



Cambridge Road Estates newsletter

Issue 12, October 2007

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Cambridge Road Estates **FUN DAY**

Saturday 1st September saw the fourth Annual Cambridge Road Estates 'Fun Day' organised by the Cambridge Road Estates Community Group, the Community Action Partnership (CAP), Mears Ltd and Kingston Council. The sun shone and the residents of the Cambridge Road Estates came out to enjoy the fun, with Radio Jackie once again providing the focus for the musical entertainment and Deputy Mayor Cllr Bart Ricketts opening the day's event.

Fulham Football Club in the guise of Positive Futures came along to test the skills of the youngsters and a variety of organisations and services provided advice, information and a fun activity for the children. Among the many varied organisations and services were Road Safety and Travel Awareness, Kingston Workstart, Mind in Kingston, Kingston Refugee Action, Age Concern Kingston, The Mount Primary School, Early Years and Childcare Services, Kingston Stop Smoking Service and Environmental Services.

We were entertained by the line dancing on the Radio Jackie stage and some brave souls, including Graham and Belinda from the Safer Neighbourhoods Team as well as Terry Hardy from Mears Ltd were encouraged to learn to dance and came back on stage to give an impressive show.

In addition to our youngsters having fun at the fair residents also enjoyed the opportunity to try their luck on the Bucking Bronco, 34ft Bungee Run, 16ft high inflatable slide and of course Sumo Wrestling, whilst the younger residents had their faces painted by Kingston Vineyard. Members of the Community Group provided refreshments to young and old whilst our very own Mary Graham, ably assisted by her two friends Lynne and Martin ran the Jacket Potato stall.

Both the adult and children's tombola, manned once again by Holly, Kate, Jessica and Joshua Parry, were a hive of activity and we must send special thanks to



Deputy Mayor Cllr Bart Ricketts and Edward Davey MP meet residents



Community Group refreshment stall



Glitter and sparkle hula hoop demonstration



Chinyere Onyeka and Nicola Simmons from Mears Ltd

all those individuals who donated the prizes. We must also thank the local businesses that supported the event by donating a range of prizes for our raffle and tombola: **Starbucks, Tudor Williams, The Blue Hawaii, Hampton Court Palace, The Royal Botanic Gardens Kew, McDonalds, The Malden Centre, The Kingfisher, Charrington Bowl, Headmasters, Marks & Spencer, The Look Hair Studio, Waitrose, Chessington World of Adventures, Nando's and Ian Brown Auto's.**

Our ever popular raffle was once again run by Mears Ltd who donated the top four prizes of an LCD TV, microwave, sound system and a case of 12 bottles of wine. The Dog Show was a huge success with the highest number of entries to date. Special thanks must go to Roger Allison, Dog Warden, for organising this event

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Ann Gordon and Cllr Penny Shelton selling tickets

“It was a good fun day to meet up with all of my mates and I really liked the sumo wrestling and the bungee run.”

Billy Treacey
Oakington



Road safety and travel awareness



Holly Beard with Jinks
winner of the dog show

“Thanks for an excellent day. The event was well-planned and the range of activities was great. It was good to see so many residents mingling together.”

Alan Moss
Kingston Workstart



Sumo wrestling



A well earned cuppa and a rest for the Mears Ltd crew

Well done to everyone who worked so hard to make this years Fun Day happen, I think it was the best one yet. It was great to see so many residents helping out and I really liked the new venue which gave it a real 'village green' feel. I hope we will have the sumo suits again next year - they really gave us a laugh!

Mary Graham
CAP Manager



Early Years and Childcare Services



Practising our hula hoop skills



Balloon modelling with Kingston Workstart

“I saw the posters and thought it was an event for kids but my mates and I had a well cool time, the music was great and the Sumo Suits were a right laugh.”

David Adurhani



The ever popular tombola



How long can you hang on to the Bronco for?



