR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10am to 11.30am 'Bumps and Babies' Drop in session for pregnant mums and families with babies up to 15 months.</p> <p>9.45am to 10.30am Baby Massage with Yoga Stretch. 6 week course starts 9 May 2011. Call to book.</p> <p>10.30am to 11.30am Housing Advice 9 May, 11 June Please call to book an appointment.</p> <p>1.30pm to 3pm 'Stay and Play' session 0-5 years Booking only session for families with children aged 0-5 years.</p> <p>1.30pm to 2.30pm 'Weaning Talk' 9 May, 6 June, 4 July Call or drop in to book your place.</p>	<p>10.30am to 12 noon 'Get to know your baby'. Post-natal support, 5 week course. Please call for details.</p> <p>9.30am to 11.30am KCMA registered childminder's drop-in session. For childminders only.</p> <p>12.45pm and 1.30pm 'Happy Feet FC' 2-5 years. Football skills for over 2's.</p>	<p>9.30am to 11am Baby weighing clinic.</p> <p>9.30am to 11.30am Family Planning Clinic.</p> <p>2pm and 2.30pm 'Happy Feet FC' 1-2 years. Football skills for under 2's.</p> <p>2pm to 3pm Toy Library Come and borrow some fantastic toys. 0-5 only.</p>	<p>9am to 1pm Midwives appointments. Bookings only.</p> <p>10am to 11.30am 'Little Tots'. Bookings only. Play session for babies aged 15 months to 30 months. Call to book.</p> <p>1.30pm to 3pm Multiple Births Support Group for families with twins or more aged 0-5 years.</p>	<p>9.30am to 11am 'Stay and Play' session. Booking only. For families with children aged 0-5 years.</p> <p>9.30am to 1pm Midwives appointments. Bookings only.</p>	<p>10am to 11.30am 'Fun for Fathers' A session for dads and their children aged 0-5 years runs the last Saturday of the month.</p> <p>On the same day we have Midwives Appointments. Bookings only.</p>
<p>Call 020 8481 0640 or email kingstontowncc@rbksch.org Play sessions £2. Please call to book. We take bookings 2 weeks in advance for each month.</p>					



Kings Oak Primary School
Dickerage Lane
New Malden KT3 3RZ
Tel: 020 8949 6505

Norbiton Children's Centre is open 9am to 6pm Monday to Friday and the second Saturday of every month for Dads@Norbiton (10am to 12 noon)

Stay and Play: Monday and Wednesday 9am to 11.45am. Drop in any time.

Friday 9.30am to 10.30am. Happy Feet, Piper Hall.

1pm to 3pm. Stay and Play. Drop in any time.

Vacancies - Monday and Friday in full day care for under three's.

Child Health Clinic: Monday 10am to 11am.

Thursdays Little Sunbeams: 1.30pm to 3pm drop in for children under five with disabilities.

STOP SMOKING GROUP at Hawks Road Clinic

Did you know you are four times more likely to quit smoking using SUPPORT and one of the following Nicotine Replacement Therapies, Champix or Zyban?

Kingston and Richmond Stop Smoking Service runs FREE Stop Smoking Groups on Wednesday evenings at 7pm till 8pm at Hawks Road Clinic. The groups are run by two trained stop-smoking advisors and each group lasts for 6 weeks. FREE Nicotine

Replacement Therapy is supplied or Champix / Zyban can be requested via the patient's GP.

The first session provides valuable information on preparing for the quit day, which is set for the following Wednesday. The following five sessions are aimed to support the quitter to stay stopped, by looking at coping strategies. A positive approach is important, by focusing on what the client is gaining i.e. better health, more money, freedom from smoking and improved taste/smell. **So why not book yourself onto the next group by calling the freephone 0800 085 2903?**

The Bradbury Active Age Centre

37B Grange Road, Kingston KT1 2RA.

