



## Senior Citizens Coffee Morning

Senior citizens meet every Tuesday at our Roupell Park Community Centre from 10.30am until 12.30pm.

A festive coffee morning will be held on Tuesday 19th December - refreshments such as mince pies, sparkling wine and other delicacies will be on offer, to wish everybody a happy festive season and to mark yet another successful year for the group. There is plenty to celebrate: a majority of members have completed a 10 week IT course earlier this year and are now able to send emails and order shopping on line, and have attended a couple of outings earlier in the year.

For Jan '18 there are new activities planned for the group: in partnership with Morley College another 10 week course will be launched but this time based on creative activities. If we amalgamate this with a theatre outing and a special 'Beat the January blues coffee morning' which will be held on Tuesday 16th Jan, then the group members are guaranteed an interesting and interactive start to the year, with no winter blues break in sight!

If you'd like to join, all you have to do is to pop in to any Tuesday coffee morning, and have a cuppa and a cake, and play a game of bingo if that's your thing. There are no charges or fees, only a warm welcome from the group members who pride themselves for not being cliquy. Gents are particularly encouraged to join the group!



## Keeping safe this Christmas

A couple of messages this Christmas:

Firstly you are likely to have presents and more expensive things in your homes. Make sure you keep them safe. Make sure you keep your windows and doors locked and keep your presents out of sight so they don't tempt the opportunistic thief.

Secondly don't let anyone you don't know into your home. Anybody from this office will have an ID badge and so will people from people like Thames Water or other utility providers. If in doubt, don't let them in and take their number and call the head office to make sure they are who they say they are.

Finally, remember that the most common cause of domestic fires is unattended candles. If you have candles lit in your home always ensure they are away from any flammable material, curtains, decorations etc, that they are firmly fixed and can't fall over and never leave candles alight unattended.

## ESOL Course congrats for completing

Congratulations to all who have completed a 10 week ESOL course (English as a Second Or foreign Language) – weekly sessions at our community hall started in Sept '17 and are about to be completed with the final certificates ceremony on the 14th Dec '17.

Those who have been attending have shown a marked improvement in their spoken and written English language skills as a result of their dedication and resilience with an exceptionally high attendance rate and with zero drop outs. Also, we would like to thank Christina, a wonderful tutor who has inspired students to complete the course, as well as to Cathy, a support volunteer tutor for her extraordinary patience, and to Farhiya, our community volunteer, for overseeing the running of the sessions.

Due to its overall success and the high demand, another 10 week course will start in Jan 2018; the exact dates to be advertised in early Jan '18.

If you'd like to secure your place, then please contact Eva on 07983 584 767 as places will again most likely run out very quickly! This course has been delivered in partnership with High Trees Community Development Trust.



## Yoga chair sessions

No time like January to kick start your new health regime. If you consider yourself elderly or less-abled, this free gentle exercise session could be a perfect solution for you! The sessions are an hour long, consisting of gentle stretching and breathing techniques, and are designed to improve posture and support the spine; all this without any strain to your joints.

The date for the first session in the New Year is 19th Jan and then each Friday to follow from 10.30am – 11.30am at our Roupell Community Centre. Exercise helps to slow down deterioration in older age, so all you have to do is turn up – our lovely tutor Gurpreet will take care of the rest! For more info, call Gurpreet on 07791 640914.

# This Is Your Community Newsletter

**Roupell Park**  
Resident Management Organisation Ltd

Working together to provide high quality homes and create a fair, strong and sustainable community

December 2017, Number 15

## Board Corner

These are exciting times for Roupell Park whilst we start looking at the next phase in our development. However let me begin by welcoming two new members to the Board, Edward Evans and Olanike Onikose.

It is great that we now have a full complement of 12 Board members but we are always looking for new people to become involved in what we do. Becoming a member of RPRMO allows you to vote on all key decisions affecting the estate, but if you want to become more involved you can become a block rep, or you could be co-opted onto the Board.

