

INSIDE:

Community Updates.....	2 & 3
What's on in the Community.....	4, 5 & 6
Health news.....	7

SURREY SPORTS CENTRE A dream revisited

by Jill Preston

There were smiles all round following January's the Royal Borough of Kingston Executive meeting, thanks to the committee's agreement in principal to the transfer of the lease for the Old Surrey Sports Centre to 24/7 Security UK Ltd.

24/7 Security UK Ltd plan to invest some £350,000 with a view to offering both sports and social facilities from what will be a fully refurbished site.

Alex Allen, Managing Director, said "We are very happy to have been given the go ahead to rejuvenate the old surrey sports centre and look forward to working with local residents to turn this eye sore into a centre of excellence. A big thank you for everyone who supported us along the way."

Clearly there are still a few hurdles to be overcome and local residents will be consulted to make sure that as many people as possible are comfortable with the plans. 24/7 have stated their intention is to initially fill about 50% of the vast area with a gym, social club and

After the unbelievable opposition to the £350,000 being spent on renovating the old Surrey Sports Centre on the Cambridge Road Estate for the benefit of the residents - with no cost to the Council - it was great to be present when the Executive agreed to allow the venture to go ahead.

All the hard work and dedication of Councillor Shelton and the Cambridge Road Estate Community Group, and my own input was rewarded when commonsense prevailed. I am overjoyed with the result.

Councillor Sheila Griffin



boxing facilities. They have also pledged to allow local community groups the use of a couple of the remaining vacant rooms which could be used for the benefit of residents. Councillor Penny Shelton who has been key in bringing this project to this point stated "I am absolutely over the moon to be the one who started the ball rolling; this is the best thing to happen on our estate for a very long time".

Alex Allen is already hard at work meeting with all of the relevant powers that be. However, he has told us that he plans to set up a website which residents can visit to register their interest and check on progress; once this is operational you will be able to access this via a link on CREest website www.e-voice.org.uk/crest. For those of you without internet access visit us at 61 Graveley to register your interest and check on progress or telephone us on 020 8547 6910.

It's been a long time coming, but finally it looks as if residents of the Cambridge Road estates will have access to an affordable, dedicated sports and community facility on their doorstep.

CREst have for some years been keen to see the old Surrey Sports Centre reopened. Indeed in 2006 they worked long and hard to ensure that as many residents as possible were asked their views on what activities they would like to see take place there if enough funding could be found to renovate the space. Unfortunately the Lottery bid, which we worked on with support from Councillors Shelton, Griffin and Kilby and interested residents from the wider community, was not successful. Whilst we were all very disappointed, we have continued to hope that a suitable organisation, which would be willing to work in partnership with residents, would be found.

24/7 are just such an organisation and, thanks to the direct involvement of Cllr Penny Shelton and local MP Edward Davey in this project residents can now look forward to a fully renovated space with a range of activities and services that they have told us time and again they would like to see on offer.

Mary Graham

Former Manager of the Community Action Partnership (CAP) and member of the Cambridge Road Estates Community Group (CREst)



Phil, Josephine and Rebecca from the Equalities and Community Engagement Team

In summer 2009, Cambridge Road Estates residents came together to tell NHS Kingston what they want and need in order to have improved lives. We are the Equalities and Community Engagement Team who will be working with you to take forward the recommendations that you made. **The consultation was called You Can**, and residents participated in a variety of ways, from text messages to discussions. Here are just some of the improvements that you said you would like to see:

"I would love to run courses."

"Kids need some interesting stuff to play on."

"I could get involved by showing people how to plant seeds on their balconies."

"It would improve the mood if there were more green spaces, places to sit down and relax together."

"There should be more community facilities so that people can actually meet each other."

"A group allotment, that could also include a cooking and social club. I would love to set this up but I need some help!"

"We don't get much information about what is available around here."

"I would use a gym if there was one here."

"There is a need for a youth hub."

"Capoeria classes - it will show that kids can do stuff and be great at something."

It would be good to get more people involved in the estate."

"There could be training courses."

You can come along to a public meeting to discuss these ideas. **We can** work together on making real change happen. **Please come to a meeting on Tuesday 9 February at either 1pm to 2.30pm or 5pm to 7pm at Piper Hall.** FREE refreshments will be provided. This meeting is open to anyone who is interested in seeing any of these recommendations take place.