Call 020 8547 1230



Opening times: Monday: 10am to 3.30pm. Weds and Thursday: 10am to 4pm. Tues and Friday: 10am to 2pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10.30am to 11.30 am Hypnotherapy**.</p> <p>Beginners Computer Courses (4 weeks)*.</p> <p>The Monday Forum (topical discussion).</p> <p>Bradbury Weekly Walk.</p> <p>1.30pm to 4pm Podiatry (£18 per session**).</p> <p>1.30pm to 3.30pm Scrabble.</p> <p>3.30pm to 4.30pm Yoga (£5 per session).</p>	<p>10.30am to 11.30am Line Dancing*.</p> <p>12noon to 1pm Chair Exercise (£3 per session).</p> <p>1pm to 2pm Italian for Beginners.</p>	<p>10am to 2pm Manicures (once a month, enquire for dates, £10).</p> <p>10.30am to 11.30am Weekly Discussion Group.</p> <p>10.30am to 12 noon Art class*.</p> <p>11.15am to 12.15pm Bradbury Bathers (Swimming Group at the Kingfisher).</p> <p>2pm to 3.30pm Art class*.</p> <p>2.30pm to 3.30pm French conversation.</p>	<p>10am to 1.30pm Massage Treatments (£10 per half hour, £15 1 hour**).</p> <p>10.30am to 11.30am Salsa*.</p> <p>12noon to 1pm Chair exercise (£3 per session).</p> <p>11.30am to 1pm Bereavement Support Group (first Thursday of month).</p> <p>1pm to 2pm RNID Hearing Aid Clinic (third Thursday of month).</p> <p>2pm to 4pm Handicrafts/Patchwork.</p>	<p>12 noon to 1pm and 2pm to 3pm Computer Tuition (£2 for one hour).</p> <p>10am to 11 am Bradbury Book Club (first Friday of the month).</p> <p>10.30am to 12 noon Art*.</p> <p>10am to 3.30pm Massage Treatments (£10 per half hour, £15 1 hour**).</p> <p>2pm to 3pm Tai Chi All levels welcome*.</p>

*Please call the centre for details of prices. ** Booking in advance required. You must be over 50 to come to the centre and fully independent. We cannot offer one to one supervision.



SUMMER COACH TRIPS to the seaside

If you fancy a day out to the coast, then take advantage of the free coach trips organised by CREst for estate residents. They are always very popular, so book early to avoid disappointment. **The dates are Sunday 26 June to Brighton and Sunday 14 August to Littlehampton.** Call Doreen on 020 8241 3624 for more information, to check the dates and to book your place.

At Archway, we hold two regular events for young families on the estates. Our hall is in Washington Road and we give a very warm welcome to old and new friends. **“Stay and Play” Toddler Group** takes place every term-time Tuesday from 9.30am to 11am. Includes drinks and snacks. **“After School Family Time Church”** happens on the third Wednesday in each month from 4.30pm to 6.00pm. Includes crafts, games, songs and yummy food!

Archway is part of St Peter's Church on London Road. For more information, please phone Caroline or Simon Groves on 020 8549 1585.



For a guide to what's on in the local area, take a look at our chart, delivered with this newsletter.

Mental Health Drop-in-Service

Every Friday from 10am to 2pm at Milaap Multicultural Centre, Murray House, Acre Road, Kingston, Surrey KT2 6EE.

Are you a Tamil speaking person? Home alone, depressed, alcoholic, Stressed using drugs, smoking or suffering from dementia? Come and join our drop-in. For further information contact the Project Co-ordinator on 020 8546 1560 or 07981 316196.

PHYSICAL ATTACKS? EMOTIONAL ABUSE? HARASSMENT THREATS? FINANCIAL CONTROL?

If you are experiencing domestic abuse, confidential advice and support is available at

THE ONE STOP SHOP

Every Monday from 9.30am - 12.30pm at The Baptist Church, Union Street, Kingston KT1 1RP

For further information call

07917 271 549

This newsletter is distributed free of charge to all residents of the Cambridge Road Estate and Cambridge Gardens, to key people in the voluntary and statutory sector and to local councillors, thanks to Grassroots funding received from Thames Community Foundation and Helen Beeson from RBK Housing Publication and Design.

It provides an opportunity to promote forthcoming events to you as well as updating you on existing projects or activities.

We are always looking for articles, news and information from residents, or of interest to residents, so if you would like to submit an item for future newsletters please email Jenny Pitt at cresteditor@hotmail.co.uk or write to *Jenny Pitt, CREST, 61 Graveley, Willingham Way, Kingston, Surrey KT1 3HY.*

*Chair, Jill Preston
Cambridge Road Estates Community Group*



Visit our website www.e-voice.org.uk/crest

WE NEED your help!

As a voluntary organisation we're always looking for people willing to volunteer their time and expertise.

This doesn't mean you have to make a regular commitment such as attending Management Committee meetings.

