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The Community Advice Shop

Residents on the Cambridge Road Estates may have noticed a new addition to the view from Madingley Green.

Following an extensive refurbishment programme on the ground floor of the Madingley Tower block the Community Advice Shop has now been open to residents for two months.

It was officially opened by The Worshipful The Mayor of Kingston, Cllr Mary Reid, on Thursday March 29th.

The project has been funded and developed by the Community Action Partnership (CAP) working with Kingston Voluntary Action (KVA) and is an exciting new neighbourhood provision for all residents of the Cambridge Road Estates and surrounding area.

Also Kingston Council partner contractors Mears Ltd very generously contributed to this project through Ron Skipp with donations of work time and goods to get this facility ready for opening.

This new facility offers a programme of outreach and drop-in services delivered by voluntary and statutory organisations, such as Citizens Advice Bureau, Kingston Pensions Service and Refugee Action Kingston .

It also houses the new Community Connected Wireless Project which provides residents with free simple Broadband internet access thanks to the assistance of Smith & Byford who generously installed the necessary equipment free of charge.

As you can see from the schedule on page 2 of this newsletter every day is divided into three

sections, morning, afternoon and evening. The **Cambridge Road Estates Community Group** welcome this new initiative and look forward to an easily accessible facility for residents. We are excited at the

prospect of providing open access to this service, especially at weekends when Community Group members hope to man the shop and provide fellow residents with details of current projects, information about the estate (such as the ongoing project to re-open the Surrey Sports centre) and planned community events.

Former Cambridge Road Estates Community Group Chair, Doreen Gardiner stated: ***"This is a wonderful opportunity for residents to gain easy access to what is happening on our estates and also help us to sort out the day to day problems we experience on the domestic front. Thank you CAP for initiating this project."***

For more information about the Community Advice Shop or the services available residents should contact Kingston Voluntary Action on 020 8255 3335.

For the schedule of which agency is available and when see page 2 of this newsletter.

Jill Preston, Chair
Cambridge Road Estates Community Group
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Telephone: 0208 549 5019 or 07910 844427
email: crecommittee@ hotmail.co.uk



Launch of The Community Advice Shop on the 29th March



The Community Advice Shop
For our local community



Just drop in to the relevant sessions for information and advice

Monday	2.00pm - 4.00pm	Kingston Reintegration Service
Tuesday	9.00am -12 noon	Kingston Advocacy Group
	10.00am -12 noon	Kingston Enterprise (Fortnightly From 19 th June)
	10.00am -12 noon	Kingston Volunteer Centre (Fortnightly From 19 th June)
	9.00am -12 noon	Mind in Kingston (Fortnightly From 12 th June)
	1.00pm -5.00pm	Stop Smoking Service
	1.00pm -5.00pm	Community Midwives
	5.30pm - 8.00pm	Magic Roundabout
Wednesday	9.00am -12 noon	Training for Work (Fortnightly From 13 th June)
	9.00am -12 noon	Relate
	1.00pm - 6.00pm	Community Connected
Thursday	9.00am -12 noon	Refugee Action Kingston (Fortnightly From 14 th June)
	9.00am -12 noon	Learn English at Home (Fortnightly From 21st June)
	9.00am -12 noon	Age Concern (Fortnightly From 21st June)
	9.00am -12 noon	Citizens Advice Bureau (Fortnightly From 14 th June)
	6.00pm - 8.00pm	Kaleidoscope Project
Friday	9.00am -12 noon	Kingston Pensions Service (Fortnightly From 15 th June)
	9.00am -12 noon	Kingston Churches Action on Homelessness (Fortnightly From 15 th June)
	1.00pm - 6.00pm	Kaleidoscope Project
Saturday	2.00pm - 4.00pm	Safer Neighbourhood Team (Monthly From The 9 th June)



RaKAT Ltd

Richmond and Kingston Accessible Transport

Do you need help doing you're shopping or do you want to improve your social life?
Then why not join the Kingston Enterprise?



The Kingston Enterprise Bus

What is the Kingston Enterprise? It is an escorted door to door travel service for elderly, frail and disabled residents of Kingston. It aims to enhance the quality of life and level of independent living for individuals, where conventional transport provision is either inaccessible or inappropriate. We operate regular shopping buses, and a programme of social activities is sent to registered clients on a regular basis.

