

# CAMBRIDGE ROAD ESTATES newsletter

Issue 1, June 2008



Welcome to the first edition of the Cambridge Road Estates Community Group newsletter. This will continue to be 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, thanks to funding received from Kingston Voluntary Action for the next four issues. This newsletter provides an opportunity to promote forthcoming events to residents as well as update 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 Denise Parry on 020 8547 6911 or by email at [denise.parry@rbk.kingston.gov.uk](mailto:denise.parry@rbk.kingston.gov.uk)

**Jill Preston, Chair**  
**Cambridge Road Estates Community Group**  
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**Email: [crecommittee@hotmail.co.uk](mailto:crecommittee@hotmail.co.uk)**

## New!

Cambridge Road Estates  
Community Group  
Website

[www.e-voice.org.uk/crest](http://www.e-voice.org.uk/crest)

**Summer Coach Trip To Brighton**  
**Wednesday 30 July 2008**  
**Adults £3.50, Children under 16 years £2.00**

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

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

## SPRING FUN EVENT

April saw Piper Hall once again the focus of a Cambridge Road Estates Community Group (Crest) organised event. The Spring Fun Event saw almost 50 parents and children enjoy a rare spell of sunshine whilst also participating in a variety of activities.

These included an estate quiz, won by Joshua Parry from Willingham Way, a competition to design the 2008 Fun Day poster won by brothers Rivan and Dilan Kader from Franklin Close plus a hugely successful 'Pot a Plant' session, during which youngsters were helped and encouraged to create their own pot plant creations. This was made possible thanks to a very generous donation of plants from **Homebase at Kingston Road**. The few remaining seedlings were planted by volunteers including local Councillors Sheila Griffin and Penny Shelton in the containers located outside Tadlow. Given the amount of rain we have had residents can expect a spectacular showing this summer!

Other popular activities included face painting, cookie decorating and an 'arts and crafts'. Indeed, the event was so popular that many of our young residents had starring roles in all of the local newspapers! The committee was delighted to note that we were able to welcome families living on Cambridge Gardens - it has always been our aim to cater for both sides of the road!



**Joshua Parry**  
**Estate Quiz Winner**



For more photos visit  
[www.e-voice.org.uk/crest](http://www.e-voice.org.uk/crest)

**HOMEbase**

## Community Development and Health Course

### New course starting in September

### Local venue to be confirmed It's free and it could be for you!

Kingston Primary Care Trust and Kingston Adult Education are working in partnership with your community to provide this course for people in Norbiton. The course is designed to help you and your community by encouraging you to develop knowledge and skills about health and well-being. It covers such areas as:

#### Improving our communities

- Working with communities to identify common problems and issues.
- Looking at how you can work with others to improve health and well-being.

#### Developing your personal skills and awareness

- Improving your skills in communication, problem-solving and team work.
- Building up your confidence.

#### What is health?

- Understanding what influences the health and well-being of individuals and groups.
- Understanding how local health services are organised.

#### What's in it for you?

Health and well-being are at the heart of every aspect of the community. By completing this course you will become more aware of how you can make health and community services work for you. We give practical ideas about how to make your voice count when it comes to tackling the health issues that you and your neighbours care about. Plus we look at how to improve a community by starting a new group or getting involved in community based organisations.

We aim to make the course active and fun. You will be able to use skills you already have as well as

developing new ones in areas like communication and working with others. The programme involves weekly workshops, individual sessions with a tutor and some individual study.

#### Who is the course for?

Anyone who wants to learn something new. You don't need to be the studious type or already have any exams – the learning environment is very supportive and we'll give you all the help we can with your individual needs.

You will gain credits for every unit you complete and a certificate at the end of the course. These credits are nationally recognised via the Open College Network. They can count towards further qualifications or help you access other training courses. Completing the course may also help you find a job or try out a new career direction.

**We are hoping to start the course in mid September on Fridays.** It will run for 10 weeks from 9.30am to 2.30pm and there may be crèche facilities available. We will provide you with all you need so there are not extra costs. **There are no exams or tests!**

#### What to do next if you are interested

- Come and meet Camilla with any questions you have about the course at the **Community Surgery on 5 July from 12 noon to 2pm** at the Community Advice Shop at the base of Madingley.
- Contact Camilla on 01737 844249 or email her at [Mail@nyvej.co.uk](mailto:Mail@nyvej.co.uk). She will be running the course.
- You can chat to Denise Parry your Community Development Worker who has done the course herself. You can phone her on 020 8547 6911.
- Pick up an application form and course leaflet from Denise or ask Camilla for one.

## Policing on the Estates

There have been a number of questions raised at our Community Surgeries as to who, when and how to contact the Police Services.

