

Blockages

If your kitchen sink or wash hand basin becomes blocked, you can attempt to remove the blockage manually. Please do not use chemicals as they can corrode the pipework and are a health and safety risk for our DLO and contractors. If chemicals are used, it can delay our staff and contractors when rectifying the blockage, so that the job cannot be completed within the service standard timescale.

Improving the way we communicate with you

We are in the process of finalising our system, which will enable us to communicate with you via group email. This means that we will be able to send you information such as newsletters, updates on repairs, services to your blocks, or any other information related to the overall services that we provide, via email. For many people this is a better way of receiving information. Nevertheless, we will continue to distribute newsletters and other communications in hard copy, as we know some people do prefer this.

We will send you an email in June, asking you to opt-in or out of our Roupell Park email portal. No recipient will be visible to anyone else, to ensure privacy and anonymity. You will be able to

unsubscribe at any time if you change your mind.

Email communication will broaden the way in which we communicate with you; we all tend to engage more digitally these days. We want to be able to let you know about the things that are important to you so in the first email, you will be asked your age, the block in which you live and, if you have children.

Many thanks for your cooperation and we look forward to being in touch with you digitally soon.

If you have any questions, contact EChristmas@lambeth.gov.uk

Reap the benefits of your digital relationship and don't miss out! If you don't hear from us by the middle of July, please send your email address to rouPELLpark@lambeth.gov.uk We look forward to hearing from you soon.



Continuation Ballot 2022

OUR FUTURE IN YOUR HANDS

Every 5 years we need to consult our residents as to whether RPMO should continue to manage our estate, rather than it going back to be managed directly by the Council. It is now time to hold the next vote and it is really important that you not only vote, but VOTE YES.

Why should I Vote Yes?

- You are in charge! We are directly accountable to you through our Board, most of whom live on the estate.
- If you phone us you will speak to someone who knows the estate and not a remote call centre.
- We will continue to deliver local services by people you know and trust.
- We have run a range of community activities across all age groups such as an after-school club, summer holiday provision, coffee morning and chair exercises for the elderly, football sessions and much more. The Council will not do this.
- Because we are financially sound, we have been able to remodel our sports area (MUGA) and can invest in things like extending our CCTV network. The Council would not do this, either.

What happens if you vote 'No'?

If the majority of people voting vote no, then the Council will take direct responsibility for the management of the estate, including caretaking and the repairs and maintenance service. That means that the service will be done by the Councils big contractors and all your repair calls would have to go through the Council switchboard. The Estate Office would be shut.

What Happens Next?

We will be sending ballot papers out on **17 June**. These can be returned in the envelope provided; seal and place them in the ballot box during opening times or by posting your sealed envelope through the office letter box, or vote online. The ballot will close at **5.00pm on Friday 8 July**.

PLEASE MAKE SURE YOU VOTE AND VOTE YES TO KEEPING RPRMO.

Our future is in your hands.

The Youth Forum

The Roupell Park Youth Forum will next meet on Tuesday, 21st June from 7-9pm at Roupell Park Community Centre. These meetings are quarterly, and the Forum provides a safe place where young people's voice is heard. Each meeting has its structured agenda, which fits in with the Board's wider vision for the young people from the estate. The conversation is also around things that matter to both young people and the whole of the Roupell Park community. Many young people felt that they have really developed their speaking and confidence skills by being active members. To join the Youth Forum, you must be aged 11 years and over, and wish to help bring positive change to the way young people engage with and contribute to what happens on the estate. For more information, please call **Christian** from CEF Lyncx on **07706 179 851**.

Our chair, Mary, & Nathaniel



Coffee Morning Group

FOR SENIOR RESIDENTS

The Coffee Morning Group meets on Tuesdays from 10.30am – 12.30pm at our community centre. 'The coffee morning is all about speaking to someone, and about having friends, we have all been so lonely in the past couple of years', says Molly, the Chair of the Group. Recently, our lovely resident Linda, a retired teacher, has been facilitating painting sessions, mainly with acrylics and watercolours which she brings to the sessions for everyone to use. Some have discovered a new-found talent, and others have found painting therapeutic. In the end, your interests provide a link to social networks, and the social network then supports those who may be alone, or simply by encouraging people to spend time together, outside of their homes. For more information, and positive encouragement to join in, please call **Eva** on **07983 584767**.