How do I join? There is a simple registration form that needs to be completed. You need to contact the office and a form will be sent out to you.

Shopping Bus Service: The shopping bus is an escorted shopping service. We provide a volunteer escort for passengers who require help with shopping, pushing wheelchairs, reading prices etc. It calls at:- Asda Roehampton, & Norbiton, Tesco – New Malden and Sainsbury's- Richmond Road, Kingston.

Social Excursions: A weekly program of social activities is provided. Trips include excursions to many places of interest including The London Eye, The Imperial War Museums, Kew Gardens, River Boat Trips and Regular Pub Lunches.



Shere



Dorking Wine Estate



Pub lunch in Kew

To find out more just drop into the Community Advice Shop.
Tuesday 10.00am - 12.00noon every fortnight (from 22 May 07) or ring O20 8549 6000.

Need A Helping Hand?

Are you on an incapacity/disability based benefit and thinking of getting back into work but need a helping hand?



Kingston Reintegration Service an independent project delivered through Kingston Council is here to help. Our employment advisers can advise you in your search for new employment, can help with everything from preparing CVs to coaching on interview skills to hints and tips on searching for suitable work.

We will not force you into unsuitable employment and taking part in the service will not affect any benefits or services you already receive.

Come and find out more by talking to one of our employment advisors at the Community Advice Shop anytime on Monday afternoons between 2pm - 4.30pm. If you're unsure about anything please give us a call on 07736 167329.



VOLUNTEERING CHANGES LIVES



Have you ever thought about volunteering but not sure how to take that first step? Well help is at hand, Kingston Volunteer Centre will be providing a new Outreach service at The Community Advice Shop, fortnightly on a Tuesday between 10.00am and 12.00 noon.

You can drop in and find out about the 100's of different volunteering opportunities available in the Borough. Volunteering can make a positive difference to a person's quality of life, providing a route into employment, or a way of meeting new people and gaining and sharing skills. It can also be beneficial for your health as well. Here is what one new volunteer thought about the volunteering experience:

Barbara started volunteering at the Kingston Enterprise scheme last year, working as an escort on trips out for the elderly. Barbara says that volunteering has been a lifeline for her.

"My mother died last October and as I am divorced and the children have grown up and moved away, I found myself feeling lonely, isolated and no purpose to my day. I was really getting fed up watching daytime TV in my nightwear, and felt that I had to get involved in something worthwhile. I missed the day to day contact with other people, so when the opportunity to volunteer was mentioned, I jumped at it. I can honestly say that in my case it has been a lifesaver.

I get so much out of helping the elderly on these trips and now really look forward to getting up in the morning and meeting new people. It's turned my life around, and it can for other people as well, you get so much out of it"

Why Volunteer? You can make new friends, develop new skills, help others, increase your confidence or just get involved for sheer enjoyment

What are the benefits? In return for sharing your skills, enthusiasm and time, you should expect:

- Out of pocket expenses
- Training and personal development
- New skills to enhance your CV
- References for future employment



So what are you waiting for? *Get inspired* do something worthwhile with your time

KINGSTON VOLUNTEER CENTRE AT THE COMMUNITY ADVICE SHOP

Tuesday 10.00am - 12.00noon every fortnight (from 22 May 07)

Drop in, or ring 020 8255 8685 to book a time

Monday

Boxing at Piper Hall 4.30pm - 7.30pm

Youth Club at Queen Mary's Hall 4.30pm - 7.30pm

Positive Futures Multi Sports at the J Pitch

8-12 yrs old from 5.00pm - 6.00pm 13-16 yrs old from 6.00pm - 7.00pm

Aikido at Piper Hall 7.30pm - 9.30pm

Tuesday

Child Minders Drop In at Piper Hall 9.00am -12.30pm

Positive Futures Juice Bar at Piper Hall 8-12 yr olds from 5.00pm - 6:30pm

Wednesday

Child Minders Drop In at Piper Hall 9.00am -12.00noon

Age Concern Lunch Club at Piper Hall 11.30am -1.30pm

Positive Futures Football on the J Pitch.

