



Cambridge Road Estates

newsletter

Issue 10, March 2007

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So what is the CAP and what do you think about it?

Some of you may remember answering questions about the Community Action Partnership (CAP) last summer and we thought you would like to know what you told us.

The majority of those who took part in the survey (58%), told us that they enjoy living on the Cambridge Road Estate and Cambridge Gardens and that in general, services such as local GPs, hospitals, clinics, rubbish collection, education, and police are good or very good. However 71% were unhappy about teenagers hanging around the streets and 57% found both graffiti and alcohol or drug use a problem.

Quite a number, (46%) felt well informed about local affairs however, only 38% felt able to influence decisions that affect their area. But people were positive about the potential to be involved. 83% felt that by working together people can influence decisions that affect their area. 77% felt that a newsletter dedicated to the Estates is a reliable source of information for residents. But even though this newsletter is delivered to every household on the two Estates every three months only 49% knew what the CAP is!

The CAP is a partnership of residents, voluntary groups, the Kingston Primary Care Trust, the local council, schools and the community police working together

The CAP is a partnership of residents, voluntary groups, the Kingston Primary Care Trust, the local council, schools and the community police working together to improve the quality of life for all residents in this locality.

Inside the pages of this publication, and all our previous newsletters, we try to keep you in touch

with what difference the CAP is making on the Estates. Since 2004 the CAP has attracted services onto the Estates such as Positive Futures, Refugee Action and Age Concern which are now well established and the brand new Community Shop and Wireless Project which you can read about on page five.

The CAP also takes the lead in joining up other interested organisations who can offer services either on or near to the Estates

The CAP also takes the lead in joining up other interested organisations who can offer services either on or near to the Estates. For those of you with young families, watch out for the new Stay and Play session which will run on Thursday mornings in Piper Hall, funded through the Burlington Extended Schools cluster based at the Mount School. And for those of you thinking of returning to work keep an eye out for information about a "Success in Retail" course which is to be run at the Mount School and delivered by Kingston College. In both cases the CAP introduced the partners and is fully supporting the programmes.

There's not enough space here to list all the work we have done, but the clue is in the title – the **Community Action Partnership** is about encouraging and supporting the community to take action themselves. There is a small group of residents who give their time and talents endlessly and they need many more people to join them in working to ensure that life on the Estates becomes more enjoyable for more people. Could you be one of them?

Mary Graham
Community Action Partnership Manager
020 8547 6910
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Our Community Our Future

The positive side of Positive Futures

Positive Futures is a national sports based programme. The Kingston programme focuses on working with young people based on Cambridge Road Estates. The aim of Positive Futures is to use sport and other multi activities as a way of contacting 'hard to reach' 10 to 19 year olds and providing them with more informed education, health and lifestyle choices.

As an Estate based programme our aim is to become a real success in demonstrating how sport can be used to combat social exclusion and make a real difference to the lives of local young people.

The project targets:

- Young people aged 10 to 19 years
- Young people who live within or around the Cambridge Road and Cambridge Gardens estates
- Young people at risk of social exclusion with limited opportunities
- Young people at risk of becoming involved in crime
- Young people with special needs
- Young people affected by drugs
- Young people who are victims of crime

Project Programmes

There are four main elements to the Positive Futures Project:

- Sports Estates Programme
- Education to Employment Programme/Skills 4Life Project
- After Schools Clubs
- Young Women's Development Programme

In brief in its 12 months of existence Positive Futures has:

- Worked with 192 young people
- Delivered 322 hours of sport/physical and multi-activities
- Delivered topics related to education around drugs awareness, crime and healthy lifestyles.

Within these figures

- Eight young people aged 16 to 19 years have achieved an educationally based project on 'learning to drive'. This included a practical and theory based assessment.
- 10 young girls achieved a 'AQA achievement' in Dance Performance. They also performed for BBC Match of the Day community programme.
- 22 young people have attended an adventure day organised to replace residential weekends.
- 15 juniors have gone on to play football competitively within tournament based sessions against other teams.
- 23 young men have played competitively in tournaments against other teams/projects.
- 15 young people have been identified to take the FA level 1 Award Course.
- We have seen two young girls participate in volunteering during the summer - they are now about to take a Level 1 in Youth Work.
- Five young people from the project have become volunteers on the programme.
- More than 50% of girls involved in the project have noticed an increase in their confidence.
- Two new clubs/opportunities are being created, Performing Arts and a 3-on-3 Football League.
- 15 young people have attended a football event in Brighton and won their first national tournament.