THURSDAYS

Kicks Football Juniors

FULHAM FCF: 5.30 - 7PM,
11 - 14 YEARS OLD

Kicks Football Seniors

FULHAM FCF: 7 - 8.30PM,
14 - 18 YEARS OLD

The very popular Kicks football sessions for young people provide an opportunity to improve not just their football skills, but also a pathway to other competitions, qualifications, and other training and targeted support for those who want it. The earlier session is targeted at children who are 11 - 14 years of age, which is split into two groups, one for younger and one for older children.

Young people are thrilled that they are finally able to go out and play on a decent surface, particularly after the long Covid period, which for most was not a happy time. For more information, please contact: kicks@fulhamfc.com or call on **0203 871 0811**.

New Sport

We have been in conversation with Netball England and are looking to launch the 'Back to Netball' sessions for girls and women who are 16+ years of age. The sessions would take place either daytime

or in the evening, from 6 - 7pm., so please let us know which time would suit you best, if you are interested in taking part. The sessions will be introduced in late June/early July 2022. You don't need to have any netball skills as the coach will teach you the rules and how to play. For more information, contact Eva on 07983 584767.

All the sessions above are FREE of charge to all residents.

Behaviour on the pitch

Whilst most of our residents, including young people, are looking after this new facility and are responsible users, there are those who may be the exception. Recently, we have found large amounts of cigarette butts on the playing surface (carpet). This could cause permanent damage to the carpet, and the cost of repair would be too high for Roupell Park to cover. Please behave responsibly on the pitch. We have CCTV in place that monitors the facility 24/7, so if we can identify the culprits, we will take action to recover the cost of repair.

Other rules: do not use bikes or scooters on the facility and do not leave your rubbish and plastic around the pitch. We'd like to thank you for your cooperation, and to all who abide by these rules. You are the majority.

The sessions are run in such way that they can vary the sport on offer, so it is not just football, but other sports too, and the level of the sport on offer, depending on the nature of the disabilities that participants have. One thing guaranteed is that those that attend leave with a smile and the commitment to come back for more. Although we have started with a low number of participants, we are expecting the sessions to pick up soon. So, if you know of anyone with disabilities, please encourage them to join in.

Fulham FCF have the capacity to work with those who may be at the more severe end of the spectrum of disabilities, so please bear this in mind. For more detailed information please contact **Katy** on **07827 957837** or **Eva Christmas** on **07983 584 767**.

To book, visit:
www.fulhamsoccerschools.com



WEDNESDAYS

'More Than a Game'

FOR ADULTS 18+, FROM 1- 2PM WITH FULHAM FCF

These sessions are geared at those who are at home most of the time. So, if you are working from home, this might be a good time to take a break, or you might be on benefits, between jobs, or a carer. It's for anyone who wishes to improve their fitness levels and football skills. These sessions focus on general wellbeing and mental health. We have all found it difficult to cope at times during the pandemic and are now more aware of the need to place importance on our own wellbeing, both physical and mental. Sessions are free of charge. So, no excuses!

Girls-only Football session

FOR 11 - 18 YEARS OF AGE, 5.30 - 7.00PM RUN BY ST MATTHEW'S PROJECT

We are fully committed to ensuring that sport and physical activity is relevant and motivating for girls, as this can be especially challenging. St. Matthew's Project, in partnership with Fulham FCF, have been running these sessions since mid-February 2022. The sessions started slowly but numbers are now picking-up and we now have an average of between 8 to 10 participants. In one recent session 25 girls took part, as St. Matthew's ran trials for the London Youth Games. For more information, please contact **Dwight** on **07535 891133**.

