

Sizzlin' Hot
Summer Newsletter
2023

Dear Resident,

We are thrilled to present our exciting summer activities; we hope you will sign up and join in the fun. All activities are FREE of charge, so check out the details below and we'll see you soon.

Make the most of your summer with fun, fitness, and new friendships. Don't miss out!



Fulham FCF Football Kicks Sessions

Calling all senior football enthusiasts! Join us for the Fulham FCF Kicks Football sessions designed exclusively for you. Under the guidance of experienced coaches, you'll have the opportunity to enhance your skills, improve teamwork, and enjoy the game to the fullest. Don't miss out on this fantastic opportunity to showcase and further develop your talent.

Kicks Football for Juniors

When: Thursdays from 5:30 pm to 7:00 pm

Location: Roupell Park MUGA

Age group: 10-14 years

Registration: Please register ahead of each session through this link: <https://www.fulhamkicks.com/book.htm?courseId=5464&date=2023-07-06>

Don't miss out on this chance to enhance your skills and enjoy the game!

Kicks Football for Seniors

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

Age group: 15-18 years

Registration: Please register ahead of each session through this link: <https://www.fulhamkicks.com/book.htm?courseId=5466&date=2023-07-06>

Girls Kicks



Girls Only Football with St Matthew's and Fulham FCF

Join us for an exciting opportunity to participate in girls-only football sessions, brought to you by St Matthew's Project and Fulham FCF. During these combined sessions, girls will have the chance to engage in football while enjoying a supportive and inclusive environment. As an added benefit, all girls attending are offered free FA Introduction to Coaching Football courses (formerly FA Level-1) and volunteering opportunities at SMP, once they turn 16.

Furthermore, St Matthew's Project has recently joined the new and revised Capital Girls' League (SW Division),



providing an excellent platform for girls who aspire to progress further in their football journey.

Time: Wednesdays from 5:30 pm to 7:00 pm

Age group: 10-18 years

Registration: Please register ahead of each session through this link:

<https://www.fulhamkicks.com/book.htm?courseId=5494&date=2023-07-05>

For more information, please contact **Dwight** on **07493 882 468**.

Don't miss out on this empowering experience dedicated to girls' football!

MUGA



Fulham FCF Chair Exercise for Adults

Join us for invigorating chair exercise sessions, led by experienced Fulham FCF coaches. Chair exercise is a gentle and effective form of exercise suitable for all age groups. Improve your posture, flexibility and overall wellbeing without the need for intense physical activity.

Time: Mondays, 2:00 pm - 3:30 pm

Venue: Roupell Park Community Centre

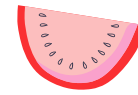
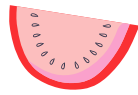
Age group: 25+ years. Very mature residents are welcome, too

Registration: No booking is required, Just join us at our community centre and experience the benefits first hand.

For more information, please contact **Eva** on **07983 584767**.

A 5-week Summer Programme with CEF Lyncx

Join us for an exhilarating 5-week Summer Programme offered by CEF Lyncx. Immerse yourself in a wide range of activities designed to ignite your enthusiasm and creativity. From Boot Camp and Multi-sports to Arts and Crafts, Performing Arts, Music and Dance workshops, and Bicycle Maintenance workshops, there's something for



everyone. Additionally, a Leadership workshop is on offer, for those eager to enhance their leadership skills and personal growth.

To cater to different age groups, the children are divided into two categories: the younger age group (7-11 years) and the older age group (12-18 years). This allows us to tailor activities and workshops to the specific needs and interests of each age group. As a bonus, FREE hot lunches will be served daily.

Dates: Monday to Friday, starting from 24th July until 25th August 2023

Location: Windmill Gardens, meeting at 10 am; programme finishes at 4pm.

Age groups: 7-11 years and 12-18 years

Registration: For more information and to register, please contact **Christian** on **07706 179851** or email: **community7@cefi.org.uk**

Summer Programme



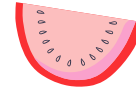
SEND Group



The SEND Connection 2023 Boot Camp Programme with CEF Lyncx

Experience an enriching 4-week Boot Camp Programme, designed specifically for young people aged 11-30 with special needs and disabilities (SEND). This program offers a diverse range of activities focused on education, social interaction, and fun. Participants will have the opportunity to learn essential cooking skills, enjoy music, dance, and disco sessions, engage in physical activities and games, as well as embark on exciting trips and excursions.

Not only does this programme benefit the young participants, but it also provides much-needed respite for parents and carers. We understand the importance of supporting families, and these activities offer a valuable break



while ensuring a positive and enriching experience for their loved ones. FREE hot lunches will be served daily.

When: Monday 24th July to Friday 19th August 2023, from 10 am to 4 pm each day.

Location: Roupell Park Community Centre, located by Hyperion House. To register, please contact **Navlet 07984 337812** or **email**. Don't miss out on this fantastic opportunity!

Lunch Club



Nouar Lefdil



Amanda's Lunch Club

If you are an elderly individual or live alone, we invite you to join our Friday Lunch Club, organized by our resident, Nouar. Nouar prepares nourishing FREE meals that are not only healthy but also

delicious. Eating in the company of others can be especially enjoyable if you live alone.

