



FREE of charge



#### 14. Royal Navy: Summer Activities Programme

The Royal Navy will be providing a series of fun taster sessions on a range of topics including team-building, communications skills and sport which will be held at either our Roupell Park Community Centre or at the 5 a side football pitch.

##### Session 1: Intro to the Royal Navy & Communication skills

This session will give a short overview of the role of the Royal Navy and also help develop attendees communication skills through a series of fun games and activities.

Date: Tuesday 1 Aug

Time: 1-3pm

Where: Roupell Park Community Centre

##### Session 2: Team building activities & games

This session will utilise a variety of fun activities and games to develop team-working and leadership skills.

Date: Tuesday 8 Aug

Time: 1-3pm

Where: football pitch next to Dunsfold House

##### Session 3: Sports & "ration-pack" cooking

This session will include a variety of traditional Royal Navy sports and an opportunity to cook and taste military field ration packs. This is a highly interactive and fun workshop!

Date: Tuesday 15 Aug

Time: 1-3pm

Where: Roupell Park Community Centre

##### Session 4: Team building activities & games

This session will utilise a variety of fun activities and games to develop team-working and leadership skills.

Date: Tuesday 22 Aug

Time: 1-3pm

Where: football pitch next to Dunsfold House

Age Group for all the above: 11-18 years

How to book: Maximum number of attendees is 20 so if you'd like to book your space, please ring Eva on 07983 584767 to make sure you don't miss out. Otherwise, just turn up on the day!

#### Roupell Park Community Office Brockham Drive, Brixton, SW2 3RY

Office number including repairs: 020 7926 0214  
Lambeth Call Centre: 020 7926 6000/6666  
(Out of hours after 5:00pm)  
Email: [rouPELLpark@lambeth.gov.uk](mailto:rouPELLpark@lambeth.gov.uk)  
[www.rouPELL.co.uk](http://www.rouPELL.co.uk)  
Twitter: @rouPELLpark  
Facebook: RoupellPark

Our opening times are:  
Monday 8.30 - 17.00  
Tuesday 9.00 - 17.00  
Wednesday 9.00 - 13.00 (office closed in the afternoon for staff training, but phones will be answered)  
Thursday 8.30 - 17.00  
Friday 9.00 - 16.00

# What's on Summer Programme 2017

From 24th July until 26th August

Summer activities to suit all age groups have been organised for the duration of the 5 week summer holiday. All activities are FREE of charge, with the exception of 3 coach trips. Please bear in mind that each activity has limited spaces, so please book early, as indicated with each separate activity, in order to avoid disappointment! The address for the Roupell Park Community Centre is: 145 Upper Tulse Hill, SW2 1HZ (next to Hyperion House)

## Summer Camp Activities

Age group: 8 - 16 years

### 1. ICE Skating until 12.30pm / Arts and Crafts workshop

Dates: Mondays 24 July, 31 July, 7 Aug, 14 Aug and 21 Aug.  
Time: 10am - 4.00pm

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### 2. Go Karting Oxygen free jumping

Dates: on Tuesdays 25 July, 1 Aug, 8 Aug, 15 Aug and 22 Aug.  
Time: 9.30am - 4.00pm

FREE of charge

Age: please note that for this activity your child has to be 12+ years of age!

### 3. Energy dance workshop until 12.30pm/ Ten Pin Bowling

Dates: on Wednesdays, 26 July, 2 Aug, 9 Aug, 16 Aug and 23 Aug.  
Time: 10am - 4.00pm

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### 4. Paintballing:

Dates: on Thursdays 27 July, 3 Aug, 10 Aug, 17 Aug and 24 Aug.  
Time: 8.30am - 5.00pm

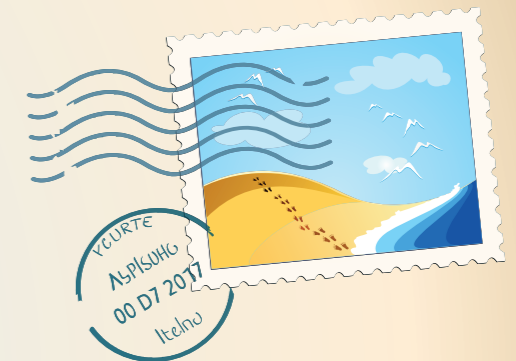
FREE of charge

### 5. Boot Camp or Go Cinema/ Games

(activities will alternate depending on the demand)

Dates: on Fridays 28 July, 4 Aug, 11 Aug, 18 Aug and 25 Aug.  
Time: 10am until 4.00pm

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How to book:

Only 15 places available per each activity and will be allocated on first come first served basis. You will have to fill out an application form which you can pick up from Roupell office reception area or call Christian on 07706 179851 for more info.



