

CAMBRIDGE ROAD ESTATES

Issue 7
March 2006



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RESIDENT CONSULTATION

Saturday 18th February saw the CAP's resident consultation and party. This event was very well attended. Whilst Charlie Farley entertained the children and got their ideas for improving their community we consulted the adults about what type of activities or improvements they would like to see.

The food was plentiful and everybody enjoyed the party games organised by Charlie Farley.

Positive Futures held their awards ceremony for the children who had attended the organised half term activities.

And the afternoon was rounded off with a free raffle, with prizes kindly donated by Edinburgh Woollen Mill, Tudor Williams, Waitrose, Charrington Bowl, The Malden Centre, Shakeaway, Frankie & Benny's Restaurant, Ian Brown Motors and The Look Hairdressers.

We will be contacting all those residents who expressed an interest in getting involved in the near future. If you are interested in your community and have some time to give but couldn't attend our event then please contact the Community Action Partnership on 020 8547 6911.



Some of the ideas and suggestions put forward by the adults and children.

"Garden area"

"Regular drop in at Piper Hall for everyone to come in and chat with other people"

"Swimming pool, gym"

"Talent show"

"Mother & child groups"

"A better park"

"Planting flowers"

"Murals or mosaics on bare concrete walls – brighten the estate up and make it look good and people won't think it is such a bad place to live"

"Floodlights on the football pitch. Put a park for children to play in"

"A garden with some flowers and trees"

"Water slide for children to slide down in the summer."

"More events like this to bring people together"

"Bins for dogs, mess around the estates"

"Flowers, trees, mosaic, murals, painting in bright colours"

"Re-open Surrey Sports Centre"

"More trees, less troublemakers"

"Put a park for children to play in"

Positive Futures

What is Positive Futures?

Positive Futures is a national sports based social inclusion programme. By engaging disadvantaged young people in sport and other activities, Positive Futures aims to build relationships between responsible adults and young people based on mutual trust and respect in order to create new opportunities for alternative lifestyles. The programme aims to use sport as a catalyst to encourage participants to make decisions for themselves, and to take self-determined steps towards a positive future. Steering young people towards educational and employment opportunities are at the heart of the programmes agenda.



Fulham Football Club Community Sports Trust are the leading agency delivering the programme for young people and providing the staff that will cater for the needs of the young people. Working in partnership with Fulham Football Club Community Sports Trust are the CAP, the Royal Borough of Kingston and the Metropolitan Police.

Who is it aimed at?

The programme is aimed at disadvantaged young people from 10-19 years of age. Priority is given to engaging those young people living on the Cambridge Road and Cambridge Gardens estates who may not have access to mainstream facilities/services.

What activities are offered?



At the moment Positive Futures projects offer popular sports but aim to expand to a range of physical activities. Although football remains overwhelmingly the most widespread activity, projects will include outdoor pursuits such as canoeing, climbing, BMXing, abseiling and other activities. Projects also embrace the creative arts e.g. dance and drama, as these are identified as helping the personal and social development of participants.

What have been the key achievements elsewhere in other similar projects?

According to a survey of project partners:

- 80% believe that sports based activities are more available as a result of Positive Futures
- 72% believe anti-social behavior has fallen as a result of Positive Futures
- 78% state that the programme has helped participants improve the way they relate to other people
- 63% believe that local crime has fallen as a result of it
- Evidence gathered by MORI on achievements by young people over the past 12 months shows that a total of around 18,000 young people have made concrete progress as part of being in Positive Futures, including educational improvements; volunteering; and casual, part and full-time work.

The most common social development was improved relations with peers. There was also evidence of improved family relation, reduced aggression, greater self-esteem, increased leadership skills and the ability to work in teams.

Who are the main staff?

Joanne Barton- Project Co-ordinator

Joanne started with the project in November 2005. She has approximately nine years experience and is a qualified Sports Coach and Youth worker. Most of her work has been in inner London on youth programmes aimed at motivating young people. She also has experience of estate based projects, involving Sports, Performing Arts, Educational & Peer leadership programmes. She is also a dedicated Tottenham Supporter!!!



Ahmed Salvador- Lead Sports Coach/Youth Worker

Ahmed has been involved in numerous inner London Youth projects aimed at motivating young people into positive activities such as Sports and educational programmes. He is a dedicated Arsenal supporter!!



Look out for Joanne and Ahmed around the estates, they will always be happy to stop and answer any questions.

