

CAMBRIDGE ROAD ESTATES

newsletter

Issue 5, July 2009



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FUN DAY

The onset of summer not only brings with it the promise of slightly warmer rain, it also starts the countdown for the sixth Annual Fun Day. This year it is being held on 12 September on Madingley Green. The action starts at 12 noon and is scheduled to end at 4pm.

Fun Day veterans will know that each year we provide an improved event. This year we shan't disappoint you. It is still early days but we have already booked the services of:

- Radio Jackie
- Mobile Farm
- Fun Fair
- BBQ
- Trampolines
- Giant Slide
- Tombolas
- Clowns
- Magicians
- Bungee Runs
- Face painting
- Line Dancing

We haven't even mentioned the dozens of stalls manned by local organisations and projects all ready and willing to offer you 'on the spot' help and advice. Clearly this is an event not to be missed. Tell all of your friends and family and make it an inexpensive Fun Day out.

If you like the sound of this and would like to help us out on the day, you can be sure of a warm welcome. **To find out more speak to either Denise Parry 020 8547 6911 or Jill Preston 020 8547 6910 or 07910 844427.**

We are also seeking prizes for both the Raffle and Tombola stalls. If you decide to have a clear out and find brand new items you don't know what to do with we will gladly take them off your hands!



One consultation too many..... Or a different way to have your say?

You may have already seen some splashes of colour in the area. It's part of the 'You Can Kingston' initiative. Its aim is to find out from residents how they want things to change at the Hawks Road Clinic and the wider estates.

Would you like to see a centre where, for instance, there was a community café, activities, skills and training, events for children, parents, young people and those over 50?

Somewhere to go for courses in cooking or maintenance or ballroom dancing? A place to grow vegetables, make friends, share what you know in a trade or a hobby with others and a chance to work together to change the look of the estate?

Some or all or none of these ingredients might go into a new look Hawks Road. You might have a very different list of suggestions. Without asking you, **You Can Kingston** will never know.

Will asking lead to action? **You Can Kingston** hopes so. The more views and offers of help that come from the people who live on the estates; the greater the chances of success, and the greater the likelihood that any changes to the Hawks Road Clinic and services provided on the estate are inspired by local residents.

If you want to know more about what **You Can Kingston** is and/or to offer help or ideas and suggestions please send us a text or call on 07941 143771, or come and say hello if you see us on the estate over the next few weeks, wearing the You Can badge.

And please come and discover a different way to have your say at an event on 18 July in Piper Hall and try the website www.youcankingston.com



making the **right choice**: your guide to the right NHS services if you become ill or are injured

Making the right choice ensures that essential treatment is given in the shortest possible time. Dialling 999 or using A&E when you do not need to could delay treatment for someone more seriously ill than yourself.

