

Winter 2024, Number 32

Roupell Park

Resident Management Organisation Ltd

Working together to provide high quality homes
and create a fair, strong and sustainable community



This is your community newsletter!



Dear Resident,

As we approach the end of the year, we're pleased to share the final newsletter of 2024. This edition brings you important Christmas updates and community news.

Best wishes for a joyful holiday season!

The Board and Staff of Roupell Park



Cost of Living Support for Lambeth Residents

Navigating Rising Costs

With the cost of living rising, we understand the challenges many residents face. However, timely rent payments remain essential, as they impact your tenancy and eligibility for schemes like Right to Buy.

Prioritising Rent Payments This Festive Season

As the festive season approaches, it's important to prioritise rent and essential bills. Delayed payments in December and January could lead to arrears, making it harder to recover in the New Year. If you're struggling, contact your housing officer, Albert, to discuss payment arrangements. Not sticking to agreed plans may result in legal action, loss of your home, court costs, and a negative impact on your credit.

If you're on Housing Benefit or Universal Credit and still find it hard to pay rent, you may be eligible for a Discretionary Housing Payment. Albert can assist and connect you with a benefits officer for further help. If your circumstances change and affect your Universal Credit, update your claim immediately to ensure correct payments.

For timely rent payments, consider setting up a direct debit.

The Right to Buy Programme and Rent Arrears

If you are considering applying for the Right to Buy scheme, it is crucial to understand that all rent arrears must be cleared to qualify. Any outstanding rent must be paid in full before your application can proceed.

If you are finding it difficult to manage rent payments, please contact Albert, as soon as possible. We can discuss available options, including support services and payment plans, to help you clear your arrears and move forward with your application.

Albert Eze, Housing and Rental Income Officer Tel. 020 7926 0214 Email: AEze@lambeth.gov.uk.
Early communication helps prevent legal action and supports a positive start to the New Year.

Need Support with Bills and the Rising Cost of Living?

Lightning Reach is a free online portal designed to connect you with financial support quickly, securely, and all in one place. You can access charitable grants, local authority schemes, help with bills, benefits checks and other essential support. Many users have successfully received over £200 towards their energy bills from sources like the British Gas Energy Trust and other organisations.

How Does It Work? Signing up is easy and secure. You can apply directly via: <https://apply.lightningreach.org/signup>. You'll be able to create your profile in just 10 minutes, discover the support options you're matched with, and complete your application by providing the necessary documentation. Lightning Reach simplifies the process, making it easier for you to find and apply for the support you need.

Energy Saving Support

In partnership with Repowering London, we offer one-to-one tailored support to help our residents save energy and apply for any energy-saving schemes that may be applicable to their households. For more information, contact Eva Christmas at EChristmas@lambeth.gov.uk.

We're Going Paperless! Subscribe for Updates

To improve communication and reduce our environmental impact, we are transitioning to digital communication. Important updates such as block repairs, maintenance notices, and community news are now sent directly to your email. However, we still need more residents to subscribe to make this system fully efficient.

Subscribing is simple. Visit www.rouPELLpark.co.uk/contact and navigate to the "Email Subscription" section. Complete a short survey to help us tailor updates to your needs, then check your inbox regularly for the latest news.

For those who prefer hard copies, you can still receive paper communications by contacting us at 020 7926 0214. We will continue to provide printed notices for elderly residents, those without internet access, or anyone unable to go digital. However, we encourage online subscriptions wherever possible.

Going paperless offers many benefits. It ensures faster updates, reduces environmental waste, and allows easier access to information by keeping everything in your inbox. Additionally, it frees up more time for caretakers to focus on maintaining your building.

Thank you for supporting this transition to a greener and more efficient way of staying connected!



RouPELL Park RMO: Repair Responsibilities and Recharge Policy

At RouPELL Park RMO, we strive to maintain our homes and communal spaces to the highest standards, ensuring that everyone enjoys a safe, comfortable living environment. To achieve this, it's essential that we all understand our roles and responsibilities when it comes to repairs. RouPELL Park RMO is responsible for maintaining communal areas and certain aspects of individual homes, there are specific repairs and damages that fall under the responsibility of residents. In cases where the RPRMO carries out repairs that are the responsibility of the resident, the cost of these repairs will be recharged to the resident. This policy ensures fairness and accountability across the community.