## 6. Inter estate football tournament

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Venue: Kennington Astro, Kennington Park SE1 4BE

Date: Sat 22 July, time: 11:30am

Contact: Christian on 07706 179 851.

How to apply: You will have to fill out parental consent form which you can find in the Roupell Park reception area. Fulham FC coaches will organise the teams on their Friday football session.

## 7. Football Sessions on Friday evenings with Fulham FC (FFC)

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Venue: Football cage next to Dunsfold House

Dates: 28th July, 4th Aug, 11 Aug, 18th Aug and 25th Aug 2017.

Time: 5 - 7.00pm

Age group: 10+

How to apply: No advance booking, just turn up at the session.

At the last session 25 Aug, for those who have attended regularly, there will be a special reward! For more info on the sessions please ring Paul on 07852 575612.



## 8. Community focused Stay and Play session for parents with under 5s

Venue: Roupell Park Community Centre

Dates: Mondays, 31 July, 7 Aug and 14 Aug.

Time: 10am-12.00noon

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This is a great chance to meet up with other local parents, share tips and ideas and take part in a community led activity. If you would like to take part and be involved in the running of these sessions we want to hear from you.

Contact: Angela on 07958 149548.

## 11. Coach trip to Joss Bay for families with under 5s

Bring your bucket and spade and enjoy the seaside! We hired a double decker to take us to Joss Bay, near Broadstairs to explore the beach and simply have fun!

Date: Wednesday, 16 August 2017.

Price: Ticket cost £3 adults/ £1 per child

Time: Departure will be at 9.00am sharp outside Holmewood Nursery School. The coach will leave Joss Bay at 3pm to arrive back home for 5pm.



How to book your place:

Please call Angela on 020 8674 3440 or 07958149548 and make sure you mention you live on Roupell Park Estate to secure your seat.

Please note: you are advised to bring your own lunch, sun protection if necessary and appropriate clothing!

## 12. Eastbourne trip for elderly residents

Date: Tuesday, 1 August 2017

Price: £5 per ticket /adult

Departure: 9.15am prompt from outside Roupell Park Office

If you are 65+ years of age, this is your chance to spend a day at this beautiful seaside town with a reputation as a senior citizens favourite! You will be dropped off right in the centre by the 20 seater mini coach, so if you are not a keen walker, you can just sit on the pier and watch the world go by with a cuppa and a fish and chips take away. Or, for those who want to explore the town centre, there is plenty to do and discover from tiny galleries, hidden shops and places to have your tea.



How to make a booking:

Please ring Eva on 07983 584 767 to reserve your seat or drop in to the Roupell reception area.

## 9. Shooting stars - singing and performance workshops led by Ruth-Ellen

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Learn and develop your basic vocal and performance techniques in this highly interactive and fun workshop which will be held for 5 consecutive weeks. You will have a chance to creatively express yourself through song writing, learn breathing techniques and most of all have fun. This will also help boost confidence and improve your self-esteem and will result with a performance in the final week!

Dates: On Wednesdays 26 July, 2 Aug, 9 Aug, 16 Aug and 23 Aug.

Time: 4 - 6pm

Age: 8+ years

Venue: Roupell Park Community Centre

For more info please contact Eva on 07983 584767.



## 10. Yoga sessions for elderly

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Dates: on Fridays 28 July, 4 Aug, 11 Aug, 18 Aug and 25 Aug 2017.

Time: 10.30am - 11.30am

Venue: Roupell Park Community Centre

This class is geared at elderly and those with a limited physical capacity and will concentrate on stretching and relaxation technique.

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

## 13. Seaside Coach trip for all to Southend-on-Sea

Date: Saturday, 26 Aug 2017.

Price: £5 per adult, children £2, or £1 for second and any additional children.

Departure: 9.00am sharp from the corner of Upper Tulse Hill and Fairview Place and returning from Margate at 5.00pm

Southend on Sea is a perfect seaside resort which caters for different tastes. The Southend Pier is the world's longest pleasure Pier at one and a third miles or two point two kilometres; you may wish to take a return train journey alongside the pier. For those more adventurous, there is The Adventure Island, a free-admission amusement park which contains thirty two rides, a gift shop, and catering outlets.

The coach will run to a scheduled time in both directions, so please ensure that you arrive on time. If late, you will be expected to make your own way home!



How to make a payment:

Tickets will have to be paid in full prior to the trip and are non-refundable. They will be sold on a first come - first served basis, so please book on time to avoid disappointment.

Tickets will be available from our main office reception area from Monday 7 Aug.