Friday Chair Yoga session for adults

ARE NOW LED BY OUR RESIDENT LINDA

Although our long term tutor has now left the Friday Chair Yoga sessions, as he has moved out of London, the sessions do still take place on Fridays, from 11am - 12pm, at our community centre. They are now run by Linda. Linda plugs in to an online session on her iPad, and then she helps others to follow the exercise. These sessions are good for the whole body, as you are using all your muscles, and for your general wellbeing. The group then goes to the local corner coffee shop, for tea and coffee. After all, it's also about enjoying each other's company and being companions and friends. If you want to join the sessions, just pop in to the the community centre on a Friday at 11am.



Social Games Evening

After a long break, mainly due to Covid, the Social Games Club is restarting on Wednesday, 8 June and will run each Wednesday, from 7 -9pm at our Roupell Park community centre. A small group of residents thought that this would be a fun way of spending an evening together over a game of cards, Scrabble, chess, or Monopoly. Laughter is a remedy for many ailments, and playing games often causes many impromptu giggles, keeping one feeling young and energetic. It also improves brain function and boosts creativity. This is a great way to feel more connected with your fellow neighbours. If you have never been, do feel free to drop in; a warm welcome is guaranteed, to all age groups. For more information, please contact Eva on 07983 584767.

Extra Study Support

In partnership with CEF Lyncx, we are running study support as an online classroom. The last session for this term will be held on 22nd June 2022. Information about new sessions in the Autumn term will soon be available online at <http://cefi.org.uk/staying-on-top-of-the-game>. If you wish to speak to someone about the sessions, then call **Navlet Williamson** on **07984 337 812**.

Sessions on the MUGA

We held the MUGA opening event on the 12th April. A variety of partners were at the event, both of our funders, our MP Bell Ribeiro-Addy, and we had the privilege of a guest appearance by Fulham FC midfielder, **Nathaniel Chalobah**, saying that this new facility makes him feel “jealous”, as growing up in Gypsy Hill he didn’t have the privilege of playing on such a fine surface.

We are in the process of launching new sessions and expanding our programme. We want you to come out and play, irrespective of your ability, physical mobility, age or gender. This pitch was re-built for you, too.

The timetable of activities is placed on the notice board, by the entrance to the pitch, which provides information about the programme of activities. Please note that organised sessions take priority over free play.

MONDAYS

Walking Football Session 1 -- 2pm,

FULHAM FC FOUNDATION

This session is aimed at adults 50+ and is generally aimed at those physically impaired, through age, illness, or injury. So far, this has meant that the coffee morning group, most with their walking aids, comes to the football pitch to play football. It’s so nice that our elderly population feel the court is for them too, and they make it their own. Going around the pitch is tiring, and it inevitably involves quite a few social breaks. Fulham’s coaches running the sessions might be young but they’re very sensitive to older people’s needs.

So far, everyone has enjoyed this, but we want to encourage more people to join in. This session is also good for parents who are at home and for women and all those whose mobility is limited, irrespective of their age.

Chair Exercise & Fulham Memories 2.15 -- 3.30pm

AT ROUPELL PARK COMMUNITY CENTRE,
FULHAM FCF

This session starts off with a light physical chair exercise activity, and then proceeds to a game of ‘boccia’. I was surprised to learn how competitive it all gets. The first session had over 10 participants. It is aimed and designed to promote social inclusion. Games and quizzes are involved too. Highly sociable, interactive, and fun. Everyone leaves the session feeling high-spirited.

HIGH TREES PRIMARY SCHOOL runs organised football coaching sessions for year 5 and 6 pupils **from 3.15 – 5pm**. Please note that this session is for their school children only and is not open for other users.

Walking Football



Disability session



TUESDAYS

We run two disability sessions.

Adult Pan Disability session

(16+) WITH FULHAM FCF AND CEF LYNXCX:
10-11AM

Juniors Pan Disability session

(5-16 YEARS) WITH FULHAM FCF AND CEF
LYNXCX: 6-7PM

Our newly launched Pan Disability sessions provide specialist coaching for people of all ages with varied disabilities. Fulham FCF’s disability coaches are in charge of the sessions, whilst CEF Lynxcx do the outreach work, so together they aim to ensure that the sessions are well attended.