Comments from Positive Futures Youth Club

Des Gordon

Senior Estate Manager

Five weeks ago as part of the Positive Futures and CAP work on the Cambridge Road Estates a Youth Club was opened at Piper Hall. From the first night it was clear that one night was not going to be enough and the scheme was extended to include a club at Queen Mary's Hall, Cambridge Gardens and sports activities at Searchlight.

The clubs are attended by young people from the estates and others from as far away as Chessington, below are a few comments from some of the young people that attend the clubs.

"We've just had new youth clubs open on the estates, they are held in Piper Hall, Queen Mary's Hall and also at Searchlight. There are activities happening all week and everyone is enjoying themselves."

"I think it's great because it keeps us off the streets, stops us being bored and behaving inappropriately."

"We were hoping that more people would come and try the activities."

"I think that this youth club is good. This is the first time I have been and I like it. Already we made pancakes as well which was good and funny".

POSITIVE FUTURES YOUTH ACTIVITIES MARCH 2006 For All 10 to 19 year olds

DAY	ACTIVITY
Every Monday	Youth Club - Juniors 10-14 years At Queen Mary's Hall 5.00pm - 7.00pm Street Dance Workshop!
Every Tuesday	Youth Club - Juniors 10-13 years At Piper Hall 5.00pm - 7.00pm
Every Wednesday	Football At Searchlight YC (indoor & outdoor) 4.30pm - 5:30pm Juniors 10-13 years 5:30pm -7:30pm Seniors 14-16 years
Every Thursday	Sports At Searchlight YC (indoor & outdoor) 4.30pm - 5:30pm Juniors 10-13 years 5:30pm -7:30pm Seniors 14-16 years
Every Friday	Youth Club - Seniors 14-19 years Piper Hall 7:30pm- 9:30pm

YOUR CLUB, YOUR IDEAS - ALL SESSIONS ARE FREE
Slight changes to the timetable may occur monthly

For further information contact Joanne the Positive Futures Co-ordinator
on 07849 070158 or 0208 336 7573

Piper Hall and Queen Mary's regular bookings At A Glance

For more details contact Jason Rogers on 020 8296 9356

DAY	EVENT	TIME	HALL
Mon	WelCare Health and Well being	10.00am - 12 noon	Piper Hall (large hall)
	Monday Afternoon Club (for residents 55+)	2.00pm - 4.00pm	Piper Hall (large hall)
	After School Club (ages 4-11 yrs)	2.30pm - 6.00pm	Piper Hall (small hall)
	Boxing Club (age 8+yrs)	5.00pm - 7.00pm	Piper Hall (small hall)
	Homework Club (ages 8-11 yrs)	6.30pm - 8.30pm	Piper Hall (small hall)
	Youth Club (ages 10-14 yrs)	5.00pm - 7.00pm	Queen Mary's Hall
Tues	Child Minders' Drop-in	9.30am - 12.30pm	Piper Hall (small hall)
	After School Club (ages 4-11 yrs)	2.30pm - 6.00pm	Piper Hall (small hall)
	Homework Club (ages 8-11 yrs)	6.30pm - 8.30pm	Piper Hall (small hall)
	Youth Club (ages 10-13 yrs)	5.00pm - 7.00pm	Piper Hall (large hall)
	Immanuel Korean Methodist Church	8.00pm - 10.00pm	Queen Mary's Hall
Weds	Age Concern Lunch Club	12 noon - 2.00pm	Piper Hall (large hall)
	After School Club (ages 4-11 yrs)	2.30pm - 6.00pm	Piper Hall (small hall)
	Boxing Club (age 8+)	5.00pm - 7.00pm	Piper Hall (large hall)
	Homework Club (ages 8-11 yrs)	6.30pm - 8.30pm	Piper Hall (small hall)
	Homework/Learning Class (English is 2nd language)	4.30pm - 6.30pm	Queen Mary's Hall
	Bingo	6.30pm - 8.00pm	Queen Mary's Hall
	Immanuel Korean Methodist Church	8.00pm - 10.00pm	Queen Mary's Hall
Thurs	Abacus Playgroup (ages 1-3 yrs)	9.30am - 12 noon	Queen Mary's Hall
	After School Club (ages 4-11 yrs)	2.30pm - 6.00pm	Piper Hall (small hall)
	Homework/Learning Class (English is 2nd language)	4.30pm - 6.30pm	Queen Mary's Hall
	Homework Club (ages 8-11 yrs)	6.30pm - 8.30pm	Piper Hall (small hall)
	Karate (age 14+)	7.30pm - 9.00pm	Piper Hall (large hall)
	Immanuel Korean Methodist Church	8.00pm - 10.00pm	Queen Mary's Hall
Fri	Kingston Refugee Action Learn English for health	10.00am - 12 noon	Piper Hall (large hall)
	Kingston Refugee Action Personal Development	10.00am - 12 noon	Piper Hall (large hall)
	After School Club (ages 4-11 yrs)	2.30pm - 6.00pm	Piper Hall (small hall)
	Homework/Learning Class (English is 2nd language)	4.30pm - 6.30pm	Queen Mary's Hall
	Boxing Club	5.00pm - 7.00 pm	Piper Hall (large hall)
	Homework Club (ages 8-11 yrs)	6.30pm - 8.30 pm	Piper Hall (small hall)
	Youth Club (ages 14-19 yrs)	7.30pm - 9.30pm	Piper Hall (large hall)
	Immanuel Korean Methodist Church	8.00pm - 10.00pm	Queen Mary's Hall
Sat	Weight Watchers	9.30am - 11.15am	Piper Hall (small hall)
	7th Day Adventist Church Group	10.00am - 1.00pm	Queen Mary's Hall
	Homework/Learning Class (English is 2nd language)	1.30pm - 3.30pm	Queen Mary's Hall
Sun	London Church	9.30am - 12.30pm	Piper Hall (large hall)
	Immanuel Korean Methodist Church	11.00am - 4.00pm	Queen Mary's Hall
	School of Holy Spirit Church	1.00pm - 3.30pm	Piper Hall (large hall)
	SIKH	5.00pm - 9.00pm	Piper Hall (large hall)