Rebecca Mear, Equalities and Community Engagement Manager
Royal Borough of Kingston Community Care Services & NHS Kingston Public Health
Telephone: 020 8547 4680, Email: rebecca.mear@rbk.kingston.gov.uk

MINCE PIE MUNCH AND TREE LIGHTING

By Jill Preston

Once again on 17 December the Cambridge Road Estates Community Group (CREst) held the annual 'Mince Pie Munch' and played host to local Officials, RBK Officers and CRE residents as a thank you for all the help and support given during 2009. Representatives from Kingston Voluntary Services, Kingston Primary Care Trust and local Councillors Sheila Griffin and Penny Shelton joined local residents and local MP Edward Davey (who spent the whole event speaking to local residents) before stepping forward to switch on the lights of the Christmas Tree which was once again donated by CREst.

Carol singers from the local Archway Church encouraged all present to join in with festive carols which, in turn, lured locals out to join in with what we hope will become an annual event.



The Mayor's Party

by Cllr Sheila Griffin

It was a great pleasure to be able to invite four residents to the Mayor's Christmas Party for pensioners on Friday 11 December 2009.

The party is held every Christmas and is great fun for all. The pensioners were entertained by a professional singer who sang many popular songs from the past. The residents thoroughly enjoyed themselves and it is hoped to extend the invitation to more residents next year.



HOODIES do some goodies!

With the credit crunch and youth unemployment at record levels, the South London V Team (part of the national youth volunteering charity) and Kingston Volunteer Centre came up with an innovative solution over the festive season. Rather than buying expensive presents, they have been encouraging young people (aged 16 to 25) to **'Give the Gift of Time'** to friends, family or even the community instead!

The Festive Campaign was launched in London by Lucie Jones (from The X Factor) and locally the V **'Goodie Hoodie' squad** were out and about in December in Kingston. Identifiable by their purple furry hoodies, they were asking young people to consider doing a good deed for someone instead of buying a present (for example clearing the garden, walking the dog or cooking someone breakfast in bed).

Young people wrote out their pledges onto a **gift of time voucher - A Time Token** - ready to gift wrap and give to someone from their family or friends over the festive period.

As well as giving out Time Tokens, the 'Goodie Hoodie' crew also suggested wider volunteering opportunities which the young people could do (for example helping a charity or a local community group or getting valuable work experience to help further a career dream).

Meena Kaplia, Youth Volunteer Advisor for Kingston said: "Our Festive Campaign has been a great way of helping young people during this economic climate and also encouraging more young people to get involved in their local community through volunteering!"

If you are between 16 to 25 years old and would like to get involved contact Meena on youthvolunteering@kvc.org.uk or telephone 020 8255 8068.

The Cambridge Road Estates Computer Club (CRCC)

Cambridge Road Estates Computer Club (CRCC) is pleased to report a successful first year and some exciting plans for the future.

We currently have over 100 members and thanks to support from Roehampton University and Merton College we gave out 51 refurbished computers during 2009. There are currently over 200 CRE residents who have signed up to our free internet service with nearly 100 people using it on a daily basis.

We have run several training sessions, including a Silver Surfers Day on the 14 May 2009 with funds from a Grass Roots Grants, to give anyone over 50 a chance to learn how to use the internet. Our training sessions are for people who want to improve their existing skills or learn new ones and these will continue in the coming year with the addition of more advanced and different IT/Computer skills courses.

'Wireless Wednesdays' now run every week and we would encourage anybody who has a computer problem to come and see us between 2pm and 6.30pm any Wednesday at the Community Advice Shop, at the base of Madingley when we will be available to offer help and advice wherever possible.

Our volunteers have attended several training courses this year and we are in a position to offer training to all of those people who come to volunteer their time for us. This in turn will help us to provide a better service

to residents of both the Cambridge Road Estate and Cambridge Gardens.

For further details, to register for FREE wireless broadband or to become a volunteer come and see us on Wednesdays between 2pm and 6.30pm, at the Community Advice Shop, at the base of Madingley. Alternatively email us at cambridgeroadcomputerclub@googlemail.com or visit our website www.cambridgeroadcomputerclub.org.uk

We look forward to seeing you soon.

