

We are thrilled to share with you a range of activities that take place at our Roupell Park Community centre (located adjacent to Hyperion House):

1. Chair Exercise Re-launch with Fulham FCF on Mondays

After a brief pause, we're excited to announce the re-launch of our Chair Exercise sessions on Monday, 22nd April. Join us for a free weekly club catered to older adults, offering a welcoming, healthy, inclusive, and fun environment. The session includes 90 minutes of reminiscent games or quizzes and soft, chair-based exercises and activities tailored to the interests and abilities of the participants.

Our current group of participants is quite small, so we are eager to welcome more individuals to ensure the continuation of these sessions in the future. Those who have been attending regularly have found themselves "addicted" and wouldn't miss a week. This success is thanks to Katrina and our other coaches, who create a welcoming, fun, and safe environment for all.

When: Every Monday from 2.15 pm – 3.45 pm

Where: Roupell Park Community Centre

For more information, please email health@fulhamfc.com or call Eva on 07983 584767.



2. Resident led Chair Yoga with Linda on Fridays

Join us on Friday mornings from 11.00 am to 12.00 pm for a seated keep-fit class in the Community Hall, led by our resident volunteer, Linda. As a retired teacher, Linda is passionate about giving back to her community by sharing her love for yoga.

The class offers a blend of yoga, strength training (using weights), cardio, and stretching, all set to music. It's a fantastic opportunity to improve your overall fitness, flexibility, and strength. Suitable for all ages and abilities, it's a

welcoming space to meet new people and increase your flexibility and strength.

We encourage residents aged 40+ to come along and give it a try. This session is FREE of charge. Don't miss out on the chance to enjoy the benefits of this end of the week activity.



3. **Friday Lunch Club**

The Lunch Club, in our Roupell Park Community Centre, runs from 1pm until 3pm every Friday. This initiative was launched last spring, with the help of a grant from the London Community Foundation. Our resident, Nouar, approached us with the idea.

The idea was to share a meal with friends and neighbours; so many people eat alone, particularly those who live alone or have lost a spouse. Eating together is rejuvenating and transformative to our well-being and, combined with a balanced and healthy meal, it helps us rebalance our energies for the better.

The Club has been a real success, and we'd like to invite more residents to join, especially the elderly and those unable and/or unwilling to cook for themselves. For those of you who are interested, please reserve your space by contacting Nouar at Nouarbretel@outlook.com or by calling 075 7588 9939.

One thing we do know: You will not regret it! The lunch is free of charge, but you do need to reserve your place.



4. **Dads' Wednesday**

We're excited to announce the launch of our newest initiative, the "Dads' Wednesday Hub," in collaboration with Unity Matters and St Michael's Fellowship. These sessions take place every Wednesday from 6 - 8pm at our community centre. Initially scheduled to run until July 2024, we aim to continue the sessions beyond July, providing attendance remains high.

The Dads' Wednesday Hub is designed to provide much-needed support for men, recognizing them as an under-served and potentially vulnerable group. Men often find it challenging to seek support for their own self-development or through their social groups, so these sessions offer a dedicated space for discussions on parenthood and other significant topics chosen by the participants. Additionally, we occasionally host guest speakers who cover various subjects including wellbeing, lifestyle, and strategies for maintaining a healthy life balance or parenting and co-parenting.

These sessions provide a safe and welcoming environment for men to connect, share experiences, and support one another. We encourage all dads and men to join us and be a part of this empowering initiative. For more information, please contact Angela Russell at unitymatterscic@gmail.com or phone 07508 074 921.

The meetings are free of charge, with food and refreshments provided at each session, so all you need to do is bring yourself.



5. **Coffee morning, Tuesdays, 10.30- 12.30pm**

We warmly invite all senior residents to join our longstanding and beloved Coffee Morning Group, at the community centre. More than just a cup of coffee, this group offers a chance to step out of your home for engaging conversations and the opportunity to forge new friendships.

For over a decade, this weekly gathering has been a staple in our community, bringing residents together for a delightful morning filled with companionship,

new friendships, and, of course, coffee. Initially founded by our esteemed resident, Molly, this activity serves as a wonderful opportunity for the elderly to socialize, share stories, and enjoy the company of like-minded individuals.

Molly's initiative to set this up is a testament to the power of personal enthusiasm in opening doors and connecting like-minded people.

The group members are in touch beyond these sessions; they keep in touch with one another during the week, providing a supportive network for those in need or someone to talk to. So, a special thanks to Molly, the initiator of the Club, who has enabled this activity to live on for so long.

