

SPORT

ESTATE BASED FOOTBALL AND MULTI-SPORT SESSIONS WITH FULHAM FC

Fulham coaches are guiding young people to learn new skills, have fun and achieve their full potential through these sports sessions:

Age group: 8 – 17 years

FREE

Friday sessions: 26 July, 2 August, 9 August, 16 August, 23 August and 30 August. Time: 5-7pm

Tuesday sessions: 30 July, 6 August, 13 August, 20 August and 27 August. Time: 1-3pm

Wednesday sessions: 31 July, 7 August, 14 August, 21 August and 28 August. Time: 3.30-5.30pm

Venue: Roupell Park football cage next to Dunsfold House

Field trips are planned for those who regularly attend any of these sessions.

EXTRA

How to apply: Just turn up at the session; parents will have to fill out a one-off consent form.



YOGA CHAIR DROP-IN SESSIONS FOR ADULTS

FREE

Dates: Fridays 26 July, 16 August, 23 August. Time: 10.30 – 11.30am

Friday 9 August. Time: 1 – 2pm

Venue: Roupell Park Community Centre

If you prefer a gentle type of exercise or have limited physical capacity, then these sessions are perfect for you! Gurpreet, the session tutor, will take you through a series of stretching and relaxation techniques – and all whilst being seated in your chair. Other benefits are improved posture, balance and alleviation of pain, especially if you suffer from arthritis.

How to apply: You can just pop in at the session, for more info please call **Gurpreet** on **077916 40914**.

CREATIVE DANCE FOR GIRLS AND WOMEN

Dates: Fridays 26 July, 9 August, 16 August and 23 August

Time: 2-3pm

FREE

Age: 17+

Venue: Roupell Park Community Centre

Discover your love and passion for creative dance with a qualified dance and movement therapist. This class is designed for adults both young and old – after a fun warm up you will have a chance to explore a range of movements before working with props to develop your own dance – all set to music! No prior dance experience is necessary.

How to apply: You can just pop in at the session, for more info please call **Gurpreet** on **077916 40914**.

TO MARK THE END OF OUR SUMMER PROGRAMME ...

SEASIDE COACH TRIP FOR ALL TO LITTLEHAMPTON

Date: Saturday 31 August

Things to do: Harbour Adventure Park with free entry for children, the award-winning sandy beach and promenade, ideal for picnics, free entry to a friendly and popular family museum with a variety of exhibitions, and much more.

Ticket cost: £5 per adult and £2 per child or £1 for second or any additional children

Departure: at 9.00am sharp from the corner of Upper Tulse Hill Road and Fairview Place. Leaving Littlehampton at 5.00pm to return home.

How to apply: Tickets will be sold on a first come, first served basis from our Roupell Park office from Monday 5 August.

SUMMER PROGRAMME

2019

WELCOME TO THIS YEAR'S SUMMER PROGRAMME, OFFERING A RANGE OF ACTIVITIES FROM MONDAY 22 JULY UNTIL SATURDAY 31 AUGUST, WITH EVENTS TO SUIT ALL AGES! ALL ACTIVITIES ARE FREE OF CHARGE, APART FROM THE COACH TRIPS. EARLY BOOKING IS RECOMMENDED TO AVOID DISAPPOINTMENT.

UNDER-5S

COACH TRIP FOR FAMILIES WITH THE UNDER-5S TO FRENTHAM GREAT POND IN SURREY

This Green Flag Award winning site is owned by the National Trust and makes a great day out! The man-made beach stretches along a 13th century lake giving ample opportunity to sunbathe and swim. The woodland trails and paths around the lake and common provide plenty of opportunity to enjoy nature!

Date: Wednesday 21 August

Departure: at 9am sharp from outside the Treehouse children Centre @ Holmewood Nursery School.

Estimated to return home for 4pm.

Price: £3 per adult, £1 per child

Parents will be responsible for their own children at all times.

How to apply: Please contact **Angela** from the Treehouse Nursery on **07958 149548**.

CREATIVE ACTIVITIES FOR FAMILIES WITH UNDER-5S

Enjoy a range of activities aimed at your little ones, such as: arts and crafts, movement and dance, and storytelling!

Date: Monday 29 July, 5 August, 12 August and 19 August.

Time: 9.45am – 11.30am

Venue: Roupell Park Community Centre

FREE

If you need any more information about the overall programme, please contact Eva Christmas on 07983 584767.