USEFUL LINKS for Internet safety

www.ceop.gov.uk

Child Exploitation and Online Protection Centre.

www.kidsmart.org.uk

An award winning practical internet safety programme website for schools, young people, parents, and agencies, produced by the children's internet charity Childnet International.

www.safekids.com

A family guide to making the internet and technology safe, fun and productive.

www.getsafeonline.org

Sponsored by the British Government and leading businesses to give you free, objective advice.



Sure Start Children's Centres

Villiers Road
Kingston KT1 3AR
020 8481 0640



Centre Information 4 January to 16 April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10am to 11.30am "Bumps and Babies" Drop-in play session for pregnant mums and families with babies up to one year old. Monthly appointments with Centre Family Support Worker.</p> <p>11.30am to 12.30pm "Post-natal Yoga"</p> <p>1.30pm to 3pm "Stay and play session" 0-5 years drop-in session for families with children aged 0-5 years.</p>	<p>9.30am to 11.30am "KCMA childminder's drop-in play session" Starts from 2 February 2010.</p> <p>9am to 2pm "8 month baby health checks" Appointments only.</p>	<p>9.30am to 11.30am "IY Positive Parenting" Course (fully booked).</p> <p>12noon to 1pm "Little Cooks" Sessions of cookery with families 0-5 yrs Tel: 07817 400 198.</p> <p>2.15pm to 3.15pm Housing Advice Once a month contact centre for appointments.</p>	<p>9.30am to 11am "EAL drop-in run by Supporting Families Service" For families with English as an additional language with children aged 0-5.</p> <p>2pm to 3.30pm "Multiple Births Support Group" For families with twins or more aged 0-5 yrs.</p>	<p>9.30am to 11am "Stay and play session" 0-5 years drop-in session for families with children aged 0-5 years.</p> <p>12noon to 1pm "Cook and Eat" Dates to be confirmed. Cookery course for healthy eating and fun with food! For children over 20 months and their parents (6 week course) Book now.</p>

Saturday 10am to 11.30am "Fun for Fathers"

A session for dads and their children aged 0-5 years runs every third Saturday of the month. First session 16 January 2010.



The Community Library

The Community Library provides a **free service** to all residents of The Royal Borough of Kingston upon Thames who, for whatever reason, would otherwise find it difficult to visit their local library.

Staff call once every four weeks bringing a box of books pre-selected to each individual's tastes. Readers can choose from one to twelve books from their selection box per visit. There is a free request service.

For readers who have difficulty seeing ordinary print there is a wide selection of large print books. There is also an extensive collection of Books on Tape available to those who are visually impaired or anyone who has difficulty reading ordinary or large print. You do not need to be registered blind to receive this service.

We can also supply videos, DVD's, language and music tapes free of any hire charges, together with wool or jigsaw puzzles donated by the public. Regular deliveries are made to residential homes, a selection of up to 60 large and ordinary print books can be supplied every twelve weeks.

Enquiries are welcome from all groups and individuals who would otherwise find it difficult getting to their local library. **Please phone 020 8547 6451 to discuss how we can best meet your needs. Out of normal office hours (Monday to Friday 8.30am to 4pm) there is an answerphone service.**





VICTIM SUPPORT KINGSTON

Here to help, whether or not you report the crime

Have you been a victim of racist crime or domestic violence? Victim Support is an independent charity - not part of any other agency. Our services are **free** and available to everyone, whether or not the crime has been reported. You can talk to us confidentially without involving the police or other parts of the criminal justice system. If you haven't reported the crime there's no point suffering in silence.

DOMESTIC ABUSE/VIOLENCE: Domestic violence can happen between partners, within families or shared homes, and affects men and women in both straight and gay relationships. It happens between people of all cultures, religions or classes. It's based on one person having power or control over another. Physical violence is a common part of it - and this can include sexual assault - but it can take other forms such as psychological harm, emotional abuse or controlling someone's life financially or by restricting their freedom. Often it can start gradually - perhaps name calling or threats - but it usually gets worse as time goes by.

People who suffer this kind of abuse often stay in the situation, for many different reasons. Perhaps

they are frightened to leave, perhaps they rely on the abuser for financial support or worry about losing access to their children. They may also enjoy the good times they have and keep hoping it won't happen again.

