

Summer 2024 at Roupell Park



We are thrilled to share with you a range of activities on offer:

1. Half Term Activities with CEF Lyncx

In partnership with the local grassroots charity CEF Lyncx (<https://cefi.org.uk/home>), we run holiday provision (SHARP) every six weeks during each school holiday. The Summer Programme 2024, also known as the BootCamp, is now open for subscriptions.

When: It runs from Monday, 29th July until Friday, 23rd August, five days a week, Monday to Friday from 10 am until 4 pm.

This year, a range of activities is on offer, including arts and crafts, music and dance workshops, multi-sports, leadership and self-development workshops, and bicycle workshops. As an extra bonus, a healthy cooked lunch is served each day for all participants during the lunch break. All this is FREE of charge.

Where: Young people meet each day at Windmill Gardens, SW2 5DA. To register, follow this link: <https://cefi.org.uk/our-sharp-offer>.

The sessions are open to all young people from Lambeth, not just those from our estates, and are **FREE of charge**.

For more information, contact Christian at community7@cefi.org.uk.

2. Half Term Activities for Young People with Special Needs

CEF Lyncx offers tailored sessions for young people with special educational needs and disabilities (SEND) aged between 11 and 25 years.

When: These sessions run from the 29th of July until the 23rd of August, from 10 am until 4 pm, Monday to Friday.

Where: at the Roupell Park Community Centre by Hyperion House, SW2 1HY.

Participants also go on field trips, play multisport at our new pitch, and enjoy cooked lunches with other young people at Windmill Gardens.

Young people will be able to enjoy a range of activities such as dance, arts and crafts, cooking and life skills workshops, and trips and excursions. Only 35 places are available on a first-come, first-served basis. To apply, please contact Navlet Williamson at navlet@CEFI.org.uk or fill out the form online by following this link:

<https://docs.google.com/forms/d/e/1FAIpQLScGa7SLKez99EHvYFt6dyAc3n1gxdcVQsUzQqDHzUmV1q0cWg/viewform>



3. Girls Only Football Sessions with St Matthew's

We are fully committed to ensuring that sport and physical activity are relevant and motivating for girls. We have again partnered with the St. Matthew's Project to rekindle girls-only football sessions for girls aged 11 – 16, with some flexibility around the age group. The sessions will run for 5 consecutive weeks, every Wednesday from 3.30 - 4.30 pm with qualified coaches.

Dates: 31 July, 7 Aug, 14 Aug, 21 Aug and 28 Aug.

Time: 3.30 – 4.30pm

Where: Roupell Park Multi-Use-Games-Area (MUGA)

If the sessions are well attended, we will continue with their delivery beyond the 5-week period.

You don't have to book just turn up on the day at the session.

For more information, please contact Eva at EChristmas@lambeth.gov.uk or call on 07983 584767.



4. Sports Sessions for Younger Children

Age Group: 8 – 12 years old

When: Every Saturday from 12 noon – 2 pm

Where: Roupell Park MUGA

Led by: Bridge the Gap

Bridge the Gap conducts engaging and fun sports sessions for younger children aged 8 to 12 years old. These sessions are held every Saturday at Roupell Park MUGA from 12 noon to 2 pm and are free of charge.

Lots of fun and safe play are guaranteed. You can just turn up if you'd like to join in, or you can contact Tsion for more information by emailing tsion.martins@bridgethegapstudios.com or calling 020 3322 3013.



5. Walking Football for Adults

When: Every Wednesday evening from 7:30 to 8:30 pm

Led by: The friendly team from Lambeth Walkers FC

Where: Roupell Park Multi Use Games Area (MUGA)

Special Event:

Walking Football Tournament: Saturday, 31 August, 12 – 5 pm

Lambeth Walkers FC was founded on the belief that gentle exercise combined with the social camaraderie of a team environment is beneficial for everyone, especially those aged 45 years and older. The club is particularly suited for individuals who may have undergone surgery such as knee or hip replacements, or heart bypass, echoing the experiences of its founder.

Sessions are held come rain or shine, typically drawing around 8 to 15 members per session. This is a fantastic opportunity for anyone looking to incorporate more physical activity into their routine, regardless of previous experience. Sessions are FREE of charge – we simply ask for your enthusiasm and willingness to participate. Both men and women are welcome.

On the 31st of August, to also mark the end of the summer, there will be a tournament for all participants, with refreshments included.

How to Apply:

You can drop in at any session without previous booking. If you would like more information, you can contact Mark at 07432 048 486, or email him at team@lambethwalkersfc.co.uk. For the tournament, please apply ahead of the event by contacting Mark using the details above.



6. Chair Exercise on Fridays with Linda

Time: 11am – 12pm

When: Friday, 31 July, 14 August, 28 Aug.

Where: Roupell Park Community centre, by Hyperion House

Join us for a seated keep-fit class led by our resident volunteer, Linda. As a retired teacher, Linda is passionate about giving back to her community, and health and fitness inspire her.

The class includes a mix of strength training, cardio, stretching, and breathing exercises, all set to music. It's a fantastic way to improve overall fitness, increase flexibility, and strengthen muscles. This class is suitable for all ages and abilities. It's especially beneficial for those with mobility issues, but it also serves as a great overall fitness routine.

Don't underestimate the benefits of a seated workout! It's also a wonderful opportunity to meet new people, reconnect with familiar faces, and have fun.

Come and give it a try. This session is FREE of charge.

This session continues beyond the summer programme period.

7. Coffee Morning on Tuesdays for Seniors

When: Tuesdays from 10:30 am until 12:30 pm.

Where: Roupell Park Community Centre, by Hyperion House

Charge: FREE

The coffee morning is all about social interactions and meeting friends and neighbours over a cup of coffee and a cake. Often, participants engage in painting and craft activities. Linda, our lovely resident, often brings her paints and teaches others how to express themselves creatively. Even those who think they can't paint are enjoying this new skill.

You don't have to be a Roupell Park resident to join this group. In fact, some active members already live outside the confines of our estate. We understand that friendship groups know no physical boundaries. Often, children and grandchildren come along too. You must be 60 years plus, but if you are younger, you won't be sent away, that's for sure.

8. Dads Hub: Last Workshop on 31 July

We had the privilege of working with Unity Matters and St Michael's Fellowship, who have been running sessions for dads every Wednesday from 6.00 pm to 8.00pm at our community centre (by Hyperion House).

Men often find it challenging to seek support for their 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. Each session covered a different topic, and the last one will be held on 31 July:

- 31 July: Raising Resilient Children

It's great fun and FREE of charge, with food and refreshments provided.

For more information, please contact Angela Russell at unitymatterscic@gmail.com or call 07508 074 921.

For more information

For anything related to community activities, please contact Roupell Park Partnership Manager, Eva Christmas, via email at EChristmas@lambeth.gov.uk or via telephone at 07983 584767.