8-12 yr old 4.00pm - 5.00pm 13-16 yr old 5.00pm - 6.00pm 16-19 yr old 6.00pm - 7.00pm

Boxing at Piper Hall 4.30pm - 7.30pm

Positive Futures Girls Only Football at The Searchlight 8-16 yr old 5.00pm - 6:30pm.

Aikido at Piper Hall 7.30pm - 9.30pm

Bingo at Queen Mary's Hall 5.30pm - 7.30pm

Thursday

Stay & Play Session at Piper Hall for children under 5 yrs old

Positive Futures 3 v 3 Football Tournament at Searchlight 11-16 yr old 6.00pm - 8.00pm

Abacus Playgroup at Queen Mary's Hall 9.30am -12.00noon

Karate at Piper Hall 7.30pm - 9.30pm

Fridays

Refugee Action at Piper Hall 9.30am - 1.30pm

Saturday

Weight Watchers at Piper Hall 9.30am - 11.15am

Positive Futures Multi Sports on the J Pitch

8-12 yr old 10.00am - 11.00am 13-16 yr old 11.00am - 12.00noon

Girls Only Trampoline Session At The Searchlight 10.30am - 12.30pm

For more information about Positive Futures activities contact Glen Thomas on 0786 7698203 or for Piper Hall and Queen Mary's activities contact Jason Rogers on 020 8296 9356



Stay and Play Sessions



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

at

Piper Community Hall, Piper Road

Thursday Mornings from 9.30am -11.30am

And

The Mount Primary School, Dickering Lane,
New Malden

Monday Mornings from 9.00am - 11.30am

For more details contact Nikki Gray

On 020 8942 5154



Stay and Play Fun Day

To celebrate the new nursery playground and equipment

Wednesday July 4th
from 1.15pm to 3.00pm



For parents or carers with children under 5years old

At The
The Mount Primary School, Dickering Lane, New Malden

Entertainment, arts and Crafts and refreshments will be available.

Further details from Nikki Gray,
Norbiton Childrens Centre Manager on
0208 949 6065



Summer 2007 Coach Trip

On The 8th July 2007 To Brighton

Adults £3.50

Children Under 16 years £2.00

Tickets are available from Doreen Gardiner, 17 Comberton, Eureka Road. 020 8241 3624

Tickets must be purchased in advance.

There are limited spaces - so don't miss out!



Organised by the Cambridge Road Estates Community Group and Sponsored by the Community Action Partnership

WANTED



Are you a magician?

Do you juggle?

Are you a member of a Dance group?

Are you a balloon modeller?

Do you have a skill that we could use at the Fun Day in September?

Would you like to take part?

If so please contact Denise Parry On 0208 547 6911 or by email at
Denise.Parry@RBK.Kingston.Gov.UK

AGE
Concern

Kingston upon Thames

Age Concern Kingston have been providing a social lunch club for older people who live in and around the Cambridge Road Estates since 2002.

The Club is situated in Piper Hall on Piper Road,

It offers a very good value 2 course hot meal with tea/coffee every Wednesday from 12.00noon -1.30pm for only £3.30.

We have regular fun activities and organise monthly outings and are always looking for new members to join our friendly club.

To find out more just drop in and see us at the Community Advice Shop Thursdays 9.00am to 12.00 noon fortnightly from the 21st June or ring Dawn Bliss on 020 8549 1230


SMOKEFREE

England will be going smokefree from 1st July 2007.

Many of you want to give up smoking and free help is already offered at local pharmacists and groups which are run at Kingston Hospital.

Now you can visit the Kingston and Richmond Stop Smoking Service at the Community Advice Shop for free information or advice between 1.00pm and 5.00pm every Tuesday

If you would like to know more just give us a ring on our freephone

0800 085 2903

TEDDY BEARS PICNIC – THANKYOU!

A poem by Jill Preston to thank all those who helped organise the Teddy Bears Picnic on the 30th May and to all those who were brave enough to attend.