But never forget that it is a crime for someone you know to attack you in your own home or elsewhere - whether they are your partner, a family member or someone you share your home with. Whatever the abuser might say, violence like this is never your fault. Nobody has the right to abuse you in this way. You may be made to feel responsible and guilty for the abuse but the source of the problem is the abuser, not you.

RACIST CRIME: If someone commits a crime against you or your property because of your colour, race, national origin, or religion, this is called a hate crime. Being a victim of this kind of crime can be a particularly frightening experience as you have been victimised because of who you are, or who or what your attacker thinks you are. Hate crime can take place anywhere - at home, in the streets, and at work, schools and colleges. Incidents can include threats, verbal abuse, arson, robbery, violence towards you and damage to your property. Nobody should have to live with the fear and anxiety that this crime causes. It can also affect other people living nearby, especially if they are seen to be part of the same group in society.

Our service is confidential, and we will not pass on information unless we think someone is at serious risk of harm and urgent help is needed to protect them. **If you would like to talk to someone in confidence telephone Victim Support Kingston on 020 8547 3202, Victim Support National Helpline 0845 30 30 900 or in an emergency dial 999.**

You do not have to suffer in silence.

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*

24 Hour Domestic Violence Helpline: 0808 2000 247

Kingston Police Community Safety Unit: 020 8247 5165

Try Nordic Walking!



Starting February 2010

For people 45+

Booking required (free tasters also available).

For more information and to book your free place contact Kingston Adult Education: 020 8547 6700 or email adult.education@rbk.kingston.gov.uk

AGE
Concern

TryNordic.co.uk

PLAYSPORT
LONDON

COOK AND EAT!

Do you want to cook healthy new recipes, lose weight, make friends and have fun!



If you are over 50 and live in the borough of Kingston why not join our **free** 6 week programme!

Starting in February
All ingredients supplied

At the Raleigh Centre.
14 Nelson Road, New Malden, KT3 5EA

At the Bradbury Centre
37B Grange Road, Kingston, KT1 2RA

Limited places available!

Please call Grace on 020 8949 4244 to reserve a place.

Kingston Primary Care Trust and Age Concern Kingston working together in the community

AGE
Concern

Kingston **NHS**
Primary Care Trust

LOVE 2 DANCE

Come and enjoy our free dance taster sessions!

Women and girls of all ages and abilities are especially welcome!

Free sessions:

Monday 8 February to Saturday 13 February 2010

To register:

Phone: 020 8942 8256

(Grace 'Active Living Project')

Email: grace@ageconcernkingston.org

Write: Active Living Project, 14 Nelson Road, New Malden, KT3 5EA.

AGE
Concern

Bollywood Monday 8 February 10.30am to 12 noon	Learn Bollywood dance routines in a fun supervised session. Back by popular demand!	The Dance Studio Tolworth Recreation Centre Fullers Way North Tolworth KT6 7LQ
Line Dance! Tuesday 9 February 7pm to 8pm	Learn the basics of line dance in this friendly club, with a bar offering refreshments!	Sunray Community Centre Knollmead Tolworth KT5 9QP
Line Dance! Wednesday 10 February 1.30pm to 2.30pm	Join in this popular class and experience the line dancing phenomenon!	The Malden Centre Blagdon Road New Malden KT3 4TA
Tap Dance! Thursday 11 February 10.30am to 11.30am	Combine fun, fitness and dance while learning a variety of tap dance steps!	YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH
Salsa! Friday 12 February 7.30pm to 8.30pm	Learn to dance with Latin spirit - a great way to exercise and have fun!	YMCA Hawker Centre Lower Ham Road Kingston KT2 5BH
Tea Dance Saturday 13 February 2.30pm to 4.30pm	Learn ballroom and Latin-American dance steps. Tea and biscuits provided.	The Richard Mayo Hall United Reformed Church, Eden Street Kingston KT1 1HZ

Tried to give up smoking on 1 January? ...want to try again? We can help

If you are one of many who have started smoking again why not try stopping again? This time get help with the KINGSTON and RICHMOND Stop Smoking Service who can help you with the support and **FREE** Nicotine replacement therapy such as patches etc.

We run **FREE** Stop Smoking Groups at Hawks Road Clinic on Wednesday evenings 7pm until 8pm for six weeks. The next one starts on Wednesday 1 March - give us a ring to find out more.

Give up smoking with us and you are four times more likely to quit than trying to do it on your own!