We are delighted to announce that this new activity has been made possible thanks to a grant we received from the Lambeth Wellbeing Fund this spring.

Details:

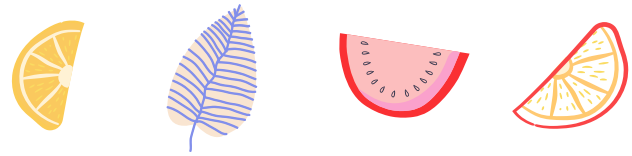
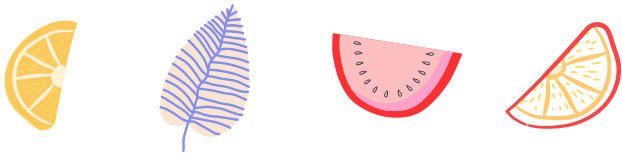
Where: Roupell Park Community Centre

When? On Fridays, from 1 – 3pm (excluding the period from 11 August to 9 September)

Who: Open to anyone from the estate or a friend of the estate. While women are given preference, we warmly welcome elderly men as well.

Please note that all the food served at the lunch club is Halal.

Registration: Please email **EChristmas@lambeth.gov.uk** or call on **07983 5874767**



Coffee Morning for Seniors

We extend a warm invitation to all senior residents to join our longstanding and beloved Coffee Morning this summer. Join us for a cup of coffee, engaging conversations, and the chance to forge new friendships. The more, the merrier! This weekly gathering has been a staple in our community for over a decade, bringing residents together for a delightful morning filled with companionship, new friendships, and, of course, coffee. Organized by our esteemed resident, Molly, this activity serves as a wonderful opportunity for seniors to socialize, share stories, and enjoy the company of like-minded individuals. Molly's initiative to organize this event not only allows her to step out of her home but also ensures that others can benefit from this, too.

When: Every Tuesday, from 10:30 am to 12:30 pm

Where: Roupell Park Community Centre, located by Hyperion House

Registration: No registration required, simply turn up and enjoy the company!

Gardening workshops



Coffee Morning



Join us for the Final Workshop of the Greening the Estate Initiative 22 July

As part of our ongoing efforts to make our estate greener and more sustainable, we have successfully conducted 4 out of a series of 5 workshops, in partnership with Social Landscapes. Now, we are eagerly approaching the grand finale - the 5th and final workshop.



During the previous workshops, residents showed great enthusiasm and dedication to become gardeners. They formed their own WhatsApp group and took responsibility for caring for their own planters, where they have been growing a variety of herbs and vegetables. You can find these planters in front of Dunsfold, Tanhurst, and Tilford House.

Now, we invite you to join us for the final workshop, which is scheduled for **Saturday, 22nd July, from 11 am until 1 pm**. During this workshop, the dedicated team from Social Landscapes will lead us in building and planting an additional two planters. We will gather at the Roupell Park Community Centre, located adjacent to Hyperion House. Participation in each workshop is free of charge, but registration is required as spaces are limited. To secure your

spot, please contact **Eva Christmas** at **020 7926 0314** or email **EChristmas@lambeth.gov.uk**, or **Michel** from Social Landscapes at **07901 036220** or email **michel@sociallandscapes.co.uk**.

Let's make a positive impact on our surroundings and create a greener future for our community. See you at the final workshop!

Dog ownership



Building planters



Keeping Our Estate Clean: Responsible Dog Ownership

Living on a housing estate means we share communal spaces, and responsible dog ownership is crucial. Unfortunately, some owners have neglected their duty, causing problems for everyone. Dog waste left on the grass poses health risks and creates an unhygienic environment, especially during the summer months when more residents and children enjoy



our outdoor areas. To address this issue, we urge all dog owners to:

- Always carry waste bags.
- Clean up promptly after your dog.
- Use designated waste bins.
- If you witness irresponsible dog ownership, please report it to our offices.

By following these practices, we can create a cleaner and healthier environment for our community. Let's work together to promote responsible dog ownership and maintain a safe and enjoyable estate for all residents.

Do you own an e-bike or e-scooter?

We have noticed an increase in the number of e-scooters on the estate recently. If you own one, we would like to bring an important matter to your attention regarding the charging of e-scooters within homes. The London Fire Brigade (LFB) recently released a video demonstrating the potential dangers associated with this practice. In the video, an e-scooter's batteries exploded, resulting in a fire that rapidly engulfed the surrounding area in less than a minute.

Additionally, we want to highlight that rail companies have expressed concerns

about this issue and have acted by implementing a ban on e-scooters and e-bicycles being transported on their trains. Lambeth Council has also issued warnings regarding the potential fire risks associated with e-scooter batteries. Considering the potential hazards involved, we strongly advise against charging e-scooters indoors. Charging e-scooters indoors poses a significant fire risk due to the potential for batteries to overheat.

The safety and well-being of you, your family, and your neighbours are of utmost importance to us. We kindly request your attention to this matter to ensure the continued health and safety of everyone in our community. Thank you for your understanding and cooperation.

E-Scooter