For a full list of resident responsibilities, please refer to your tenancy agreement, the Lambeth Repairs Handbook on our website, or contact the RouPELL Park RMO office.

Our goal is to support residents in maintaining their homes. If you're unsure whether a repair is your responsibility, feel free to contact us for clarification. Additionally, we can provide guidance or recommend trusted professionals for tasks outside your skill set.

Thank you for your cooperation and for helping us keep RouPELL Park a vibrant, well-maintained community.

Fly-Tipping Policy

We would also like to remind residents that fly-tipping is considered anti-social behaviour and is a breach of tenancy. We take this matter very seriously and will work with Lambeth to pursue prosecution against repeat offenders.

As Roupell Park RMO cannot continue to bear the cost of fly-tipping, the charges for removing items will be passed on to residents as of 6th January 2025. However, we will subsidise a portion of the costs. The table below highlights the charges for the disposal of the following items:

Item	Roupell Park RMO Costs	Charge to residents
Mattress (per unit)	£42	£30
Fridge/Freezer (per unit)	£90	£50
Sofa (per unit)	£42	£30
TV/Monitors	£54	£40
Cookers	£42	£30

We appreciate your understanding and cooperation as we continue to improve the community.



Removal of the Bike Storage Deposit Scheme

We are making some exciting changes to the way we manage our bicycle storage facilities at Roupell Park. After careful consideration, we have decided to remove the deposit scheme for bicycle storage keys. This adjustment is part of our ongoing effort to streamline services and reinvest resources back into our community.

This means if you currently have a bicycle storage key and wish to claim your deposit refund, simply return the key to the Roupell Park RMO office. Once the key is returned, we will process your refund promptly. We kindly ask that all key returns be made by 31st January 2025, to allow us to close this scheme efficiently. All deposits remaining after this date will be deemed relinquished.

While the deposit scheme is being discontinued, we remain committed to providing secure and accessible bicycle storage for our residents. If you continue to use the facilities, simply keep hold of your key—no further action is required. You can still purchase storage keys for £20 as usual.

We appreciate your understanding and cooperation as we implement these positive changes for the benefit of the entire Roupell Park community.



Important Update: New Waiting List for Storage and Garages

We are writing to inform you of an important change regarding the waiting list for storage units and garages at Roupell Park. Due to a recent migration to a new IT system, some of our records for the storage and garage waiting lists were unfortunately impacted. As a result, we are now starting a new waiting list to ensure that storage units and garages are allocated fairly and accurately moving forward.

If you are interested in being added to the new waiting list for storage units or garages, please contact the Roupell Park RMO office as soon as possible.

Once the new waiting list is compiled, allocations will be managed on a first-come, first-served basis, while giving priority to residents with urgent needs. We will notify you as soon as a space becomes available.

We understand that this may cause inconvenience, and we sincerely appreciate your patience as we work to resolve the issue. If you have any questions or require assistance, please feel free to contact the Roupell Park RMO office. Thank you for your understanding and cooperation as we improve our services for the benefit of the community.

Fire Safety at Christmas

The festive season is a time for decorations, cooking, and spending time with loved ones. However, it's crucial to stay mindful of fire safety, as fire risks often increase during Christmas.

Here are some essential tips to keep you and your family safe:

Christmas Lights: Use lights with a British or European Safety Standard mark. Avoid damaged lights, don't overload sockets, and switch them off when leaving the room or going to bed.

Candles: Keep candles away from decorations, curtains, and flammable items. Never leave them unattended and extinguish them before bed. Place them out of reach of children and pets.

Cooking: Stay in the kitchen while cooking, especially when using the hob. If a pan catches fire, don't throw water on it. Instead, cover it with a lid or damp cloth to extinguish flames, then switch off the heat.

Heating: Keep decorations and flammable items at least 1 meter from heaters. Turn off portable heaters when leaving the room or going to bed.

Smoking: Avoid smoking indoors near flammable decorations or greenery. Never smoke in bed or when drowsy, as this is a common fire hazard.

Smoke Alarms: Test your smoke alarms monthly to ensure they work. If any are faulty, contact us for support.

Escape Routes: Keep hallways, stairways, and exits clear of decorations and clutter to ensure easy evacuation if needed.