Call 0800 085 2903

smokingteam@rtpct.nhs.uk

www.smokefreekingstonandrichmond.nhs.uk



SMOKEFREE



Kingston & Richmond NHS
Stop Smoking Service

FREE heart and health MOTs for Kingston residents

Are you a Kingston resident aged 40-74? Then you may be eligible for a free heart health MOT, including blood pressure, body mass index, cholesterol, diabetes and waist circumference testing.

The heart health screening, known as 'NHS Health Checks', is being brought to the **Piper Hall Community Centre on Saturday 6 February** by NHS Kingston in partnership with UK charity the Blood Pressure Association (BPA), based in South West London.

NHS Kingston and the BPA are taking these free and convenient checks to the Cambridge Road Estate to help prevent heart attacks, strokes and other cardiovascular problems among Kingston residents.

All residents aged 40-74 can stop by for a check, provided they haven't already been diagnosed with high blood pressure, diabetes, chronic kidney disease, heart disease or have had a heart attack or stroke.

The pop-up surgery will be at the Piper Hall Community Centre, Piper Road on Saturday 6 February from 10am-4pm. Residents can either come along on the day, or ring ahead to pre-book a specific time slot on 020 8772 4985.



(Please make any telephone booking by midday on Friday 5 February to avoid disappointment.)

For more information on high blood pressure, please visit the Blood Pressure Association's website:
www.bpassoc.org.uk

For more information on local health services visit:
www.kingstonpct.nhs.uk



NHS
Kingston

This newsletter will continue to be 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 assistance from Denise Parry, Community Development Worker 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 contact us on **020 8547 6910** or by email at **crecommittee@hotmail.co.uk**

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 5757 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 کینگستون تماس بگیرید۔
تلفن 020 8547 5757 ۰۲۰۸۵۴۷۵۷۵۷

نہ گہر توانای خواندنہوئی ہم نوسراوت نہی ہم بہرہ پہکھوتہی/ بن توانای یا خود بہرہ زمان تینہ کہیشن، نہوا تینہ نہ توانن پارہتیت بدین۔ تکایہ پیوونڈی بکہ بہ ہیلی پارہتی شاردوانی کینگستونہو (Kingston Council) بہ شمارہ نہہ فونی 020 8547 5757 بیان بہکھس بنی کہ بہ ناوی تڑوہ پیوونڈی 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 5757 'ਤੇ ਕਿੰਗਸਟਨ ਕੌਂਸਲ ਦੀ ਹੈਲਪਲਾਈਨ 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਅਪਣੇ ਵੱਲੋਂ ਕਿਸੇ ਨੂੰ ਕਾਲ ਕਰਨ ਲਈ ਕਹੋ।

உங்கள்மால் இந்நத கடிதத்தை பாடிக்க இயலவில்லை என்றால் தயவு கூர்ந்து கிங்ஸ்டன் உதவி மையத்தை நீங்கள்மோ அல்லது உங்களை சார்ந்த எவராவது தொடர்பு கொள்ளவும். தொடர்பு கொள்ள வேண்டிய எண் 020 8547 5757

Haddii aadan awoodin akhrinta dokumentigan sabab naafada ama luqadda ah, waan ku caawin karnaa. Fadlan soo wac Khadka caawimada ee Kawnsalka Kingston 020 8547 5757 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 5757, 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 5757 로 직접 전화하시거나 혹은 다른 사람에게 전화를 부탁하십시오.

إن لم تكن قادراً على قراءة هذا النص بسبب اللغة أو أي عائق آخر، اتصل بنا ف نحن نستطيع مساعدتك. الرجاء الاتصال بخط مجلس كنجستون للمساعدة (Kingston Council Helpline) على الرقم 020 8547 5757 أو اطلب من أي شخص آخر الاتصال بنا نيابة عنك.

Caso você não consiga ler este documento devido a deficiência ou idioma, nós podemos ajudar. Por favor, ligue para o canal de atendimento Kingston Council no telefone 020 8547 5757, ou solicite a alguém para ligar por você.

اگر آپ محزوری یا زبان کے سبب اس دستاویز کو پڑھنے سے قاصر ہیں تو ہم آپ کی مدد کر سکتے ہیں۔ براہ مہربانی 020 8547 5757 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 5757 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 5757.