Line dancing with Mears Ltd and the Safer Neighbourhood team



Youngsters queuing for the giant slide
Our Community Our Future



Deputy Mayor Cllor Bart Ricketts meets PCSO Steve

“I thought it was really good, everyone looked liked they were having fun.”

Carol Lambourne, Willingham Way

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and to Sharon Letchford and Shona Hastings for taking on the unenviable role of judges. There were so many entries and everyone was a winner in their own way.

The funding of this year's Fun Day was again lead by Mears Ltd through Mr Ron Skipp, Asst Regional Director and Terry Hardy Customer and Community Manager. Mears Ltd generously sponsored Radio Jackie in addition to donating the top four raffle prizes, a £100 towards tombola prizes, purchasing three new gazebos as well as loaning equipment such as generators for the day. Additionally Terry and a dedicated Mears team assisted with the organisation on the day.

Owner of the Kingsmeadow Day Nursery, Karen Cox also helped to fund this event with a generous donation and we were very grateful to her and her manager Debbie for their help with the planning and organisation.

We received further funding from Smith & Byford, National Clamps and Fun in Sheltered Housing. We were also lucky enough to secure a Neighbourhood Grant and a Film Fund Grant from Kingston Council.

Arranging the event was a real team effort and without the time and commitment given by all those involved it would not have been such a huge success. I must give a really big thank you to everyone who gave their time and energy to make the day the success it was. In fact the day was such a huge success and the feedback we've received from residents so positive that it has made us all determined that next year will be bigger and better than ever.

Jill Preston, Chair
Cambridge Road Estates Community Group

Here are some more comments we've had about this year's Fun Day.....

"We had a really brilliant time, Emily thoroughly enjoyed herself as did my disabled neighbour Neil who came with us."

Sue Chandler, Fulbourn

"A really good day, the kids loved it. It would be nice to see more for the teenagers."

Silver Bowden, Burwell

"We thought it was so much better this year, as there was lots more for teenagers to do."

Holly & Kate Parry, Willingham Way

You may have seen the "Cigarette" at the Fun Day. Kingston & Richmond NHS Stop Smoking Service gave out free balloons, pens, pencils and everyone could have a test to see how much carbon monoxide was in their body.

Smokers signed up to the FREE stop smoking sessions which are held at the Community Advice Shop on a Tuesday afternoon from 1pm to 3pm and those that couldn't make it were sent to Hawks Pharmacy for help to quit.

If you want to know more pop along on a Tuesday afternoon or give us a ring on 0800 085 2903.

Sue Mooney
Tobacco Control Programme Manager

"This event is a very valuable opportunity for the CIS to speak to families face to face and cascade information to them and other professionals who attend the Fun Day. As an Outreach Officer I really appreciate this annual opportunity which always has a wonderful atmosphere.

Congratulations on another successful rewarding event and thank you for all your hard work in partnership with the residents at CRE which makes this happen."

Kay Wingate Outreach Officer
Children's Information Service

"Having attended just about every Fun Day since they began - apart from last year, I know there was definitely more FUN this year than ever before. More stalls, more slides, more line dancing, more food, more roundabouts, louder Radio Jackie, more kids, more mums and dads, all of this meant more FUN. All this was helped by a dry day.

A big thanks to all those dedicated people who helped to arrange the splendid day."

Cllr Sheila Griffin

"Being the very first Fun Day that I have attended in my role as Customer and Community Manager for Mears, I found the whole day to be extremely enjoyable and a great success. For such a small area, the entertainment that was fitted in was unbelievable. The highlight of the day for me, was seeing a community come together as one which made the whole day a success."

Terry Hardy
Customer and Community Manager

"I thought it was a fantastic day, as did my girls, so very well done to you for all your hard work."

Iona Liddington
Associate Director of Public Health
Kingston PCT

"I came because you asked me to, I stayed because I wanted to."

Ed Davey, MP

"I enjoyed the fun day the stalls were entertaining and fun. Everybody I saw was having fun. Perhaps next year Radio Jackie could have their sound engineer with the road show bus. That aside a lot of fun and good feelings."