Thank you so much for your help
 Even though it was muddy and wet
 Between us we managed to do it
 An event we will never forget!
 Although you are tired and soggy
 Thinking that today was a mess
 Just think how we all pulled together
 And the kids – who could not have cared less
 They loved all the fun & excitement
 Bouncy castles and face painting too
 As they sleep with a smile on their faces
 Remember that its all down to you!
 Who cares if the mobiles were air-born
 Or once or twice stall went unmanned
 Our 'Community' all came together
 And that is just what we planned –
 To put on an 'Event to Remember'
 Where we all did the best we could do
 With help from each generation
 And, lest you forget that MEANS YOU



Thank you so much

Graffiti Clean Up

A Short Story by Shirley Costa of Cambridge Gardens

I am a disabled resident and use my scooter to shop daily, one day I decided to take a short cut through an alley. On my way to the shops I encountered a young man working in this alley.

I asked him what he was up to and he told me he was doing Community Service, in fact he had been doing the same thing for six years, since he had got himself into trouble with the Police. I asked his age and he told me he was sixteen but that he had learned his lesson and now wanted to make his life better. When I asked how he would do this he said he hoped to go to college to learn about engineering. I said "Good for you, I am sure you can do it what does your Mum say?"

Sadly he told me that he does not really get on with his Mum but that he had sent her flowers and a card for Mothers Day. I told him to keep talking to his Mum as you only ever get one Mother in this life. He then told me that his girlfriend's Mum had helped to get him a little job. I told him I thought that was great.

I have always been interested in young people so it made me happy when he said "Goodbye, nice talking to you, I hope to see you again as I don't live far from here."

Just shows that these youngsters are not all bad.

The Community Action Partnership newsletter is distributed free of charge to all residents of the Cambridge Road Estate and Cambridge Gardens, to key personnel in the voluntary and statutory sector and to local councillors. The newsletter provides an opportunity to promote forthcoming events to residents as well as update 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 to future Newsletters please contact Denise Parry on 020 8547 6911 or by email at denise.parry@rbk.kingston.gov.uk.

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www.kingstonepublish.org.uk/cap

Mary Graham
Community Action Partnership Manager

Denise Parry
Community Development Worker

Normal working hours 10am – 3pm
Tuesday / Wednesday / Thursday

Normal working hours 8.30am – 3.30pm
Monday to Friday

Telephone: 020 8547 6910
Email: mary.graham@rbk.kingston.gov.uk

Telephone: 020 8547 6911
Email: denise.parry@rbk.kingston.gov.uk

The CAP approach is not about people in the council or the NHS deciding what is best for Cambridge Road Estates residents. It is about residents and workers deciding what the problems are and then finding ways to solve them.

Our Community Our Future

If you have difficulty reading this document we can help by providing an interpreter or a translation, or a copy on audio tape, in large print, in Braille or on computer disc. Contact Customer Services or ask someone who speaks English to contact us.

Arabic

إذا كانت هناك أي صعوبات في قراءة هذا المستند فيمكننا أن نوفر لك مترجم، ترجمة كتابية للمستند، شريط تسجيل، كتابة بحروف كبيرة، كتابة بطريقة برييل أو على قرص كمبيوتر. اتصل بخدمة العملاء أو اطلب من أي شخص يتكلم الإنجليزية أن يتصل بنا.
الهاتف: 020 8547 6008 (صوتي ومسجل)
فاكس: 020 8547 6153
بريد الإلكتروني: cust.serv@rbk.kingston.gov.uk

French

Si vous avez de la difficulté à lire ce document nous pouvons vous aider en fournissant un interprète, un traducteur, une audiocassette, texte en caractère gros, braille ou sur disquette. Contactez le service clientèle ou demandez à quelqu'un parlant anglais de nous contacter.
Tél: 020 8547 6008
Fax: 020 8547 6153
e-mail: cust.serv@rbk.kingston.gov.uk

Gujarati

જો આપને આ દસ્તાવેજ વાંચવામાં મુશ્કેલી પડતી હોય તો આપની સુવિધા માટે અમે અનુવાદક (ટિટર/ટીટર) ની વ્યવસ્થા કરી શકીશું કે દસ્તાવેજને ભાષાંતર કરેલ, ઓડિયો ટેપ, મોટા અક્ષરોમાં છપાયેલ, બ્રેઇલ લિપિમાં અથવા કોમ્પ્યુટર ડિસ્ક ઉપર પ્રસ્તુત કરેલ રૂપમાં આપી શકીશું. તે માટે કસ્ટમર સર્વિસનો સંપર્ક કરશો અથવા નો અંગ્રેજી બોલનાર કોઈ વ્યક્તિ સાથે અમારો સંપર્ક કરાવશો:
ટેલિફોન : 020 8547 6008 (અવાજ અથવા મીનીકોમ)
ફેક્સ : 020 8547 6153
ઈ-મેઇલ : cust.serv@rbk.kingston.gov.uk

