



## NEW SPORT!

### Women-only 'Back to Netball' sessions

**Age group:** any female 16 and over

Thinking about getting back into Netball? Or want to try it for the first time? Enjoyed playing netball at school? Stopped playing and would love to start again? Looking for a fun, new activity? We are introducing netball as a new sport, to widen our offer to women, with the support of a Netball England qualified coach.

If you haven't played since school or you're an absolute beginner, no matter, you will be welcome. Back to Netball provides a gentle introduction to the sport for female players over sixteen years of age.

At the time of writing this article we haven't established the detail around running the sessions. We expect the launch date to be in September 2022. We will send you more detail as soon as this is available.

**How to register?** Just turn up at a session



### Girls-Only Football Coaching and 6-a-side

**Time:** Wednesdays, 5.30 - 7.00pm

**Age group:** 11-16 years

A combined session with the St Matthew's Project and Fulham FCF coaches, these sessions promote girls-only football. For those looking to progress, this can offer a direct route into the SMCF U15s team and the AFC Wimbledon Academy.

**How to register?** Just turn up at a session. For more information contact **Dwight: 07493 882 468.**



For any more questions on any of the activities, please contact **Eva Christmas** via email: [EChristmas@lambeth.gov.uk](mailto:EChristmas@lambeth.gov.uk) or call on **07983 584767.**



Summer 2022, Number 26

# Summer of Sport

# 2022



This pamphlet provides a summary of all organised sports sessions which are currently on offer on the MUGA and/or on the estate. We'd like to encourage as many of you as possible to take part, so that you can maximise the benefits of our new MUGA facility. Staying active is important, irrespective of what age we may be, our ability, or fitness levels. It is not just beneficial for our physical health but is a crucial factor in our wellbeing, as activities provide social contact, they are fun, so it all boosts confidence. All activities are FREE of charge.

**Fulham FCF Kicks provides more than free football sessions. It enables participants to attend competitions, gain qualifications, get free training and educational opportunities, and it offers targeted support for those who want it.**

### Fulham FCF Kicks Football sessions for Juniors

**Time:** Thursdays from 5.30 - 7.00pm

**Age group:** 10 - 14 years

Have fun whilst improving your game with professional guidance from Fulham coaches.

**How to register?** Registration is on-line only, which must be done ahead of each session. Please follow the link below:

[https://fulhamkicks.com/book.](https://fulhamkicks.com/book)

[htm?courseId=4754&date=2022-07-21](https://fulhamkicks.com/book?courseId=4754&date=2022-07-21)

### Fulham FCF Kicks Football sessions for Seniors

**Time:** Thursdays, from 7.00 - 8.30pm

**Age group:** 15 - 18 years

**How to register?** Registration is on-line only, which must be done ahead of each session. Please follow the link below:

[https://fulhamkicks.com/book.  
htm?courseId=4755&date=2022-07-21](https://fulhamkicks.com/book?courseId=4755&date=2022-07-21)





## Fulham FCF Walking Football for Adults

**Time:** Mondays from 1.00 – 2.00pm  
**Age group:** 50+ or anyone with mobility issues

Walking Football could bring improvements to resting heart rate as well as hypertension, body strength, mobility, and weight loss. It truly can change lives and thanks to its slower pace and less contact there's a reduced risk of injury in the process.

**How to register?** Just turn up at a session.

## Fulham FCF Chair Exercise

**Time:** Mondays, from 2.00 – 3.30pm  
**Age group:** For the more mature adult or anyone who prefers more gentle exercise.

Sessions are in Roupell Park Community Centre. Chair Exercises are a great low-impact way to incorporate movement into your routine. It helps your heart rate, breathing and improves energy levels. The session ends with a game of 'boccie' (throwing ball) whilst still in a seated position. Great fun is guaranteed.

**How to register?** Just turn up at a session



## Chair exercise



## Fulham FCF More Than a Game of Football

**Time:** Wednesdays, from 1.00 - 2.00pm  
**Age group:** 18+

Anyone who wishes to improve their football skills is welcome to join this football session for adults. We know that sport affects mental health, so take an active lunch break on our MUGA. Friendly staff will be there to offer support and will work with you to improve your game and fitness level. A great way to get fit, stay fit, and make friends.

**How to register?** Just turn up at a session



## Fulham FCF Multi-sport and Games – Disability sessions:

**ADULT PAN DISABILITY SESSION**  
with Fulham FCF disability coaches

**Age group:** 16 and over

**Times and Dates:**

**Tuesday 2nd August 2022** 10am to 12pm – GOSH / Evelina Childrens Hospital Sports Week Football Session

**Tuesday 9th August 2022** 10am to 11am – CEF Lyncx Multisport/Football Sessions

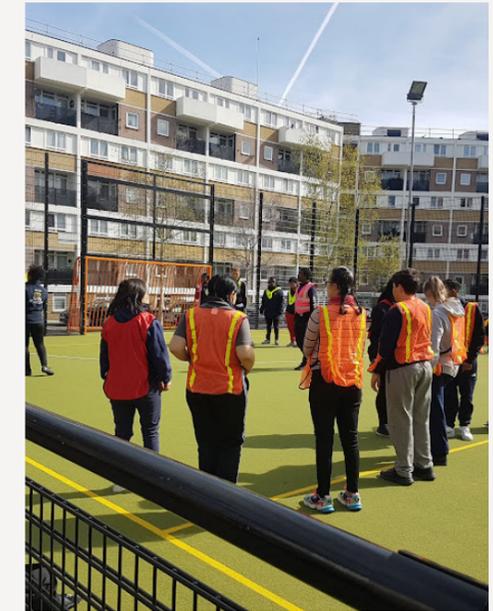
**Tuesday 16th August 2022** 10am to 11am – CEF Lyncx Multisport/Football Sessions

There will be a 4-week break after 16th August. The sessions will resume on 13th September.

## Disability session



## SEND Session



## JUNIORS PAN DISABILITY SESSION

**Age group:** 5 – 15 years

**Time:** Tuesdays from 6.00 – 7.00pm  
**Dates:** These sessions will start on 13th September 2022.

Sessions are open to anyone with any form of physical and/or learning disability or special education needs.

**How to register?** Just turn up on the day or contact **Katy** on 07827 957837.

