

We're thrilled to announce a range of exciting activities currently on offer at our Multi-Use Games Area (MUGA). Whether you're a sports enthusiast or simply looking to stay active, there's something for everyone to enjoy. Here's what you can participate in:

1. Kicks Session for Juniors– Improve Your Football Game with Fulham FCF coaches

Join us for our highly popular Kicks football sessions designed for young people, hosted by Fulham FCF.

Kicks Football Juniors FULHAM FCF:

- **When:** Thursday, 5.30 – 7.00 pm
- **Age Group:** 11 - 14

These sessions offer much more than just football skills improvement. They provide a pathway to other competitions, qualifications, and targeted support for those who seek it. The earlier session caters to children aged 11 – 14 and is one of the most sought-out sessions overall.



2. New Sessions: Futsal for Seniors

Join Us! Launch date 18 April

We invite all young adults aged 14-18 to join us for our Futsal for Seniors sessions. Whether you're a seasoned football player looking to expand your skills or someone completely new to the game, our sessions offer a supportive and welcoming environment for everyone.

When: Thursdays from 7:00 pm to 8:30 pm

Age Group: 14-18 years

This activity is brand new to Roupell Park and promises to be an exciting addition to our sports offerings. Futsal is a fast-paced variation of football that emphasizes skill, creativity, and teamwork. Futsal is played on a hard-court

surface with a smaller, heavier ball. The game encourages quick thinking, precise passing, and close control, making it an excellent way to improve football skills, in a fun and dynamic environment. With fewer players on the court, each participant gets more touches on the ball.

Fulham FCF expert coaches will be there to greet you and guide you, so all you need to come is to join in!



3. **Walking Football for adults on Wednesdays 7.30pm – 8.30m**

As we embrace the arrival of spring and the longer days ahead, we'd like to encourage you to consider expanding your exercise routine, and Walking Football might just be the perfect activity for you. These sessions are held every Wednesday from 7.30 to 8.30 pm at the centre of our estate, on the Multi-Use Games Area (MUGA), led by the friendly team from Lambeth Walkers FC <https://www.lambethwalkersfc.co.uk/>

The club was founded with the belief that more people needed gentler exercise while enjoying the social aspect of being part of a team. The group is specifically tailored for individuals aged 45 years or older. It's especially recommended for those who have had surgery, such as knee or hip replacement, or have undergone a heart bypass, much like the club's founder. Needless to say that a bit of camaraderie is good for the soul, too.

Sessions take place regardless of the weather conditions and typically attract around 8 to 10 members. There are a few women who participate in the sessions, and we warmly welcome more to join. This is an excellent opportunity for anyone who has been considering incorporating more physical activity into their routine! Just to add that all sessions are free of charge to all participants, in exchange for your enthusiasm. No previous experience is required.

If you're interested or would like more information, please don't hesitate to contact Mark at 07432 048 486 or via email at team@lambethwalkersfc.co.uk



4. Back to Netball for women – Plans for summer 2024

We are excited to inform you about our collaboration with Netball England to potentially launch Back to Netball as a new organised session exclusively for women.

Back to Netball is designed for women who have previously played netball but have been away from the sport for some time, as well as for those who are completely new to the game but are eager to learn. These sessions are dynamic and led by a Netball England approved coach.

In addition to the netball training, these sessions offer other benefits, such as building friendship, strengthening community ties, and enhancing a sense of wellbeing and positivity. There is no obligation or commitment required; all participants will receive a warm welcome, whether they are new to netball or returning after a break. It's also a fantastic way to stay active and maintain fitness.

The sessions will run once a week, each lasting 60 minutes. At this initial stage, we are keen to gauge the level of interest among our residents and determine how many would like to participate. Please note that these sessions will be provided free of charge to all participants.

If Back to Netball sounds like something you would be interested in, please send us an email at EChristmas@lambeth.gov.uk to express your interest. Your feedback will help us determine the level of demand for these sessions, as we need to justify our investment. Your participation makes it worthwhile for all of us.



5. SEND activities on the MUGA

In partnership with CEF Lyncx, during every school holiday week, we are offering a range of activities, predominantly focused on learning and recreation. One of the highlights of the programme are the morning sessions on the MUGA (Multi Use Games Area).

Running from 10am until 12pm, from our community centre, these sessions offer participants a chance to enjoy a variety of multi-sport activities and games. While the age group primarily targeted is 14 to 20, we are open to considering a wider age range if spaces are available.

If you or someone you know would like to join us for these exciting activities, please contact Navlet for more information and to book a space. Navlet can be contacted via email at navlet@cefi.org.uk. Please note that the upcoming holiday week will take place from the 27th to the 31st of May 2024. We look forward to welcoming new participants to these vibrant and engaging activities on the MUGA!

