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Edited by Peter Higgins

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If you think it is a crime... **REPORT IT!**



At the recent North Kingston Police Panel, we learnt that our local team of officers were regularly posted outside the Kingston area for **over half their working hours!** The reason... Kingston has one the lowest **"reported"** crime rates in London. So when a call goes out for police reinforcements elsewhere, Kingston police officers are called away from local duties.

Yes, no less than half the working hours of the police that should be on our beat are scheduled elsewhere. This is called "abstraction".

Some residents at the meeting, understandably, said "I don't bother reporting things such as youngsters smoking pot or using drugs or other anti-social behaviour, as I know the coppers don't have time to deal with it."

Our local Sergeant asked us all to politically press (and if needs be pray!) for less abstraction. So, if you report a crime it goes on the record and senior Met Police will see reported crime figures increasing in Kingston and will be less inclined to "abstract" so many hours of our police officers' time for duties outside the area.

Therefore, if you see or suspect any crime... **report it.**

Here is what you do...

1. A serious crime or accident that is being witnessed, call 999.
2. Crime in a non-emergency situation, call 101. In order to check on the result of your report, ask for a crime number.
3. If you are prepared to be a regular help, the police would welcome you as a member of Met Engage. To join Met Engage, click [here](#).

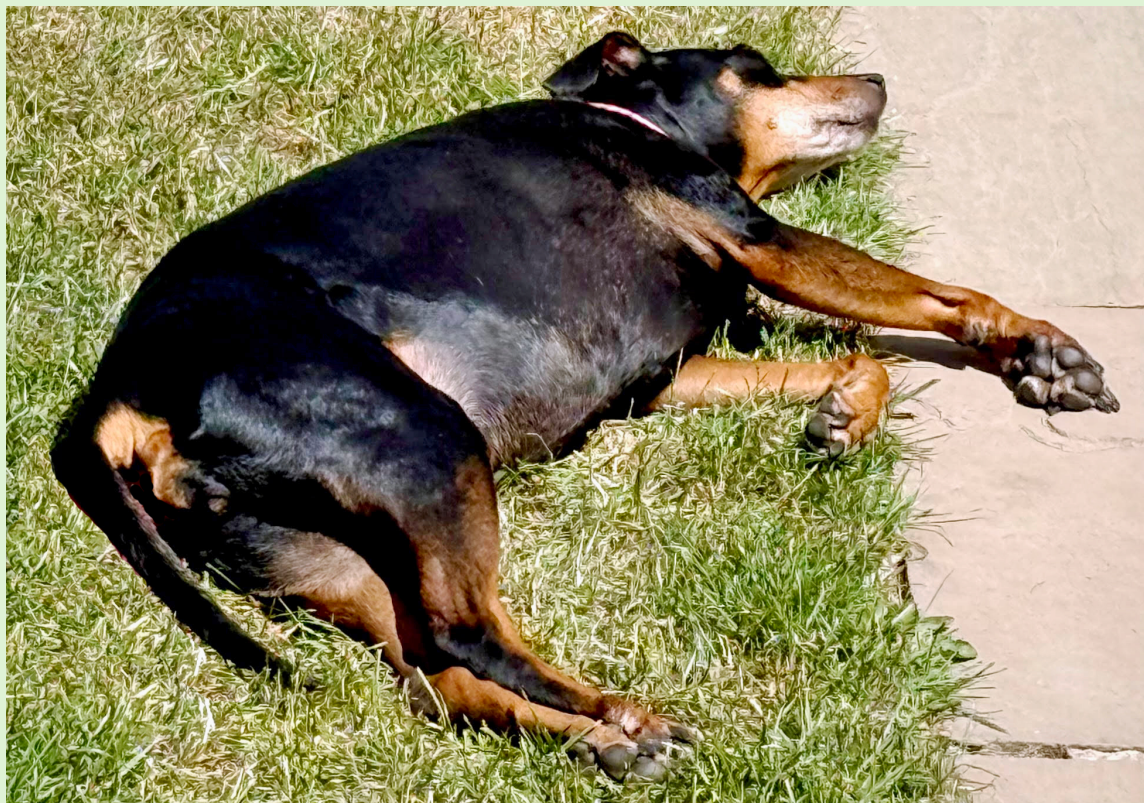


It's a little bit of back to the future with the re-naturalisation works that have begun on the bank of the Thames. The project is a combined effort of community groups, councillors and council officers. It was delayed by about six weeks because a family of coots decided that the ideal spot to nest was the location identified for the project. They couldn't be disturbed and so works were delayed until the chicks were fully fledged. That has now happened and you can see above the fairly rapid development of the site.

This re-naturalised area will add to the biodiversity of the riverfront. The learning from it will allow further areas to be re-naturalised along the riverbank of Canbury Gardens. Watch this space.

Is it heatstroke? ...or heat exhaustion?

By Dr Peter Higgins



Dogs do not sweat like us and can easily overheat on warm days. Even swimming in water can cause overexertion.