The Board are now preparing to deliver our Christmas Hampers to the older residents on the estate, something we love to do and something that we know is very well received. We are looking at how we develop this sort of initiative into a wider programme that lasts all year.

This is about helping people who may be socially isolated and unable to access the services that we or our partners provide for, or simply having another resident come round for a cup of tea to make sure they are OK. This is not just about older people but also young mothers who might not be coming to our stay and play sessions, or children not taking part in our sports events or coming to our homework club.

We have also started to look at how we can take more control of the way we run the estate from the Council. We know we can do things better that they do. These are early days and as we develop our ideas more fully we will let you know.

Finally let me wish you a very happy Christmas and a prosperous new year on behalf of the Board and all the Staff at Roupell Park.

Mary Simpson  
Chair of the Board.



## Dear Resident,

Please note these are the office opening times during the holiday period:

| Date       | Office Opening | Office Phone Lines |
|------------|----------------|--------------------|
| 22 Dec     | As usual       | As usual           |
| 25- 26 Dec | Office closed  | Office closed      |
| 27 Dec     | 10.00 – 16.00  | 9.00 – 17.00       |
| 28 Dec     | 10.00 – 16.00  | 9.00 – 17.00       |
| 29 Dec     | 10.00 – 16.00  | 9.00 – 16.00       |
| 1 Jan      | Office closed  | Office closed      |
| 2 Jan      | As usual       | As usual           |

After these times, Lambeth Council will take over EMERGENCY REPAIR calls ONLY. Lambeth Council can be contacted on 020 7926 6000/6666.

## New payment service available at our office

Dear resident,

We now offer a new service at our office in order to make payments more convenient. It is now possible for you to make payments for parking permits and recharges by credit card/debit card at our office, so no need to pay via bank/post office or in cash!



## WE KNOW ITS CHRISTMAS, BUT...

Roupell Park are currently the best RMO in Lambeth at collecting the rent and are better than the Council as well. We do this by supporting people who have real problems paying and coming to sensible agreements for debt to be repaid.

On the other hand for people who break those agreements or choose to spend their money on other things, we take firm action including evicting people. **SO, PLEASE REMEMBER TO PAY YOUR RENT. NOTHING IS MORE IMPORTANT THAN KEEPING A ROOF OVER YOUR HEAD!**

## Good news about major works

At last the major works to the outsides of the blocks are finished! All the scaffolding is down and, whilst there is a bit of snagging still to do, in terms of disruption it's all over.

Thank you to every one on the estate for their support and understanding through this difficult process.

Another piece of good news is that we finally have the agreement of the Council to make good all the defects to the inside of tenants' homes arising from the works done 2 or 3 years ago to kitchens, bathrooms and wiring.

The work will be carried out by Mears and the staff from the office will manage the project and not Lambeth. This means that we will ensure that the work is done at your convenience and not that of the contractors. In addition our staff will sign off every piece of work to make sure that it is done properly.

The work will begin in January. However we will need to access many of your homes. Some of the problems are not readily obvious and will mean we really do need to have a look. I know you have waited a long time but please co-operate with us so we can get the major works people off site once and for all.



## Festive Social Games Evening

Every Wednesday, our residents meet in order to play a range of games which vary from Monopoly, Scrabble, dominos, chess, cards and Trivial Pursuit at the community hall from 7 – 8.30pm. To mark the last session of the year, on 20th Dec, a range of festive refreshments will be served and a voucher prize will be given to the lucky winner of the game of the evening, which the group decided to play! So, if you haven't already done so, now this is the time to drop in for a bit of a laugh and banter and in this instance a chance to win a prize. We would like to thank our community volunteers for running this highly interactive and award winning activity throughout 2017!

## FUN DAY VOLUNTEERS NEEDED

In order to run another successful fun day event, we need more volunteers to take part and help out in the run up to the event and on the day! This includes: set up and clear up on the day of the event, and/or being part of the planning committee where you will contribute to the overall decision making process on how to run the event. If you'd like to see this go ahead, then please contact Eva on 07983 584 767 and sign up by 20th Jan 2018.