We have spoken to the local 'Safer Neighbourhood Team' and they advise the following:

- ⇒ If you witness, or are involved in an emergency situation, please call **999**.
- ⇒ For non-emergency matters, the Safer Neighbourhood Team can be contacted on **020 8721 2000** or **020 8721 5885**. If the team are not on duty please leave a message and your call will be returned.
- ⇒ If you can't make contact with the Safer Neighbourhood Team and your issue is a non emergency that won't wait, please call **020 8541 1212**.

### Inspector Mick Mills from Norbiton Safer Neighbourhoods Team says.....

"I am aware of, and understand, the reluctance of some residents to report what they believe to be minor incidents to the police.

I would like to reassure everyone that Sgt Jim Northway and the rest of the Norbiton Safer Neighbourhood Team are committed to

dealing with local issues.

It will, of course, always be the case that if we don't know what the issues are, then we can't deal with them. I would therefore encourage everyone to let the Safer Neighbourhood Team know of their concerns, however minor, to assist them in building up a fuller picture of what is happening, when it is happening and where it is happening."

## Forthcoming Events

Organised by the Cambridge Road Estates Community Group

### Sponsored Fun Run Cambridge Road Estates Thursday 7 August 2008

Look out for more information nearer the time or contact Jason Rogers on 020 8296 9356 if you would like to get involved.



### Music on The Green Cambridge Gardens Saturday 16 August 2008

Look out for more information nearer the time or contact Des Gordon on 020 8547 4779 if you would like to get involved.



### Summer Holiday Play Scheme

Look out for more information nearer the time or contact Jason Rogers on 020 8296 9356 if you would like more information.



## Do you look after someone?

Carers are people who look after someone with an illness or disability, who couldn't manage at home without their help and are not paid for doing so.



If you care for an adult friend or relative in the borough and would like information about what services and support there is out there for you, **contact Community Care Services on 020 8547 6008** and ask for a carers assessment. An assessment means telling them about your situation and what will make a difference. Even if Community Care Services can't provide services and support, they will be able to tell you about other places you could go to get help. You may not know what you need but by talking it through with them, they might be able to come up with a way to make life easier and more manageable.



There is a Carers' Directory which tells you about services and support including ways of taking a break, preparing for emergencies, back care and equipment for the person you care for, useful and emergency help lines, support groups and much more. For a copy of the Carers' Directory, contact 020 8547 6123 or view/download it online at [www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)

If you care for a disabled child, please contact the Team for Disabled Children on 020 8547 6587.



## COMMUNITY ADVICE SHOP

### For the local community

At the base of Madingley, St Peters Road



Day	Organisation in the shop	Time	Contact Name	Contact Details
Every Wednesday	Relate	9.30am to 12.30pm	Geraldine Gellard	geraldine@relaterkh.org 020 8940 8578
Alternate Wednesdays from 7 May	Community Connected (wireless internet project)	2.00pm to 7.00pm	Maher Al-Ugaily	Maherugaily@superhighways.org.uk 020 8255 8040
Alternate Thursday's From 15 May	Citizens Advice Bureau	10.00am to 12 noon	Sue Irving	suei@kcabs.org.uk 020 8546 3599 or 020 8546 3753
	Refugee Action Kingston	10.00am to 12 noon	Rebecca Mear	rebecca.mear@refugeeactionkingston.org.uk 020 8547 0115
	Age Concern Kingston	3.00pm to 5.00pm	Mary Macan Linda Needham	mary@ageconcernkingston.org linda@ageconcernkingston.org 020 8408 8184
Alternate Thursday's From 8 May	African Positive Outlook	1.00pm to 5.00pm	Hellen Akao Margaret Acger	africanpositiveoutlook@yahoo.co.uk 020 8546 1671
	Kingston Somali Community Association	1.00pm to 5.00pm	Mohammed Ali	kingstonsom@yahoo.co.uk 0793 206 3614

## Cambridge Road Estates Community Group

Community Surgery Dates: 7 June, 5 July, 2 August, 30 August and 27 September

12 noon to 2.00pm

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۔ لطفاً خود یا شخص دیگر با شماره کمک شہرداری کینگسٹون تماس بگیرید۔  
تلفن 020 8547 5757 ۰۲۰۸۵۴۷۵۷۵۷

نہ گہر توانای خواندندہ ہدی ہم نوسراوت نہی لہ بہر پیکھوتہی/ بن توانای یا خود لہ بہر زمان تینہ گہیشتن۔ نہوا نیہ نہ توانین یارہتیت بدین۔ تکایہ پیوندندی بکہ بہ ہیل یارہتس شاریوانس کینگسٹونہوہ (Kingston Council) بہ شمارہ تہ لہ ہونی 020 8547 5757 یان بہ کس بن کبہ ناوی تونہ پیوندندی 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 ਹੋਲਪਲਾਇਨ 'ਤੇ ਕਾਲ ਕਰੋ ਜਾਂ ਆਪਣੇ ਵੱਲੋਂ ਕਿਸੇ ਨੂੰ ਕਾਲ ਕਰਨ ਲਈ ਕਹੋ।

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

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 فنحن 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 uma 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 معذوری 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.