Going for a walk for example can be an issue on a hot day, and if you place your hand on the pavement for 5 seconds and it is too hot for your palm it is too hot for the pads of paws and also too hot for a dog to rely on panting to cool down.

You may read about heatstroke in social media and the Internet but there is a big difference between heatstroke and heat exhaustion.

The signs and symptoms of heatstroke are very serious and, in some ways, counterintuitive because quite often a dog is not actually panting at all, but rather, in a complete state of collapse.

Heatstroke is a medical emergency and any animal suffering from it should be taken to a vet immediately.

Heat exhaustion on the other hand is more common and characterised by excessive time in the sun and overdoing it with exercise. Heat exhaustion is characterised by panting, increased body temperature, and sometimes muscular and abdominal pain.

The treatment for heat exhaustion is principally shade, drinking water (but not ad lib as drinking too fast can be a problem), and wet towels on the abdomen, the inside of the hind legs, and the back of the neck at the base of the skull.

Never cover your dog entirely with wet towels, and never totally immerse a dog in a bath of water as this can cause problems.

What to do

1. Offer drinking water. If Rover doesn't want to drink, try placing a cheese cube in a bowl of water. Also wet the lips and gums with your hand full of water.
2. Apply wet towels to the abdomen, inside of the hind legs, and back of the neck at the base of the skull. Leave these on for 10 minutes or until they feel warm.
3. Keep Rover in a cool shaded place.
4. Examine Rover after applying the wet towels and again in about one hour.

Things you should look out for

1. Lethargy and depression. Not responding to you calling.
2. Gum colour that changes eg to white/grey or dark red or bluish, dark red, or purple tingeing of his gums or tongue. Capillary refill time > 3 seconds.
3. Eyes that dart back and forth (nystagmus) or are fixed.
4. Extremely dilated or constricted pupils.
5. Vomiting and diarrhoea.
6. Very heavy panting.
7. Skin fold test > 3 seconds.
8. Fitting or collapse.

Friends of Canbury Bandstand Sunday Concerts



The highly successful Friends of Canbury Bandstand concerts have been well attended once again this year. These concerts not only have a waiting list for bands to perform, but also each Sunday is a full house with attendees.

We also have good representation and support from the Council. The Mayor of the Royal Borough of Kingston upon Thames, Councillor Thay Thayalan, was seen enjoying the recent jazz orchestra concert. And of course, both of our local councillors - Peter Higgins and Nicolai Due-Gundersen - each separately sponsor a concert from their personal council funds. There are still a few more performances left for the remainder of summer, so get down on Sunday and have a listen... you won't be disappointed. This summer's concert schedule is available [here](#).

Save the date for a CARA event: a barbecue not to be missed

CARA Late Summer Barbecue

Sunday 27th September 2026 | Doors Open at 1pm, serving from 1:15pm

Join us for a fantastic neighbourhood gathering!

Bring your family and friends along for an afternoon of great food and community spirit.

- **Location:** Kingston Riverside Tennis Club, Lower Ham Road, KT2 5AJ
- **Food & Drink:** Quality meats freshly supplied by **Bevan's Butchers**, plus delicious vegetarian options and puddings. The Tennis Club bar will be open to purchase drinks.
- **Seating & Parking:** Plenty of seating is available! Parking is limited on a first-come, first-served basis, so walking or cycling is encouraged where possible.
- **Ticket Prices:** Adults: **£9** | Children (Under 13): **£5**

How to Book Your Tickets

Step 1: Email your booking :-

Send an email to cara.kingston@gmail.com with:

- Your **Name** and **Address**
- Number of **Adult tickets** (specify Meat or Veg)
- Number of **Child tickets** (specify Meat or Veg)

Step 2: Bank Transfer

- **Account Name:** CANBURY AND RIVERSIDE ASSOCIATION (CARA)
- **Sort Code:** 20-46-73 | **Account No:** 13558584
- Please Reference your **House/Flat Number** and **Street Name** (e.g. 42 Chestnut Road).



Entrance from Lower Ham Road

Other Local Events :-

Tues 25th August Bat Walk: The Thames Landscape Strategy team will lead a bat walk, starting at the Hawker Centre at 7.45pm (until 9.15pm). To join this event book your (free) place using this QR code.



May 15th - Sept 6th: Canbury Gardens Bandstand Concerts. Scheduled on Sundays 3-5pm (except August bank holiday) organized by CARA and Friends of Canbury Bandstand.

Oct 8th at 19:00 CARA AGM Canbury Pavillion including a talk and free drinks will be served

Oct 23rd : CARA Cheese and Wine event, Canbury Pavillion more details nearer the date.

Important note regarding the 25th August Bat Walk

As the Hawker Centre car park closes promptly at 9:00pm, if you do use the car park you may need to leave the walk early.

So you like gardening...

The Canbury Gardens volunteers are into their summer swing.

It's a happy group, taking pride in upholding the Green Flag status of our lovely local gardens. There are jobs and a welcome for everyone: young, old, active: even those just wanting to meet new friends.

All are welcome. No binding contracts!

Do come along – 10:00am each Saturday, meet by the children's playground.