Over the past 10 months we have been working in partnership with local authorities, ensuring our programme complements their crime reduction strategies, and jointly and in consultation with local authority sports development, education, housing services, youth offending teams, the police, schools, the local community and residents' associations ensuring the best possible value to young people, residents and businesses and the regeneration of deprived communities. Quotes of approval and support from both funders and young people are testimony to the programme's value.

Grahame Snelling, Strategic Manager, Youth Support Services, Kingston upon Thames, Chair of Steering Group writes “I have been impressed by how quickly Positive Futures in Kingston has established high levels of contact through sport with young people who live on the estate where the project is based.

“Positive Futures is a key partner in the local youth crime prevention strategy and is obviously beginning to make a difference to the lives of an increasing number of young people.

“Positive Futures in Kingston has just celebrated its first birthday and I look forward to the project building on its early success by developing its youth work programmes informed by the recently published national research about what works best”.

Here’s some feedback by some of the young people on the Programme

“Drama has been good. Plus for taking part, we all had a treat of going on a Paintball trip”
aged 12 years

“I go to the Wednesday football every week and there’s always something new. Lots of fun football games”
aged 12 years

“I like that even though it’s dark, we can still play sports on the estate. With lights for the sessions it’s really good”
aged 11 years

“It has been really good to come to the Dance/Drama sessions at Positive Futures. Although you are learning to dance and act it is a place where you can also just come and talk with friends”
aged 11 years

“It is good at Positive Futures as the programme is for young people like myself to participate in not just sports but also learn something new. I am now on my Level 1 youth certificate and volunteering, where my self esteem has been developed”
aged 16 years

Positive Futures Youth Activities 10 to 19 year olds all sessions are free!

DAY	ACTIVITY
Every Monday Queen Mary’s Hall, Cambridge Gardens	Performing Arts Ages 10 - 16 years Starting 19 February 5.00pm to 7.00pm
Every Wednesday 'J' Pitch Burritt Road	Football Juniors 10 - 13 years 5.00pm to 6.00pm Seniors 14 - 18 years 6.00pm to 7.00pm
Every Thursday Searchlight Youth Club Kingston Road	3-on-3 Delight Seniors 16 -19 years 6.00pm to 8.00pm 3-on-3 Football League

www.fulhamfc.com/Club/CommunitySportsTrust/PositiveFutures

Surrey Sports Centre update

It's a resounding **yes** to the question "Would you like to see the Surrey Sports Centre building redeveloped for local people to use"?

But if this dream is to become reality then it is essential that residents get involved.

Following on from two public meetings and a door to door survey of adjacent properties we have gathered a multitude of ideas for what should happen in the centre and made contact with a number of people who have shown a strong interest in getting involved.

We have an undertaking from Kingston Council's Housing Services that they will allow the community to occupy the premises rent free providing the centre is managed by a committee of local residents.

Now it's up to you - if you want to see a vibrant facility which provides activities for all our residents, don't let this great opportunity slip by.

Without strong resident involvement we won't be able to get the funding to reopen the premises so find the time and pick up the phone now and get in contact with Mary Graham, CAP Manager on 020 8547 6910 or by email to mary.graham@rbk.kingston.gov.uk

It's your community and your future and you can make it happen!

Cambridge Road Estates Fun Day

Saturday 1 September 2007 from 12 noon until 4.00pm

The date has been set for the Cambridge Road Estates fourth annual Fun Day, so put it in your diaries and on your calendars so you don't miss out on all the fun.

We know this seems like a long way off but we have already started planning for this very successful and enjoyable annual community day.

We are looking for residents who would like to help the CAP and other dedicated residents plan, organise and run this year's event.

Could this be you?

Are you interested in getting involved?

Do you have some ideas to share?

Would you like to find out more information?

Contact Denise Parry on 020 8547 6911 or Des Gordon on 020 8547 4779.

Community Connected Go LIVE

Kingston Voluntary Action's installation of the Community Connected Wireless project is now complete, providing people living on the Cambridge Road Estate (CRE) with simple broadband Internet access.

Using the Internet at home is especially useful for people who are disabled or housebound or who are far from shops or banks. Everything from ordering your supermarket shopping, looking for jobs, learning a new skill, booking travel tickets, accessing your library, paying your bills online and running your bank account can all be done without leaving your living room!

At present, any PC user living on the CRE with a wireless-enabled computer or laptop can connect to the network. All you need to do is scan for available wireless networks, connect to the "ComConnected" network, open an Internet browser and click on the Guest Login.

This first phase of the project will continue until the end of March 2007 and we have already had more than 65 users browsing the Internet through the network. Residents of Westwick, Oakington, Croxton, Impington, properties surrounding Piper Hall and parts of Cambridge Gardens have all successfully connected to the network.