Following these precautions will help keep you, your family, and neighbours safe. If you have any questions or need assistance, please get in touch. We wish you a joyful and safe Christmas season!



Noise Nuisance Over Christmas

Being Considerate During the Festive Season

Christmas is a time for celebration, but for those of us living in blocks, festive activities can sometimes lead to noise that disturbs neighbours. Let's ensure everyone can enjoy the season by being mindful and respectful of our surroundings.

Keep noise levels down, especially in the evenings and after 10pm, as sound travels easily at this time. Be mindful of music, TV, and gatherings, and avoid slamming doors or shouting late at night.

Children can get excited during the holidays, but running or playing loudly can disturb neighbours, especially those living below. Encourage children to play in areas where noise is less likely to carry and remind them to keep quieter during the evening.

If you're hosting guests or a party, let your neighbours know in advance, especially if the event is likely to run late. Wearing soft footwear indoors can also help reduce noise from footsteps.

Respecting quiet hours is important, as sound travels easily between walls and floors. A quick conversation with neighbours can go a long way if you know you'll be making more noise than usual. Similarly, if you're disturbed by noise, try to approach your neighbours politely to resolve any issues.

Christmas is a time to come together, but it's also a time to be mindful of those around us. By being considerate, we can ensure a harmonious and festive season for everyone.

If noise issue persists, please contact us for support. Together, we can make our community a peaceful and joyful place to celebrate the holidays.



Community Updates!

Sport and Wellbeing

Football Kicks Sessions

We're excited to announce a change to the Thursday night Fulham FC Premier League Kicks sessions!

To meet the growing demand among younger players, we have revised the session times and age group as follows:

Junior Sessions (ages 8–11): 4.30–5.30 pm

Senior Sessions (ages 12–16): 5.30–7.00 pm

Both sessions will continue to run on Thursday evenings.



Kicks football provides a fun, safe, and supportive environment for children to stay active and healthy while building confidence, teamwork, and social skills. Delivered by professional coaches from Fulham FCF, these sessions offer young players the chance to develop their abilities, make new friends, and learn important life skills both on and off the pitch. Whether they're aspiring players or just looking to have fun, Kicks football is the perfect place to nurture their potential! Best of all, these sessions are completely free of charge. Advance booking is essential though, via www.fulhamkicks.com

The final session of 2024 will take place on the **19th December**, and regular sessions will resume on **9th January 2025**.

For any queries, please contact Fulham's Youth and Community Manager, Hus, at kicks@fulhamfc.com.



Embrace this Winter with Walking Football

As winter approaches, bringing shorter and colder evenings, it's natural to want to stay indoors. But why not break the routine and embrace the season with Lambeth Walkers FC? Our walking football sessions are open to all adults and take place every Wednesday evening, from 7.30 to 8.45 pm, on the Multi-Use Games Area (MUGA) right in the heart of our estate.

About Lambeth Walkers FC

Lambeth Walkers FC was founded on the principle that gentle exercise, combined with the camaraderie of a team environment, is hugely beneficial—especially for those aged 45 and older.

The club welcomes everyone, including individuals recovering from surgeries such as knee or hip replacements, or heart bypasses, reflecting the personal experiences of its founder. Both men and women are encouraged to join and participate.



Sessions take place in all weather conditions and typically attract an average of 15 players, including over 10 residents from the estate. It's a great way to add physical activity to your routine, whether you're new to football or have prior experience.

The final session of 2024 will be on **Wednesday, 18th December**, with sessions resuming in 2025 on **Wednesday, 8th January**.

To get involved or find out more, contact Mark on **07432 048 486**, email **team@lambethwalkersfc.co.uk**, or simply turn up on the day.

Once you join, you'll be added to a dedicated WhatsApp group for updates, schedule changes, and social event planning. Best of all, these sessions are completely free – all you need is enthusiasm and a willingness to join in!

Why wait? Make this winter active, social, and fun with Lambeth Walkers FC!



Bridge the Gap Football Sessions at Roupell Park

We're excited to invite young people to join Bridge the Gap football sessions, part of the STRONGER FUTURES programme delivered by Bridge the Gap Studios. Over the past 10 months, this programme has grown from just seven participants to a thriving grassroots football team with over 60 young people taking part. We are proud to host these sessions on our estate, offering opportunities for U11 teams every Saturday from 10am to 12pm.