## Refuse collection over Christmas period

The Christmas Season is almost upon us. As in previous years, we will provide 4 skips across the Estate so that Christmas wrapping paper etc. can be disposed of securely and safely.

For your information, we are in discussion with Lambeth Council regarding the refuse allocation. Lambeth have moved to PM collections and we want AM collections, so that our cleaners/caretakers can put out the bins in the morning and put them back by the end of the day. We will inform you regarding progress with Lambeth in Jan '18.



## Paid internship for those with keen interest in renewable energy

There is a chance for a paid internship in early Feb 2018, for those aged 16 to 21 years, with a strong interest in renewable energy and solar panel making. The programme is designed as a 40-hour programme, with 2 to 6 hours each week. The course will result with an accredited certification and with an hourly paid rate of £10, it makes an attractive proposal!

If you are interested, we would suggest that you apply early to avoid disappointment and contact Zaira on 07546 336 670 for a taster session which will be held in late Jan '18. This project is delivered in partnership with Repowering London.

## Festive Stay & Play for families with under 5's

On Monday 18th Dec, the Stay and Play session will be held at our Roupell Community Centre from 10am until 12pm and is generously supported by the Treehouse Children's Centre. This is a great opportunity for parents and carers and their little ones to enjoy storytelling, arts and crafts, and creative play. You will also have a chance to sing along to some of your favourite Christmas songs and rhymes. In addition, seasonal refreshments will be served, and each child will receive a goody bag to take home at the end of the session. The Stay and Play sessions will re-launch its weekly activities in Jan 2018 at the Roupell Community Centre. We are currently looking at the exact dates, which largely rely on the availability of our community volunteers. If you think that you could contribute to the overall running of the sessions, then please contact Eva Christmas on 07983 584 767.

For more info about the children centre services, or to inquire about a place in the nursery, please contact Angela on 0208 674 2186 or 07958 143 548.

## Roupell Youth Forum



Since its launch in March '17, the youth forum has been holding its monthly meetings without fail on the first Thursday of each month, in which young people manage their budget, they discuss outings, find out first-hand about the overall range of activities and are there to generally have their say.

Forum reps will also formally attend Roupell Board meetings on a quarterly basis, which will enable them to further develop their leadership skills and learn about the decision making processes within organisations and about their responsibilities and the influence they, as young people, have within the organisation.

As an end of year treat, the forum members will be taken out to Nando's at the Greenwich O2 on the 7th Dec as a thank you for their contribution to the overall programme.

The next meeting in 2018 will be held on the 4th Jan '18 and their next planned activity is paintballing, but the date is yet TBC. If you are between 9 and 18 years of age, you are invited to join the group!

For more info, ring Eva on 07983 584767.

## Friday Football with Fulham FC



The Friday football sessions with Fulham FC will stop on Friday 22nd Dec and will restart on 5th Jan. The session are, apart from the holiday season, taking place every Friday from 5 – 7.00pm at our 5-a side football pitch and are for boys and girls from 9 – 16/17 years of age.

There are add-on perks for those who attend on a regular basis, such as monthly tournaments which take place at Fulham's grounds, as well as some surprise and fun activities planned in partnership with the Royal Navy in the New Year, so watch out for this. All sessions are FREE of charge, but parents do have to sign a one-off consent form for their children if they are new applicants.

For more info about the sessions, please contact Paul Smithers on 07500 108495.



## After School Club Study Report

After School Club Study Support and free tuition in Numeracy, Literacy and Science for age group 7-12 years of age is taking place every week on Wednesdays and Thursdays from 5 – 7.00pm at our RPCC.

The term is coming to its end and the last session will be held on the 13th and 14th Dec. The sessions will resume in the New Year in the week commencing 8th Jan 2018 with an opportunity for the new members to join in!

A parents' welcome evening will be held on Wed 13th January and Thursday 14th January from 5 – 6.00pm.