If you can spare just a couple of hours a month posting leaflets, updating our website or contributing expertise once in a while with specialised advice that would be great.

we need everyone!

If you have difficulty reading this document because of a disability or because English is not your first language, we can help you. Please call our helpline on 020 8547 5000 or ask someone to call on your behalf.

چنانچہ قادر نیستید این نامہ را بہ دلیل ناتوانی یا مشکل زبان بخوانید ما میتوانیم بہ شما کمک کنیم۔ لطفاً خود یا شخص دیگری با شماره کمک شہرداری کینگسٹون تماس بگیرید۔
تلفن 020 8547 5000 ۰۲۰۸۵۴۷۵۰۰۰

نہ گہر توانای خواندنہوئی ہم نوسراوت نہی ہم بہرہ پہنکھوتہدی/ بن توانای یا خود بہرہ زمان تینہ کہیشتن، نہوا تینہ نہتوانن یارہتیت بدین۔ تکایہ پیوہندی بکہ بہ ہیلی یارہتہی شارهوانی کینگسٹونہوہ (Kingston Council) بہ شمارہ تہہ فونی 020 8547 5000 بیان بہکسہس بلی کہ بہناوی تڑوہ پیوہندی بکات۔

ਜੇਕਰ ਤੁਸੀਂ ਅਪਹਜਤਾ ਜਾਂ ਭਾਸ਼ਾ ਦੇ ਕਾਰਣ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਪੜ੍ਹਨ ਵਿੱਚ ਅਸਮਰਥ ਹੋ, ਤਾਂ ਅਸੀਂ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਕਿਰਪਾ ਕਰਕੇ 020 8547 5000 'ਤੇ ਕਿੰਗਸਟਨ ਕੌਂਸਲ ਦੀ ਹੈਲਪਲਾਈਨ 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਅਪਣੇ ਵੱਲੋਂ ਕਿਸੇ ਨੂੰ ਕਾਲ ਕਰਨ ਲਈ ਕਹੋ।

உங்களால் இந்து கடிதத்தை படிக்க இயலவில்லை என்றால் தயவு கூர்ந்து கிங்ஸ்டன் உதவி மையத்தை நீங்கள் கோர் அல்லது உங்களை சார்ந்த எவராவது தொடர்பு கொள்ளவும். தொடர்பு கொள்ள வேண்டிய எண் 020 8547 5000

Haddii aadan awoodin akhrinta dokumentigan sabab naafada ama luqadda ah, waan ku caawin karnaa. Fadlan soo wac Khadka caawimada ee Kawnsalka Kingston 020 8547 5000 ama qof ku matalaya ka codso inuu na soo waco.

Në qoftë se nuk mund ta lexoni këtë dokument, për shkak të gjuhës ose ndonjë të metë tjetër, ne mund të ju ndihmojmë. Ju lutem telefonojeni Këshillin e Kingstonit (Kingston Council) në linjën 020 8547 5000, ose kërkoni që dikush të telefonoj në emër tuaj.

당신이 신체적인 불편함 혹은 언어 문제로 인해 이 서류를 읽지 못할 경우, 저희들이 돕겠습니다. 킹스톤 의회 상담전화(Kingston Council Helpline) 020 8547 5000 로 직접 전화하시거나 혹은 다른 사람에게 전화를 부탁하십시오.

إن لم تكن قادراً على قراءة هذا النص بسبب اللغة أو أي عائق آخر، اتصل بنا فنحن نستطيع مساعدتك. الرجاء الاتصال بخط مجلس كنجستون للمساعدة (Kingston Council Helpline) على الرقم 020 8547 5000 أو اطلب من أي شخص آخر الاتصال بنا نيابة عنك.

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اگر آپ معذوری یا زبان کے سبب اس دستاویز کو پڑھنے سے قاصر ہیں تو ہم آپ کی مدد کر سکتے ہیں۔ براہ مہربانی 020 8547 5000 پر کنگسٹن کونسل ہیلپ لائن کو فون کریں یا کسی سے درخواست کریں کہ وہ آپ کی جانب سے فون کرے۔

我们可以协助您，如果您因语言障碍或残疾不能阅读此文件。请拨打金斯顿市议会热线服务电话 020 8547 5000 或请求他人来代表您通话。

Si vous êtes dans l'incapacité de lire ce document à cause des barrières linguistique ou autre, nous pouvons vous aider. Appelez ou faites appeler le numéro d'assistance du Kingston Council au 020 8547 5000.