John Squire

Kingston Family Fortnight 6th- 20th October 2007

For more information visit www.kingston.gov.uk/family_fortnight_events_pages-2.pdf



KINGSTON FAMILY FORTNIGHT

Activity day at Leisure Centres

As part of the programme of events for Kingston Family Fortnight, Kingfisher Leisure Centre and Malden Centre are offering **FREE** activities for all the family

**Saturday
13th October 2007**

Come along and join the fun!!!

Kingfisher Leisure Centre

Body Attack 10.40am to 11.40am

Free high impact, high energy cardio session very easy to follow. Suitable for both men and women over 16 years of age.

Happy Hour Swim 11.30am to 12.30pm

Free swimming for all the family in our Leisure Pool with waves. Under 8's must be accompanied by an adult in the water.

Kickboxing Class with Fighting Fit 1pm to 2pm and 2pm to 3pm

Free session offering fitness, confidence and peace of mind for men, women and children.

For more info log on to www.fighting-fit.com

Kingfisher Leisure Centre

Fairfield Road, Kingston, KT1 2PY
020 8541 4576

Malden Centre



Legs, Bums and Tums 10am to 11am

Free low impact, simple to follow, aerobic workout. Specifically designed to tone and define those problem areas. Suitable for both men and women over 16 years of age.

Happy Hour Swim 1pm to 2pm

Free swimming for all the family. Under 8's must be accompanied by an adult in the water.

Tots Fun time Session 2pm to 3pm

Free drop-in session for parents/carers and children with soft play equipment, apparatus and mini inflatable.

Malden Centre

Blagdon Road, New Malden, KT3 4TA
020 8336 7770

**Activities not bookable in advance.
Limited numbers available.**

Facilities managed by DC Leisure in partnership with Kingston Council

Our Community Our Future





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 to 11.30am
and

The Mount Primary School, Dickerage Lane, New Malden

Monday mornings from 9.00am-11.30am



For more details contact Nikki Gray
On 020 8942 5154



**Are you the parent or carer of
a child with a disability?**

**Do you have something to say
about the services you receive?**



You can have your say about how to develop a better service for children and young people with a disability in Kingston by joining the Parent and Carer Panel.

Parents and carers meet five times per year in informal and friendly surroundings to talk about how services can be improved. Meetings are held in the evening and child care can be arranged for you.

If you are interested in joining the group, please contact Caroline Baxter on 020 8934 6378 or caroline.baxter@enhanceable.org

Kingston
Children & Young People's Trust
Making a Difference Together



Positive Futures are working with Kingston Racial Equality Council to deliver a day of activities at Piper Hall on the 13th October to celebrate Black History Month.

Look out for further details around the estates or contact Glen Thomas on 07867 698203 or by email

GThomas@fulhamfc.com

The Kingston Walking for Health Scheme arranges regular walks for different levels of fitness across the borough. All walks are led by qualified walk leaders who have been trained by the National Walking Health Initiative.

Local led walks offer individuals the chance to improve their health by taking regular exercise whilst getting out and meeting new people. The walks are free and are aimed at people who struggle to or don't get enough exercise. The walks typically take between 30-60 minutes and you can walk at a pace that suits you. Walks are tailored to the needs of the walkers.

How to join a walk

Please contact the Community Walking Officer so he can answer any questions you may have.

Telephone: 020 8547 5865

Email: travel.awareness@rbk.kingston.gov.uk

Cambridge Road Estates Community Group



Upcoming events

25th October 2007	Family Fun Event at Piper Hall with Charlie Farley
3rd November 2007	Table Top Sale at Piper Hall
14th November 2007	Keep Warm Keep Well Keep Safe
6th January 2008	Gala Event at Kingsmeadow with Charley Farley

Look out for further details around the estates or contact Jill Preston on 07910 844427 or visit them at the Community Shop at the base of Madingley between 12 noon and 4.00pm on the last Saturday of every month.