A&E OR 999					
Heavy bleeding Broken bones Burns or scalds Chest pain Cuts Strains Itches Sprains	<p>If you're injured or seriously ill you should go to, or be taken to A&E. Kingston Hospital's A&E Department is open 24 hours a day, 365 days a year to treat serious and life-threatening emergencies. If it is obvious that you or another person is seriously ill and in need of immediate emergency care, you should call 999 and ask for the ambulance service.</p> <p>Patients with cuts, strains, itches or sprains that require immediate attention should also attend the A&E Department.</p> <p>A&E Department Kingston Hospital Galsworthy Road Kingston KT2 7QB Reception tel: 020 8546 7711 ext: 2181 or 6147</p>				
GP					
Vomiting Ear pain Sore belly Back ache	<p>There are four GP surgeries located within easy reach of Cambridge Road:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> Dr G Steer Brackendale Surgery 25 Gloucester Road KT1 3RL 020 8546 8864 </td> <td style="width: 50%; vertical-align: top;"> Dr P Bowskill Fairhill Medical Practice 14 Fairfield South KT1 2UJ 020 8546 1771 </td> </tr> <tr> <td style="vertical-align: top;"> Dr M D'Souza & Partners Canbury Medical Centre Elm Road KT2 6HR 0844 477 8604 </td> <td style="vertical-align: top;"> Churchill Medical Centre Clifton Road, KT2 6PG 0844 499 7044 </td> </tr> </table>	Dr G Steer Brackendale Surgery 25 Gloucester Road KT1 3RL 020 8546 8864	Dr P Bowskill Fairhill Medical Practice 14 Fairfield South KT1 2UJ 020 8546 1771	Dr M D'Souza & Partners Canbury Medical Centre Elm Road KT2 6HR 0844 477 8604	Churchill Medical Centre Clifton Road, KT2 6PG 0844 499 7044
Dr G Steer Brackendale Surgery 25 Gloucester Road KT1 3RL 020 8546 8864	Dr P Bowskill Fairhill Medical Practice 14 Fairfield South KT1 2UJ 020 8546 1771				
Dr M D'Souza & Partners Canbury Medical Centre Elm Road KT2 6HR 0844 477 8604	Churchill Medical Centre Clifton Road, KT2 6PG 0844 499 7044				
PHARMACIST					
Diarrhoea Runny nose Painful cough Headache	<p>Your local pharmacist can give you expert advice on common illnesses and the medicines you need to treat them, without the need for an appointment. There are three pharmacists located within easy reach of Cambridge Road:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; vertical-align: top;"> Boots 140a London Road KT1 3NS 020 8547 1191 </td> <td style="width: 33%; vertical-align: top;"> Hawks Hawks Road KT1 3DR 020 8549 6296 </td> <td style="width: 33%; vertical-align: top;"> Lindsay Clifton Road KT2 6PF 020 8549 7809 </td> </tr> </table>	Boots 140a London Road KT1 3NS 020 8547 1191	Hawks Hawks Road KT1 3DR 020 8549 6296	Lindsay Clifton Road KT2 6PF 020 8549 7809	
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NHS DIRECT					
Unwell? Unsure? Confused? Need help?	<p>NHS Direct offers confidential health advice and information by telephone, on the internet and through digital TV, 24 hours a day.</p> <p>0845 4647 or www.nhsdirect.nhs.uk</p> <p>FREEVIEW channel 108, or page 2 on Sky Digital's interactive service</p>				
SELF-CARE					
Hangover Grazed knee Sore throat Cough	<p>A lot of illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping handy: paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, plasters and a thermometer.</p>				

FREE
STOP SMOKING sessions
 on Wednesday evenings at
Hawks Road Clinic

We can arrange for you to get NRT patches, gum etc.

Give us a ring to find out more on 0800 085 2903



Kingston & Richmond NHS
 Stop Smoking Service



ACTIVE LIVING for the over 45s in the Royal Borough of Kingston upon Thames

The Active Living Project aims to encourage the over 45s across the borough of Kingston to get more active. Research has shown that we should be taking 30 minutes of moderate intensity activity at least three times a week, but less than 17% of those over 45 in Kingston achieve this!

To help people get more active the Active Living Directory provides comprehensive information about the sports, exercise and recreational activities available across the borough. The listed activities aim to suit all tastes, ages and abilities ranging from energetic dancing to gentle chairbics, and everything in between!

The Active Living Passport helps motivate people to take more exercise. Participants get their passports stamped by participating clubs and centres every time they get active, and receive incentives en route and a free prize on completion.

There are already well over 1500 participants on the scheme, who tell us that they have had fun, made friends, and got healthier and fitter!

Walking, swimming and dancing are three of the most popular activities, and we have produced free

walking maps of beautiful walks around the borough; free swimming for the over 60s and under 16s at the Kingfisher and New Malden pools; and a free dance programme is being introduced from July to September 2009.

The Active Living Directory, Passports, and walking maps can be obtained from the Active Kingston Team, Royal Borough of Kingston upon Thames, Guildhall 2, Kingston upon Thames, Surrey, KT1 1EU. (Tel: 020 8547 5207). The Directory is also available on line at: www.kingston.gov.uk/active_living

You can find out more by contacting Grace Shorthouse, Active Living Project Coordinator, Raleigh House, 14 Nelson Road, New Malden Surrey, KT3 5EA (tel: 020 8942 8256, or email grace@ageconcernkingston.org).

This is a partnership project between Kingston Council, Kingston Primary Care Trust and Age Concern Kingston.



Hawks Road Clinic Garden is **now open** to residents!

Do you have children 10 years and under?

Are you looking for somewhere for them to play safely?

Hawks Road Clinic Garden will be open to residents for the first time from July. It will be open from 9.00am to 12.30pm and 1.30pm to 5.00pm on Mondays, Tuesdays, Wednesdays and Fridays and for Thursday it will be open from 1.30pm to 5.00pm.