From April 2007 onwards, residents will need to register with the project to obtain login details and a password. Priority will be given for people on low income or benefits, however residents living outside the Cambridge Road Estates, local businesses, or non-registered users can connect to the broadband for a one-off (non-refundable) annual contribution of £50. There are a limited number of free wireless adapters for your PC or laptop (and help with

installation) these are available on a first-come first-served basis.

If you would like to get involved and support the project you can participate in the trial installation to test the coverage or help the project by volunteering your computer skills, donate part of your existing broadband (if your supplier agrees) and support your local community.

As the project is being funded by the Learning Skills Council, we will be offering a number of **free online training packages**, which registered **ComConnected** users can access anytime. Users who access the training will be given higher download speeds and an increased monthly download allowance.

Special thanks go to Smith & Byford (Kingston Council's electrical contractors) who sponsored the project by installing the



Smith & Byford Electrical Contractors, Joe Roper Wireless Networks Engineer and Maher Al-Ugaily from KVA at the first Mesh box installation on top of Madingley

wireless mesh boxes free of charge, the Council's ICT Department and Cambridge Road Estate housing estate office for supporting the project.

To register and get connected please return the enclosed Internet Survey or come to our weekly Wireless Wednesdays at the Community Shop, on the ground floor of Madingley, starting from 11 April 2007 from 2.00pm to 6.00pm. If you have any questions please call us on 020 8133 9719 or go to our website www.communityconnected.org.uk or email us on support@communityconnected.org.uk

The Community Shop: a one-stop advice centre

You may have noticed an extensive refurbishment programme on the ground floor of the Madingley block on the Cambridge Road Estate. This is to house the new **Community Shop** which has been set up as a 'one-stop advice shop'.

The project has been developed by Kingston Voluntary Action (KVA) working with the Community Action Partnership (CAP). Once open, it will offer a programme of outreach and drop-in services delivered by voluntary and statutory organisations. It is hoped that the type of services will range from health promotions, legal advice, volunteering advice, Citizens Advice Bureaux, services for young people and much more.

Hilary Garner, KVA Chief Executive, said "We have been well supported in this work by the CAP Manager, Mary Graham and the Community Development Worker, Denise Parry who are both based on the Estate. We also intend to link this into the Community Connected project by offering a new ICT service we are calling 'Wireless Wednesdays'."

Stay and Play Session

at

The Mount Primary School, Dickerage Lane, New Malden, KT3 3RZ

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

Monday mornings from 9.00am to 11.30am

Breakfast available from 8.00am in the school hall

Everyone welcome

For more information please Call **020 8942 5154**

Stay and Play Sessions coming soon to Piper Hall
Look out for further details

Kings Meadow Day Nursery

75 Hampden Road
Kingston

Informal childcare

Do you need a few hours to yourself to do the shopping, attend an appointment etc?

Kings Meadow Day Nursery are pleased to offer an hourly childcare drop in service to residents at a charge of £2.00 per hour for children aged from three months to five years.

All you need to do is call us or pop in and complete a registration form and let us know what days and times you would like your child to attend.

Advance booking is not always necessary but is advisable to avoid disappointment.

All you need to provide is nappies and any bottles of milk that your child has during the day.

It's as simple as that!

For more information call the Nursery Manager, Debbie, on 020 8547 0272

growbaby

Matthew 25:36, "I needed clothes and you clothed me..."

Our aim is to provide good quality, new and second-hand, baby clothes and equipment (up to five years), completely free of charge, to anyone who needs it, regardless of their income, background or faith.

We will accept baby clothes and equipment from anyone who chooses to donate; we simply ask that potential donors ensure that they are in good condition.

So, do you need our help?

Wish to donate baby clothes and equipment?

Want to help us in any way?

Please contact Peter and Noni Farrelly
on home 020 8339 0372 or mobile 07900 212567
email: peterandnoni@kingstonvineyard.co.uk
website: www.growbaby.co.uk

growbaby is a project of:

kingston  vineyard

Kingston Vineyard is affiliated to Vineyard Churches UK
Kingston Vineyard is a registered Charity No: 1107408

Do you do enough walking?

Results of an independent survey showed that walking has a positive image in general.

Most people recognise the benefits of walking and agree that it should be encouraged across the board to all age groups. It found that men tend to walk less often than women, but the walking tends to be longer. On average women make 15% more trips than men, but men cover 5% more distance.

The physical benefits of an active lifestyle and the gains that come with physical activity are widely recognised. However, there is a growing body of evidence to suggest that the great outdoors (and that can include even a small piece of urban green space!) can have positive effects on many aspects of our health. It can encourage us to be more active by providing facilities to walk, cycle and play, also being in the countryside helps to reduce stress and generally improve mental health.