OVER 45? This one's for YOU.....

Kingston Council have a new scheme which aims to increase physical activity for the over 45's and encourage people to take part in three 30 minute activity sessions per week.

With over 100 clubs and centres to choose from, you can select the activity which best suits you. To keep you on track you can get a Passport which will be stamped every time you take part in an activity with a goal of reaching 36 sessions, when you will be able to choose a prize from a catalogue, with some smaller gifts along the way.

For further information contact 020 8547 5207.

'Little Hawks'

Do you have a baby/child up to the age of 4 years?

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



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

We offer messy play, music, construction, sand and water play, role play, art and crafts and lots more fun to!

The session is 50p per family and snacks and drinks are provided.

For further details please contact Gemma Mills or Lesley Porter
at Hawks Road Clinic on 020 8549 3672



**The Community Advice Shop
for our local community
Just drop in to the relevant sessions for
information and advice**



Monday	Kingston Workstart	2.00pm to 4.30pm (every Monday)
Tuesday	Kingston Advocacy Group	9.00am to 12 noon (fortnightly from 18th September)
	Kingston Enterprise	10.00am to 12 noon (fortnightly from 18th September)
	MIND in Kingston	9.00am to 12 noon (fortnightly from 18th September)
	Stop Smoking Service	1.00pm to 3.00pm (every Tuesday)
	Community Midwives	1.00pm to 3.00pm (every Tuesday)
	Magic Roundabout	5.30pm to 8.00pm (every Tuesday)
Wednesday	Training for Work	9.00am to 12 noon (fortnightly from 19th September)
	Relate	9.00am to 12 noon (every Wednesday)
	Community Connected	2.00pm to 7.00pm (every Wednesday)
Thursday	Refugee Action Kingston	10.00am to 12 noon (fortnightly from 20th September)
	Law Centre - Debt Advice	3.00pm to 5.00pm (fortnightly from 20th September)
	Age Concern	3.00pm to 5.00pm (fortnightly from 20th September)
	Citizens Advice Bureau	10.00am to 12 noon (fortnightly from 21st September)
Friday	Kingston Pensions Service	10.00am to 12 noon (fortnightly from 21st September)
	Kingston Churches Action on Homelessness	10.00am to 12 noon (fortnightly from 21st September)
	Kaleidoscope Project	2.00pm to 5.00pm (every Friday)
Saturday	Safer Neighbourhood Team	12 noon to 4.00pm (last Saturday (monthly))
	Cambridge Road Estates Community Group	12 noon to 4.00pm (last Saturday (monthly))

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
61 Graveley, Willingham Way, Kingston upon Thames KT1 3HY
www.e-voice.org.uk/cap

Mary Graham
Community Action Partnership Manager

Normal working hours 10.00am to 3.00pm
 Tuesday/Wednesday/Thursday
Telephone: 020 8547 6910
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 نیستید این نامہ را بہ دلیل ناتوانی یا مشکل زبان بخوانید ما میتوانیم بہ شما کمک کنیم۔ لطفاً خود یا شخص دیگرى با شماره کمک شہر داری کینگستون تماس بگیرید۔
 تلفن 020 8547 5757

نہ گہر توانای خواندنہوی نہم نوسراوت نہی نہ بہر پہکھوتہی/ بن توانای یاخود نہ بہر زمان تینہ گہیشتن، نہوا نینہ نہ توانین یارہ تیت بدین۔ تکایہ پہیونندی بکہ بہ ہینلی یارہ تہی شاردوای کینگستونہوہ (Kingston Council) بہ زمارہ تہ لہ فوننی 020 8547 5757 یان بہکھسن بلن کہ بہ ناوی تئوہ پہیونندی 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।

உங்களால் இந்த கடிதத்தை படிக்க இயலவில்லை என்றால் தயவு கூர்ந்து கிங்ஸ்டன் உதவி மையத்தை நீங்கள் 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 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.

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 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.