So come along bring a picnic, meet your friends and watch your children enjoy playing in a safe environment.

All children must be accompanied by an adult.

Access to the garden is through Hawks Road Clinic.

GARAGE SALES

By Jill Preston

Residents may be aware that, thanks to the support of a local DIY Superstore we hold bi-monthly Garage Sales next to the J Pitch on Burritt Road. **The next one is scheduled for Saturday 22 August from 10.00am to 12 noon.**

These sales are becoming quite popular simply because we are able to sell goods that are very slightly damaged at rock bottom prices. Bizarrely our best sellers are toilet seats, which sell for between £3 to £5 depending on the style. In addition we sell many other goods such as garden loungers, ironing boards, cupboards, blinds and curtain rails – the selection varies according to what the store sends us.

The best part of this project is that we allocate every penny collected to the Fun Day. At present this year's contribution is almost £1000! The more you support these sales, the more self sufficient we become as an estate putting on one of the best community events in the borough!

Cambridge Road Estates Community Group Summer Coach Trip

by Jill Preston

Following the tremendous success of the recent day trip to Bognor (the demand for tickets was so great we had to hire an extra bus), **we are pleased to say that there is another trip planned for 23 August.**

Once again the coaches will leave from Piper Hall at 9.30am but this time they will be Folkestone bound!

Costs remain at £3.50 per adult and £2 per child. Tickets can be bought from the Community Group Office by calling 020 8547 6910 or from Doreen Gardiner on 020 8241 3624. **There are limited spaces - so book early!**

MUSIC ON THE GREEN

8 August 2009

By Jill Preston

Those of you who have been paying attention will recall that we held a similar event last year to commemorate the 60th Anniversary of Cambridge Gardens being built. This was so enjoyable that we are organising another one by public demand, but with a few changes suggested by residents.

The first of those is that you asked for it to start a little earlier so that families with younger children can enjoy the event. This year it will run from 4.00pm to 6.00pm. The other suggestion was that we provide facilities for residents who don't want to cook to have a picnic whilst they enjoy the event. We are hoping to lay on a low cost BBQ at this year's event.

This year's entertainment will be in the form of Senegalese Band, Laye Sowe. Those who attended the February 'I Love Kingston' event will recall that they are an excellent band who quickly create a wonderful atmosphere – so much so that at the February event we witnessed dancing from people ranging from 'Safer Neighbourhood' police officers to octogenarians – and we have the photo's to prove it!

In addition to the music, once again we have hired 'Silly Milly' the Clown to help keep the younger children entertained. We are hoping that this will encourage both young families and older residents from both Cambridge Gardens and the Cambridge Road Estate to attend. All we ask is that you come along and enjoy a nice evening with friends and neighbours.

For more details contact the Community Group Office on 020 8547 6910 or 07910 844427.



Wireless Wednesdays will run throughout the summer on the 8 and 22 of July, the 5 and 19 August and the 2, 16 and 30 September from 2.00pm to 6.30pm at the Community Advice Shop, Madingley Tower.



Come along and register for **FREE** wireless broadband or a **FREE** refurbished computer. We can also give **FREE** advice and support for your own computer.

The Cambridge Road Estate now has its own Computer Club, formed and run by residents. Their first event, with funding from Grass Roots Grants, was a Silver Surfers Day on the 14 May held in the

Federation Office. This was to give anyone over 50 a chance to learn how to use the internet.

If you want to find out more contact cambridgeroadcomputerclub@googlemail.com or come along and chat to us at the Fun Day on the 12 September.

Keep an eye open for future events on www.communityconnected.org.uk

www.communityconnected.org.uk



Wednesdays 11.30am to 1.00pm

Here to help and support you



Hawks Road Clinic
Hawks Road
Kingston
KT1 3EW

For enquiries telephone:
020 8549 3672
or 020 8546 1115
(Parking available)

Neighbourhood Update

By Cllr Sheila Griffin

It's always a great pleasure to read the newsletter telling everyone about the activities the Community Group put on for the enjoyment of the estate residents, both Cambridge Road and Cambridge Gardens. The more serious issues, such as health and living conditions on the estates are also catered for by the Community Group and included.