These sessions are about much more than football. They help young people develop crucial skills both on and off the pitch, including self-management, positive attitudes, and constructive behaviours. The programme has created an invaluable space for young people to grow, learn, and excel, making a real difference in their lives.

Bridge the Gap also provides opportunities in film and drama, offering participants the chance to explore their interests in creative fields. Engaging with the programme could open doors to new passions and experiences beyond sport.

The sessions are free of charge for young people in our community, though participants also join from across South London. Regular attendance is highly encouraged as the programme follows an organised schedule to ensure the best experience for all.

The Final session of the year will be held on **Saturday, 21st December** and sessions will resume on **Saturday, 11th January 2025**.

For more information, please contact Tsion on **020 3322 3013** or email **tsion.martins@bridgethegapstudios.com**



New Activity: Netball for Women

In partnership with England Netball, we are excited to launch a new sport for women – Netball. The sessions will take the form of Back to Netball, led by highly experienced coach Veronica Hyatt, and are open to women aged 18 years and over.

The sessions are set to launch in early January 2025, with a target start date of 13th of January, although this may be pushed back by a week or so. The confirmed start date will be provided in the new year. The sessions will run on Monday evenings from 7 – 8.30 pm (90 minutes), for 10 weeks, as a trial period. If we attract enough participants, we aim to continue running the sessions throughout 2025, so your participation in the early stages is crucial to help ensure the programme's success.

These sessions are open to women of all skill levels, whether you're a complete beginner or have previous netball experience. The maximum number of participants will be 18. The sessions often become a great social hub for the participants, and provide opportunity to build new friendships.

Location: Roupell Park MUGA, with the community hall as an alternative venue in case of bad weather. The community hall will also be available for toilets and refreshments.

We look forward to seeing you on the court! For more information and to register your interest, please contact Eva Christmas at **EChristmas@lambeth.gov.uk**

Friday Chair Exercise with Linda

If outdoor football isn't for you, why not try something gentler to keep your joints supple? Join our resident-led chair exercise class!

Every Friday morning from 11.45am to 12.45pm, Linda, a resident volunteer and retired teacher, runs a seated keep-fit class in the Community Hall. Passionate about yoga and giving back to her community, Linda combines her love of teaching with fitness to create a welcoming and beneficial session for all.



The class is a blend of yoga, strength training, cardio, and stretching, all set to music. It even includes some Tai Chi movements and finishes with a calming meditation. Best of all, you never have to leave a chair! This makes it a wonderful way to improve overall fitness, increase flexibility, and strengthen muscles, all while relaxing your mind.

The class is suitable for all ages and abilities. Whether you're looking to stay active, boost your fitness, or simply meet new people, this class is for you. It's also completely FREE. The final session of the year will take place on Friday, 13th December. With classes resuming in 2025 on Friday, 10th January.

Come along and give it a try – we'd love to see you there! If you're interested, please contact Eva on **07983 584 767**.

Social Activities

Lunch Club on Wednesdays

The Lunch Club take place every Wednesday at our Roupell Park community centre from 1 pm to 3.30 pm and all residents are warmly welcomed, with a focus on supporting those who may feel socially isolated—particularly older individuals—or those who find it difficult to prepare hot meals during the ongoing cost-of-living crisis.

The lunches are made from fresh ingredients and are both nutritious and delicious. Many attendees, after coming along once, now make it a regular part of their week, appreciating the hearty, healthy meals provided completely free of charge.

The meals are halal and inclusive, with every dish thoughtfully prepared to include a generous serving of vegetables. Nouar Lefdil, who runs the Lunch Club, is an excellent cook and host. Her meals are beautifully presented and full of flavour. She often bakes cakes too, so those with a sweet tooth won't be disappointed!

The final Lunch Club of the year will be held on **Wednesday, 18th December**, with a festive theme. If you would like to attend, please register with Noar by calling her on **0757 588 9939**. It will resume in the new year, on the **15th January 2025**.