—Kingston—
WELCARE

Supporting Local Families

Did you promise yourself you would get fit this year?



Well here is your chance to do just that.

Every Monday during term time only from 10.00am to 12.00 noon at Piper Hall

Come and join a class that is fun, affordable and right on your door step.

Meet other like minded people, pick up some health advice, and get fit all for only £1.50 a session.



For more information please contact Shaheen Aziz on 208 547 6911 or 07787 510724

Richmond and Twickenham **NHS**
Primary Care Trust

Kingston **NHS**
Primary Care Trust

Don't give up giving up.



Kingston & Richmond Stop Smoking Service have arranged for three local pharmacists that are trained as stop smoking advisors to see people for one-to-one advice on how to stop smoking.

To arrange to see a pharmacist give them a ring. The pharmacists are:

Hawks Pharmacy
Hawks Road, Kingston
020 8549 6298

Lindsay Chemist
Clifton Road, Kingston
020 8546 2459

Coombe Hill Pharmacy
3 The Triangle, Kingston
020 8942 6765

To attend a free group session at Kingston Hospital or Oakhill Clinic or for any other information phone **0800 085 2903**

The Kingston Shopper Making Shopping Easier

A door to door, escorted shopping service for frail, elderly and disabled residents of Kingston.



From as little as **60p** each way

RaKAT

Richmond and Kingston Accessible Transport

KVCS

Community Travel



The Kingston Shopper calls at Tesco New Malden every Wednesday morning.

We provide a Volunteer Passenger Assistant for those who require help with shopping, pushing wheelchairs, reading prices etc.

To book a seat or for more information call The Kingston Voluntary Care Scheme on 020 8549 6000. Lines are open Monday to Friday 9.30am to 12.30pm

RaKAT Ltd and Kingston Voluntary Care Scheme are working in partnership with Kingston Housing Neighbourhood Rangers to provide this scheme.



'Little Hawks Drop-in'



Do you have a baby/toddler under 3 years of age?

Would you like to meet parents and carers while your child/children play in a safe environment?

If you would, then come along to **'Little Hawks Drop-in'** at Hawks Road Clinic on Thursday mornings between 10am -11.30am

We look forward to seeing you then

For further details please contact Michelle Manser and Abbie Sims at Hawks Road Clinic on 020 8546 1115 x345 or x315

The session will cost 50p per family.

ESTATE LIGHTING

Des Gordon
Senior Estate Manager



From the surveys and discussions that CAP have carried out with residents on Cambridge Road Estate and Cambridge Gardens one of the most important issues raised is the improvement of lighting on the estates.

Your comments were passed on to the Council and we are pleased to report that following a recent night time walkabout which involved the CAP Manager, the Police, Highways, local Councillors and Estate Management a programme of works is being put in place to upgrade the lighting in all of the blocks over a 3 year period with work starting in the next financial year.

Fun Day

After the huge success of the Fun Day's in 2004 and 2005 it has been decided to hold another one this year!



The date has been set for the afternoon of Saturday 2nd September so put it in your diaries and on your calendars so you don't miss out on all the fun.