Step-O-Meter Programme

How many steps do you think you achieve a day? Try one of our pedometers and see just how much walking you do! The average number of steps of a healthy adult should be 10,000 steps a day. A pedometer measures each step you take and at the end of the day will display the numbers of steps. All you need to do is put it on your trouser/skirt waistband in the morning when you get up. Then in the evening see how many steps you have achieved.

As a special offer for March we shall give away **free pedometers** to all our walkers. **I shall also be handing out pedometers in the Cambridge Road Estate Housing Office between 12 noon-2.00pm on 21 March.** If you walk the children to school you can see exactly how much walking you do each day. It may surprise you! I thought I was a relatively fit person but after using the pedometer for a week, I realised I was only achieving 6-7,000 steps a day and I needed to increase my walking.

Jill Attwood

Walking for Health Co-ordinator

Tel 020 8547 5938

for health
Walking



Kingston **NHS**
Primary Care Trust



**England will be going smoke free from
1 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

When the Community Shop opens there will be

FREE STOP SMOKING SESSIONS

We will send you more information when we have it and in the meantime if you would like to know more just give us a ring on our freephone **0800 085 2903**

For more information see
www.smokefreeengland.co.uk

MEND

**free, fun programme
for kids to become
fitter, healthier and
happier!**



Do you have children aged between
8 and 11 years old?

Are you worried they might be
unhealthy and overweight?

The MEND programme gets kids healthy
and fit in only 10 weeks - and helps them
stay that way!

The MEND scheme is currently running in
Kingfisher Leisure Centre with a further
scheme coming soon to
Tolworth Recreation Centre

**If you are interested and would like further
information call the Kingston MEND team
on 020 8547 6141
or visit www.mendprogramme.org**

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 an 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 for future newsletters please contact Denise Parry on 020 8547 6911 or by email to denise.parry@rbk.kingston.gov.uk

The Community Action Partnership
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 Tuesday/ Wednesday/Thursday
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Email: mary.graham@rbk.kingston.gov.uk

Denise Parry
Community Development Worker

Normal working hours 8.30am to 3.30pm
 Monday to Friday
Telephone: 020 8547 6911
Email: denise.parry@rbk.kingston.gov.uk

The CAP approach is not about people in the Council or the Primary Care Trust 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 are unable to read this document because of disability or language, we can assist you. Please call the Kingston Council helpline on 020 8547 5757 or ask someone to call on your behalf.

چنانچہ قادر نیسٹید این نامہ را بہ دلیل ناتوانی یا مشکل زبان بخوانید ما میتوانیم بہ شما کمک کنیم. لطفا خود یا شخص دیگر با شماره کمک شهرداری کینگسٹون تماس بگیرید.
 تلفن 020 8547 5757 (020 8547 5757)

نہ گہر توانای خویندندہوی ہم نوسراودت نیہ لہ بہر پیکہوتہی/ بن توانای یاخود لہ بہر زمان تینہ گہیشن . نہوا نینہ نہ توانین یارہ تیت بدہین . تکایہ پیہوندی بکہ بہ ہیلس یارہتہی شاربوانی کینگسٹونہوہ (kingston Council) بدہمارہ تہ تہ فوننی 02085475757 یان بہ کہسی بلن کہ بہناوی تڑوہ پیہوندی بکات .

"إن لم تكن قادراً على قراءة هذا النص بسبب اللغة أو أي عائق آخر ، اتصل بنا فذ 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."

"ਜੇਕਰ ਤੁਸੀਂ ਅਪਾਹਜਤਾ 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 ਹੌਲਪਲਾਇਨ 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਆਪਣੇ ਵੱਲੋਂ ਕਿਸੇ ਨੂੰ ਕਾਲ ਕਰਨ ਲਈ ਕਹੋ।"

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.

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。请拨打金斯敦市议会热线服务电话 020 8547 5757 或请求他人来代表您通话。

"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"

உங்களால் இந்த கடிதத்தை படிக்க இயலவில்லை என்றால் தயவு கூர்ந்து கிங்ஸ்டன் உதவி மையத்தை நீங்களோ அல்லது உங்களை சார்ந்த எவராவது தொடர்பு கொள்ளவும். தொடர்பு கொள்ள வேண்டிய எண் 020 8547 5757

ہیں ناقابل سے وجہ کسی پڑھنے کو دستاویز اس آپ اگر - کرینگے مدد کو آپ ہم تو لانن ہیلپ کاونسل کنگسٹن مہربانی برائے 020 8547 5757 سے کسی یا کیجنے فون ۰۲۰۸۵۴۷۵۷۵۷

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.

« 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. »

Our Community Our Future