SUMMER CAMP ACTIVITIES

If you are **8 – 16 years of age**, we have organised five weeks of pure fun and learning with CEF Lyncx.

All activities will take place at **Windmill Gardens, SW2 5EU**.

Dates: Monday to Friday from **22 July – 23 August**

ARTS & CRAFTS WORKSHOP AND ICE-SKATING

FREE

Dates: Mondays 22 July, 29 July, 5 Aug, 12 Aug and 19 August

Time: 9.00am – 4.00pm

GO-KARTING / OXYGEN FREE JUMPING

FREE

Dates: Tuesdays 23 July, 30 July, 6 Aug, 13 Aug and 20 August.

Time: 9.00am – 4.00pm

ENERGY DANCE WORKSHOP / TEN-PIN BOWLING

FREE

Dates: Wednesdays 24 July, 31 July, 7 Aug, 14 Aug and 21 August.

Time: 9.00am – 4.00pm

THE SEND SUMMER CAMP

FREE

(Special Educational Needs and Disabilities)

A two week programme of activities for SEND young people from 16 – 30 years of age which will include:

swimming, multi-sports, cinema, tenpin bowling and arts and crafts, as well as a 'Pizza Express' outing.

Dates: Monday to Friday, 5 – 16 August

How to apply: Contact **Navlet Williamson** on **079 8433 7812** or **020 7737 4274** – you will have to fill out the form which you can find at the RP office.

LEADERSHIP BREEZE AND PAINT-BALLING WITH THE ROYAL NAVY

Dates: Thursdays 25 July, 1 Aug, 8 Aug, 15, Aug & 22 August.

Time: 8.00am – 4.00pm

FREE

CHILL BOOT CAMP / BIKE MAINTENANCE / GO CINEMA

Dates: Fridays 26 July, 2 Aug, 9 Aug, 16 Aug & 23 August.

Time: 10.00am – 4.00pm

FREE

VOLUNTEERING FOR 16 +

This activity is available only to young people who are 16 years of age, or over.

Why volunteer? Volunteering is a good way for developing skills and gaining work experience and a great way of meeting new people.

HOW TO REGISTER: Limited places are available on a first-come, first-served basis. In order to register you'll need to fill out the application form, which you can find at our main office reception area. For all other enquiries, including volunteering, please ring **Christian** on **07706 179851**.

COMMUNITY GARDENING PROJECT



In the run up to the launch of our Community Garden, which is scheduled for **5 October**, a series of workshops will be held throughout the summer, such as:

● COMMUNITY PLANTING DAY



Come and help complete the planting in the Community Garden.

If you want to help, you will need to express an interest prior to the day, so that we can provide enough tools and flowerbeds for everybody. No prior gardening experience is necessary.

Date: Fridays 2 August and 9 August

Time: 10am – 12pm

Meeting point: Roupell Park Community Centre

FREE

● COMMUNITY CLEANING DAY



Litter picking can be great fun and at the same time you'll help create a greener and healthier environment for yourself and your neighbours. The winning team gets a prize at the end of the session! All tools will be provided on the day.

Date: Saturday 10 August

Time: from 10am until 12noon

Age group: All welcome

To apply, register your name with **Eva** on **07983 584 767**.

Meeting point: Roupell Park Community Centre

FREE

MOSAIC WORKSHOPS:

FREE

Making a mosaic out of glass, ceramic or stone is extremely enjoyable – your art work will be on permanent display on the wall of our RP Community Centre! Experienced tutors will be there to teach you basic mosaic-making techniques.

● MOSAIC WORKSHOP FOR ADULTS AND THE ELDERLY

Dates: Tuesdays 16 July and 23 July

Time: 10am – 12pm

Facilitator: 'Art 4 Space'

Venue: Roupell Park Community Centre

FREE

● MOSAIC WORKSHOP FOR CHILDREN AND YOUNG PEOPLE

Dates: Wednesdays 24 July, 31 July, 7 August, 14 August

Time: 10am – 12pm

Facilitator: 'Art 4 Space'

Venue: Roupell Park Community Centre

FREE

SENIOR CITIZENS COFFEE MORNING

Enjoy a game of bingo over a cuppa and a cake, and an opportunity to meet new friends.

Dates: Tuesdays 30 July, 6 August, 13 August, 20 August and 27 August

Time: 10.30am – 12.30am

Venue: Roupell Park Community Centre

FREE