We are looking for residents who would like to help the CAP and other residents with the organisation and running of this years Fun Day.

Could this be you?

If you are interested or would just like to find out a little bit more the contact the Community Action Partnership on 020 8547 6910/6911. Or by email to cap@rbk.kingston.gov.uk.

Summer Coach Trips 2006



The Cambridge Road Estates Community Group will be organising more summer coach trips this year so look out for the posters giving full details.

Kingston Carers Network - Identifying and Supporting Young Carers £2120

It has been agreed to support this project. The aim of the project is to arrange and promote an event to identify young carers living on the Cambridge Road Estates. £1000 of the funding application is to cover ongoing support for Cambridge Road Estates carers, to ensure that they get maximum support for their needs.

The Cambridge Road Estates Community Group are trying to organise some coffee mornings, so look out for the posters and come along for cuppa and a chat.



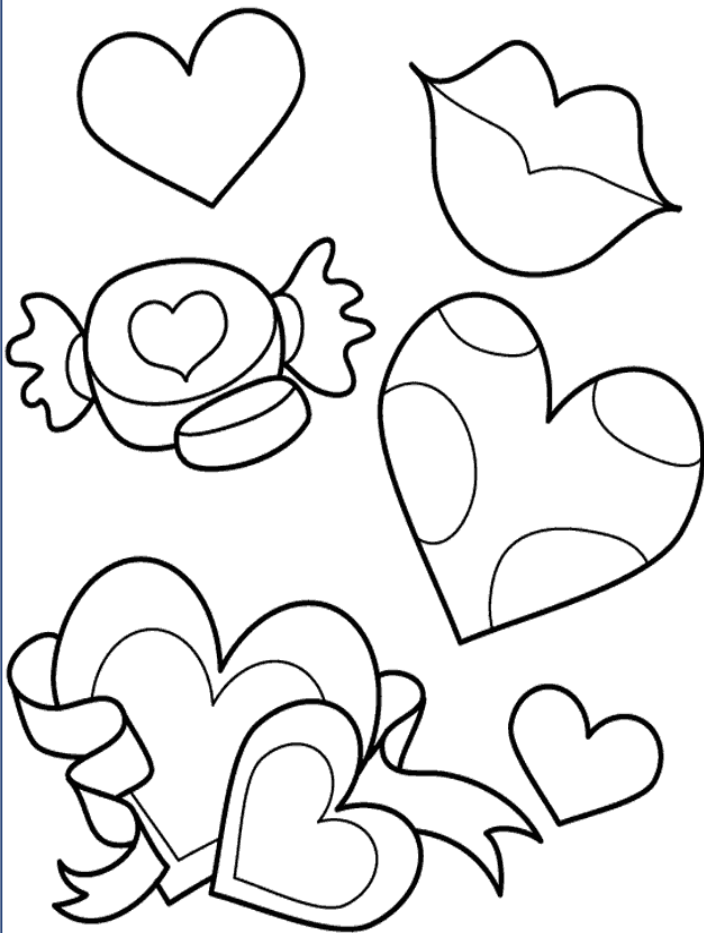
Pied Piper Club - Support and Reference Materials for older children £2120

A proposal from the Pied Piper Club to enable them to provide support for older children preparing for their GCSE's has been approved.



Colour me in

Love



Sudoku

Fill in the grid so that every row, column and coloured box contains all the numbers from 1 to 6

4	2				3
3			1		
6	3				
				4	6
	3				5
5				3	2

Mice in Jackets

Ingredients

4 potatoes
1 tbsp oil
30g/1oz butter
6 tbsp milk
grated cheese
radishes

salt and freshly ground black pepper
cherry tomatoes
chives
raisins
spring onions

Method

1. Preheat the oven to 200°C/400°F/Gas 6.
2. Wash the potatoes and pat them dry. Prick the skins with a fork and put the potatoes on a baking tray. Brush them all over with oil.
3. Bake the potatoes until they are soft. Medium-sized potatoes take about an hour.
4. Cool enough to handle? Then cut off the tops and carefully scoop out the soft potato centres. You can throw away the lids (or eat them).
5. Mash the soft centres with the butter, milk and cheese. Add a pinch of salt and pepper, then pop the mixture back into the potato jackets.
6. Sprinkle with cheese and cook your potatoes under the grill for a few minutes until they are golden.
7. Make a nose and whiskers with half a cherry tomato held in place with a cocktail stick and chives tucked behind.
8. Finish decorating with raisin eyes, radish ears and spring onion tails.