Coffee Morning

The Coffee Morning continues to meet on Tuesdays from 10.30 am – 12.30 pm. As the name suggests, residents come together for coffee, a chat, and, of course, cake. Over the years, some strong friendships have been formed. Depending on what the group agrees, activities like painting, sewing, and other arts and crafts are also organised.

Simply turn up at the session—it's free of charge for everyone, and both men and women are welcome.

The last Coffee Morning for this year will be on **Tuesday, 17th December**, and sessions will resume in the new year, on **Tuesday, 14th January**.



CEF Lyncx

SEND Disco, 27th December

CEF Lyncx is excited to host a Christmas Disco for young people with SEND (Special Educational Needs and Disabilities) on Friday, 27th December, from 6 pm to 9 pm at the Roupell Park Estate Community Centre, next to Hyperion House.

We recognise that young people with disabilities often lack safe spaces to engage in social activities. That's why we are delighted to provide a supportive, welcoming and inclusive environment at our community centre for them to enjoy.

If you have a young person with mild SEND who would like to attend, please contact Navlet Williamson at navlet@cefi.org.uk to register your child.



The After-School Support Programme

The After-School Support Programme runs during term time and will resume on Monday, 13th January. The current term finishes on Thursday, 19th December, and we are now accepting new registrations for the upcoming term. To apply, please contact Christian Johnson at christian@cefi.org.uk.

Sessions are held online only, from Monday to Thursday, 5pm – 7 pm, enabling children to access high-quality, supported learning from the comfort of their own homes.

The programme caters to students in Key Stages 1–3, with a focus on improving attainment levels in core subjects: English (literacy) and Maths (numeracy). Our aim is to empower young people to reach their full academic potential.

The sessions are free of charge, providing your child with additional academic support at no cost. For more information, please watch the following video: <https://www.youtube.com/watch?v=WZcUwOQ8fzA>.



Employment and Training

BeLambeth Employment Support Service: Unlock Your Potential

If you're considering returning to work but don't know where to begin, it's common to feel uncertain or lack confidence. BeLambeth is here to support you on your journey towards a brighter future in 2025. Take the first step by making an appointment. Email belambeth@lambeth.gov.uk or call 020 7926 0500 (Monday to Friday, 9am to 5pm).



Through personalised guidance and expert advice tailored to your needs, BeLambeth can help you gain confidence, explore new opportunities, and connect with local employers to move forward in your career. Unlock your potential today and take charge of your future!

Your Pathway into Creative Careers for young people

Next Us is a year-long programme for Lambeth residents aged 16–24 who are not in education, employment, or training (NEET). It offers personalised, one-to-one support from Creative Link Workers to help participants explore careers in the Creative and Digital sectors.

The programme provides access to paid opportunities such as Creative Bootcamps, guaranteed interviews, internships, and work experience. Part-funded by the UK Government through the UK Shared Prosperity Fund, it's designed to open doors for young people seeking a brighter future. To be eligible, you must be a Lambeth resident, aged 16–24, and not in employment, education, or training.

Ready to take the first step? Complete the application form: https://forms.office.com/pages/responsepage.aspx?id=gCfyx9IBOWvSmCpcdb3_kT_tP_utjhOuTBFr_OtOsNUMkNZNzhiWE85RUZRQjJISlpKSVBDWk1FTy4u&origin=lpLink&route=shorturl

Start your journey towards an exciting career in the Creative and Digital industries today!

Office opening hours over Christmas

Tuesday, 24th December

Office hours: 10 am – 1 pm

Phones: 9 am – 1 pm

Repairs: Out of hours after 1 pm

Wednesday, 25th December (Christmas Day) – Closed

Thursday, 26th December (Boxing Day) – Closed

Friday, 27th December

Office hours: 10 am – 1 pm

Phones: 9 am – 1 pm

Repairs: Out of hours after 1 pm

Wednesday, 1st January (New Year's Day) – Closed

Thursday, 2nd January

Normal opening hours resume: 9 am – 5 pm



Repairs

During this period, we will be handling emergency calls only. If you have a repair when our phone lines are closed, please call the Council's out-of-hours number on **020 7926 1000**. This includes issues with the communal heating and hot water system. For faults on your individual heating system, please contact Swale Heating on **01795 477098**.

Parking over the festive period: We have suspended parking enforcement on the estate from **Monday, 23rd December, until Thursday, 2nd January**.