



The Alton Regeneration Timeline

The regeneration programme is currently in the early stages of partner procurement and it is anticipated that a suitable development partner will be appointed in early 2017. The timeline below gives an overview of the next stages of the regeneration.



Redevelopment will begin in 2018 and will be done in phases with parts of the estate being demolished and rebuilt before others. New homes will be developed before current blocks are demolished so

households can move straight into their new permanent property. Using this approach means that the majority of tenants and leaseholders will only be required to move once.

It is estimated that the earliest that any household will have to move will be at the end of 2017. Residents will be given a specific moving date in advance and will be given assistance to move into their new home.



Wandsworth Enterprise Week 2016

Don't miss Wandsworth Enterprise Week which runs from 29 February - 5 March. It aims to help established businesses and start-ups flourish and grow.

Organised by the council's economic development team, this week is your opportunity to be motivated and inspired. A variety of informative workshops will be held across the borough. Highlights include, Start up Wandsworth, the Wandsworth Business Forum and Youth Enterprise day.

Places are free but numbers are limited and must be booked in advance. Priority will be given to Wandsworth businesses and residents. For further information call (020) 8871 6808 or email wew@wandsworth.gov.uk



Grants for Community Groups

Emergency Exit Arts & ROAM, Spare Tyre Theatre Company and Chelsea FC Foundation have been successful in their bids for funding from The Wandsworth Grant Fund.

Applications were assessed by the council's grants team last year and all groups notified in January.

The fund supports groups across the borough that provide not-for-profit activities which benefit residents and the wider community. The grant covers activities that fall within six themes: arts and culture, children and young people, environment and attractive neighbourhoods, citizenship and civic engagement, health and well being and achieving aspiration and potential.

For more information please visit www.wandsworth.gov.uk/wgf or email wgf@wandsworth.gov.uk.



DON'T GIVE UP - BE PROUD TO BE A QUITTER



Pete's Story

"I've been living in Roehampton for 35 years. I have a wife and three wonderful grandchildren. I love the sea and I have a passion for fishing."

"I smoked for many years, and used to smoke 40-60 cigarettes a day. I have been trying to quit smoking for the last 15 years; I've tried many methods and made a number of unsuccessful attempts. I would always relapse. My addiction was stronger than me."

"Earlier last year I was diagnosed with cancer and needed intensive therapy. I also have complex health issues. I still wanted to quit, but I was worried because it was very hard for me to use any of the Nicotine Replacement Therapy products such as patches (as I'm allergic to sticky plasters), lozenges, or nasal spray."

"But things changed for me when I met the stop smoking advisors at Queen Mary's. Both Kim and Julie were amazing. They not only tried to find the best solution to the medication, but also provided emotional support. They would text me 2-3 times a week and I could call them when I needed to. I would not have succeeded without them."

"Soon after quitting I noticed many positive changes, such as food tasting better and a general sense of cleanliness. My complex health issues also became more manageable. I definitely feel happier - not only for myself but for my wife, who is also a successful quitter. These days no one smokes in our house. We are very proud grandparents and hope to be a positive example to our grandchildren, friends and community."

If you would like to quit, the Wandsworth Stop Smoking Service is here to support you. Set your calendar for National No Smoking Day on Wednesday 9 March 2016 and we'll help you quit! You can drop in and speak to the team at Queen Mary's or a pharmacy near you.

Tuesdays, 10.00am to 3.00pm
Queen Mary's Hospital, Cardiology Unit,
Roehampton Lane

For further information about the service,
contact the team on (0800) 389 7921
or visit www.stopsmokingwandsworth.co.uk.



The Active Lifestyles Kickboxercise class, run by Enable Leisure and Sport in partnership with Knights Community Gym is facilitated by local resident Mark Smith.

Since its start in January 2014, the session has developed into a well established class and as a result we will be developing the class into Beginner and Improver sessions in the upcoming months. We caught up with Mark to find out more about him and what Kickboxercise involves.

What is your background?

"I am a former British and European kickboxing champion, a 4th Dan Master black belt, and have been teaching children and adults for over 25 years. I hold a Level 3 Personal Trainer qualification, our assistant instructor Jon-Paul Beanland is a Level 2 Fitness Instructor, and our children's instructor Rebecca Beanland is a 2nd black stripe Junior assistant who has been short listed for the Active Wandsworth Awards as young volunteer of the year."

What are the benefits of Kickboxercise?

"There are many benefits to being physically active including reducing risks of cardiac conditions, maintaining a healthy weight and improving your mental well being. Specific benefits of Kickboxercise include muscle conditioning, developing self defence skills, enhanced flexibility, confidence building and strengthening your core."

What do the Saturday morning sessions include?

"Classes include a warm up, stomach routines, pad work in groups, technical improvement, skipping and much much more!"

For more info please contact us on (020) 8871 6373 or activelifestyles@wandsworth.gov.uk

Kickboxercise

- Saturdays 11am-12.30pm
- Roehampton Sport and Fitness Centre, Laverstoke Gardens, SW15 4JB
- £3 per session (first session free!)
- No booking required - just turn up!

Phone: 020 8871 6207 or e-mail: roehampton@wandsworth.gov.uk

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