Urdu

اگر آپ یہ دستاویز پڑھنے میں مشکل محسوس کرتے ہیں تو ہم ترجمان فراہم کر کے یا اس کا آڈیو کاسٹ یا برایل یا بڑے حروف کے ساتھ ڈسک پر یا کمپیوٹر پر یا مینیکوم پر اسے پیش کر سکتے ہیں۔
فون نمبر : 020 8547 6008 (voice or minicom)
فاکس : 020 8547 6153
ای میل : cust.serv@rbk.kingston.gov.uk

Farsi

گر خواندنی این دستاویز براتی شما دشوار باشد ما میتوانیم که براتی شما مترجم، آدیوتیپ، تحریر بحروف بزرگتر، صفحه بریل یا کمپیوتر بیسک مهیا کنیم. با کسٹمر سروسز یا کسی را که زبان انگلیسی میدانند بگوئید که با ما رابطه کنند.
تلفن : 020 8547 6008
فاکس : 020 8547 6153
ای میل : cust.serv@rbk.kingston.gov.uk

Portuguese

Se tiver dificuldade em ler esse documento, nós podemos ajudar arranjando um intérprete, tradução, cassette audível, prensa grande, Braille ou disco de computador. Contate o Serviço para Consumidores (Customer Services) ou peça a alguém que fale Inglês para nos contatar.
Telephone: 020 8547 6008 (voz e minicom)
Fax: 020 8547 6153
E-mail: cust.serv@rbk.kingston.gov.uk

Punjabi

ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਦਸਤਾਵੇਜ਼ ਪੜ੍ਹ ਨਹੀਂ ਸਕਦੇ, ਤਾਂ ਅਸੀਂ ਇਕ ਇੰਟਰਪ੍ਰੀਟਰ (ਦੁਆਸੀਆ), ਇਸ ਦਾ ਅਨੁਵਾਦ, ਇਸ ਦੀ ਆਉਡੀਓ ਟੇਪ, ਮੋਟਾ ਪ੍ਰਿੰਟ, ਬ੍ਰੇਲ ਜਾਂ ਕੰਪਿਊਟਰ ਡਿਸਕ 'ਤੇ ਪਰਦਾਨ ਕਰਕੇ ਸਹਾਇਤਾ ਕਰ ਸਕਦੇ ਹਾਂ। ਕਸਟਮਰ ਸਰਵਿਸਿਸ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜਾਂ ਜੇ ਅੰਗ੍ਰੇਜ਼ੀ ਬੋਲ ਸਕਦੇ ਹੋ, ਉਸ ਨੂੰ ਸਾਡੇ ਨਾਲ ਗੱਲ ਕਰਨ ਲਈ ਆਖੋ।
ਫੋਨ ਨੰਬਰ : 020 8547 6008 (ਆਵਾਜ਼ ਅਤੇ ਮਿਨੀਕੋਮ)
ਫੈਕਸ : 020 8547 6153
ਈਮੇਲ : cust.serv@rbk.kingston.gov.uk

Tamil

உங்களுக்கு இப்பத்திரைத் தர வாசிக்கும் சிரமமிருந்தால் ஒரு உரைபெயர்ப்பு, பெரியபெயர்ப்போ, ஒலிநாடா, பெரிய எழுத்துகளை, குறுடர் பெரியபிட்டுவோ அல்லது கணினி மூலம் பார்க்கவோ எங்களால் உதவ முடியும். எங்கள் வாடிக்கையாளர் வரலாற்று சேவையுடன் ஒரு ஆய்விதம் தெரிந்தவர்கள் மூலமாகத் தொடர்பு கொள்ளலாம்.
தொலைபேசி : 020 8547 6008 (உரத்தரண அல்லது செவிலித் தொடர்பு)
தொலைநகல் : 020 8547 6153
மின்அஞ்சல் : cust.serv@rbk.kingston.gov.uk