Recently I have been involved in trying to save the Kingston Enterprise shopping bus, on which a number of our residents were dependent. It was a service to take the less able to the shops such as Asda, Tesco, and Sainsburys for their shopping. It also took them out on a number of trips enabling them to socialise. Luckily the Community Group will be organising a couple of trips to the seaside so we hope our Kingston Enterprise users will get a day out.

Another issue which caused some discussion was the naming of the new buildings on the Ely Court site. At the Kingston Town Neighbourhood on 18 June the following option was chosen:-

Option B - Name the main block (A) as Ely Court, Willingham Way and number independently. Number the small block (B) as a continuation of Franklin Close.

'stay and play' sessions

**Friday mornings from
9.30 am to 11.30 am**

For families and carers with
babies and children from
0 to 5 years

Piper Community Hall
Piper Road
Kingston

For more details
phone 020 8942 5154

Kingston Youth Service

MASK @Searchlight Kingston

Dance, Drama and Other Performing Arts For Ages 11 to 21



- Based at Searchlight Youth Centre: Kingston Road, Kingston KT3 3RX
- Enjoy workshops in a wide range of theatre forms.
- Develop your acting and performance skills.
- Join us for visits to West End shows and Rose Theatre Kingston.
- Opportunities to do LAMDA awards.
- The club is FREE.

Thursdays 4.30pm to 7.30pm

Dance, drama and other performing arts for ages 11 to 21 at Searchlight Youth Centre during term time.
For more information call 0208 547 6786 / 07771 838 341 or just turn up!

www.younglavin.org.uk



COMMUNITY SPORTS TRUST



FREE!
GIRLS SPORT SESSION

WHERE? Piper Hall Community Centre, Piper Rd, Kingston Surrey, KT1 3EX

WHEN? Every Wednesday from 14th January 2009 7.00pm-9.00pm

WHO? All girls aged 14+

CONTACT? communityinfo@fulhamfc.com
0870 442 5432

INTERESTED? Come along to a session!

SPORTS INCLUDE: Badminton, Basketball, Cheerleading, Dance, Football, Gymnastics, Netball, Tennis, Table Tennis, Trampoline, Volleyball and much more.

YOUR SPORT YOU DECIDE



Kingston Youth Service

Swordplay and Stage Combat



- Based at Searchlight Youth Centre: Kingston Road, Kingston KT3 3RX.
- For ages 13-19.
- Participants will gain an accredited qualification.
- For more information contact Helen Terry on: 020 8547 6786 or 07771 838 341

Thursdays 5.30pm to 6.30pm

at Searchlight Youth Centre.

www.younglavin.org.uk



Ku19 @ Hawks

If you are under 19 you can just drop in and chat about your health. You will find help and advice on:

General Health, Smoking, Nutrition, Mental Health, Bullying, Self Esteem etc...

TIME: Every Weds 3.30-5.00

LOCATION: Hawks Road Clinic

We also provide free contraception and sexual health advice and screening



No Appointment Needed

Get training

with an international athlete



- MET-TRACK Training Squads exist for anyone not yet involved in sport:
- ANY ability
 - ANY age 10 - 17
 - ANY track or field event

MET-TRACK Squads

EVERY FRIDAY 4.30PM-6.00PM AT KINGSMEADOW, JACK GOODCHILD WAY, JUST OFF KINGSTON ROAD

For further information:
 Jason Hussain 07701 056323 or jason.hussain@met.police.uk
 or visit our website: www.trackspeed1.co.uk/mettrack.htm.

IT'S FREE!
 ...and you really don't have to be a budding star to take part!



positive futures >>

**Are you aged between 11 and 19 years?
 Interested in football?**

Thanks to funding from the **Cambridge Road Estates Community Group**, Positive Futures will be running two coaching sessions a week on the J Pitch from **Tuesday 21 July until Friday 11 September from 5.00pm to 7.00pm.**

Want more information?
 Contact Jamie Morgan on 07789 786 700



ROCK SOLID



YOUTH GROUP (AGE 13-16)

Mondays 7-8.30pm @ Oxygen Hall
 (Next to St. Peter's Church, near Asda)



Enquiries to: Wit Hong - youthworker@stpetersnorbiton.org.uk
 Office: 02085463212 Mobile: 07876200842
 Rock Solid, St. Peter's Church, London Road, Norbiton, Kingston KT2 6QL
www.stpetersnorbiton.org.uk



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 کینگسٹون 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 کینگسٹونہو (Kingston Council) بہ شمارہ تہہ 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.