ROEHAMPTON VOICE

AN INDEPENDENT SOURCE OF NEWS, BY AND FOR ROEHAMPTON RESIDENTS

ISSUE 53 | SPRING 2024

Success for the Doverhouse Lionesses *(see page 7)*

The Alton School

Looking for a primary school?

The Alton is a welcoming, inclusive community school next to Richmond Park. We are passionate about children achieving their best and enjoying their learning.

To visit us on a school tour or find out more about our school, please email admin@thealton.q1e.org.uk or scan the QR code.

www.thealton-q1e.org.uk

Danebury Avenue, Roehampton, London, SW15 4PD

Ofsted Good Provider

Quality First Education Trust

ROEHAMPTON VOICE: ISSUE 53

The Roehampton Voice is an independent publication delivered to every household in the Roehampton Ward and via many community settings. Our aim is to keep you in touch with local news and what's on locally, to improve community spirit and to make everyone feel involved with where they live.

Our editorial team of volunteers would like to receive contributions from community groups, local projects, organisations, and individuals. We would love to hear from you about what your group or project is planning, a successful initiative or a notable achievement of someone locally. This might be:

– Articles or letters about a new project or topic, or health or social issue. Maximum 300 words. Please think about good quality photos or images that will make the story come alive.

– Stories about past activities or completed projects, maximum 300 words. Again please send photos if possible.

– Regular weekly or monthly activities. Please provide:

o Activity Title plus maximum 10-word description

o Date, Time and Venue

o Who the activity is for - adults, families, children, everyone

o Contact number or email for participants to get further information.

– Forthcoming one-off events

If you would like to write an article, promote an event or service please send details to the editorial team at **roehamptonvoice@hotmail.com**

The deadline for the Summer 2024 edition is 24th June 2024 and the magazine will be distributed in late July/early August.

ADVERTISING

Adverts in the Roehampton Voice reach over 6,000 Roehampton households and represent great value for money.

RATES

£50 for ¼ page
£100 for ½ page
£200 for full page

The Roehampton Voice is a project of Our Roehampton (the Roehampton Trust), registered charity number 114684

A BUSY 3 MONTHS FOR **OUR ROEHAMPTON***

Our Roehampton is YOUR community development charity. We work to connect people, groups and organisations, and help everyone to work together to make Roehampton a more thriving, caring and resilient community. Currently our main activities are:

- Producing this magazine, Roehampton Voice, published in Spring, Summer, Autumn and Winter;
- Running the monthly Roehampton Network where groups and organisations operating locally come together to share information, raise issues and collaborate on projects;
- Co-ordinating Roehampton Community Weeks, our programme of free activities during the summer holidays for everyone to enjoy.

FUNDING NEWS

We're delighted to say that we've been awarded funding by both the Wimbledon Foundation and the Roehampton Parish Trust to cover running costs for the next three years. Huge thanks to both these funders for showing such faith in what we're doing.

This fundraising success is down to the dozens and dozens of people, groups, and organisations who over the last four years have collaborated on shared projects, exchanged information and helped develop the vision for the future. A huge community effort by so many.... thank you everyone!

The new funding means that Our Roehampton can now operate independently. There's been much work behind the scenes setting-up back-office functions like a new bank account, new IT systems and agreeing a range of policies and procedures so we are a robust organisation fit to be awarded the further funding we need to deliver our ambitious plans.
We're so grateful to Citizens Advice Wandsworth who have hosted the project until now.

THE NEXT FEW MONTHS

We'd love to hear from you if you'd like to get involved in any of the following:

ROEHAMPTON COMMUNITY WEEKS 2024

Community Weeks will run from Saturday 10th to Saturday 25th August. The Steering Group has started planning this year's programme. The activities can have a focus on sport, arts, health, culture or improving the environment. If you, or a group of neighbours or friends have an idea for a community event that you'd like to run, get in touch. There's is a small fund that can help ideas become a reality.

EVENING NETWORKING EVENT

Many of the current networking events that bring people together take place during the day. We know we're missing out on the valuable contribution of residents who can only make evening or weekend events. So, we're planning an evening event where we can meet up, share what's been happening and find out if there are people who'd like to get involved or even kick-start new evening activities. No date or venue yet but do contact us if you'd be interested in coming along!

THE BIG LUNCH ON THE LENNOX ESTATE

The Big Lunch is the UK's largest celebration for neighbours and communities, and we want to be a part of up to 9 million people nationally who connect over food and chat.

Our Roehampton want to run a Big Lunch event on the Lennox Estate on either Saturday 1st or Sunday 2nd June this year. If you'd like to help make this happen, we would love to hear from you.

GETTING IN TOUCH

Send us an email or call us if you're interested in any of these things. We want to hear from you. Contact Julie Mallett, our current Project Lead; julie.mallett@ourroehampton.org or 07858 621678.

*Our Roehampton is the operating name of The Roehampton Trust, a charity that has been serving your community since 2010.

Some of the Our Roehampton Trustees at work

COMMUNITY BOX

BY JOHANNA AFORS

Four years after coming together to help Roehampton families with food supplies during the pandemic, Roehampton Community Box has continued to evolve.

What started as volunteers delivering emergency food parcels to residents during lockdown has become a social supermarket that continues to open its doors two days a week to local families struggling with food costs.

It's new initiative now offers a "Community Cuppa," in the space at 166 Roehampton Lane, where families can sit in a warm space, get free hot drinks and snacks. Whether it's sharing a recipe, offering a kind word of encouragement, or simply lending a listening ear, the sense of community and camaraderie within our walls is palpable, says Johanna Afors, chief operating officer of Rackets Cubed, which runs the programme.

They now support more than 200 families per week and have handed out 26,000 food parcels in Roehampton since April 2020.

Anyone living in or who has a child at school in the SW15 postcode can sign up to the program, and then request an allocated time slot to shop for groceries.

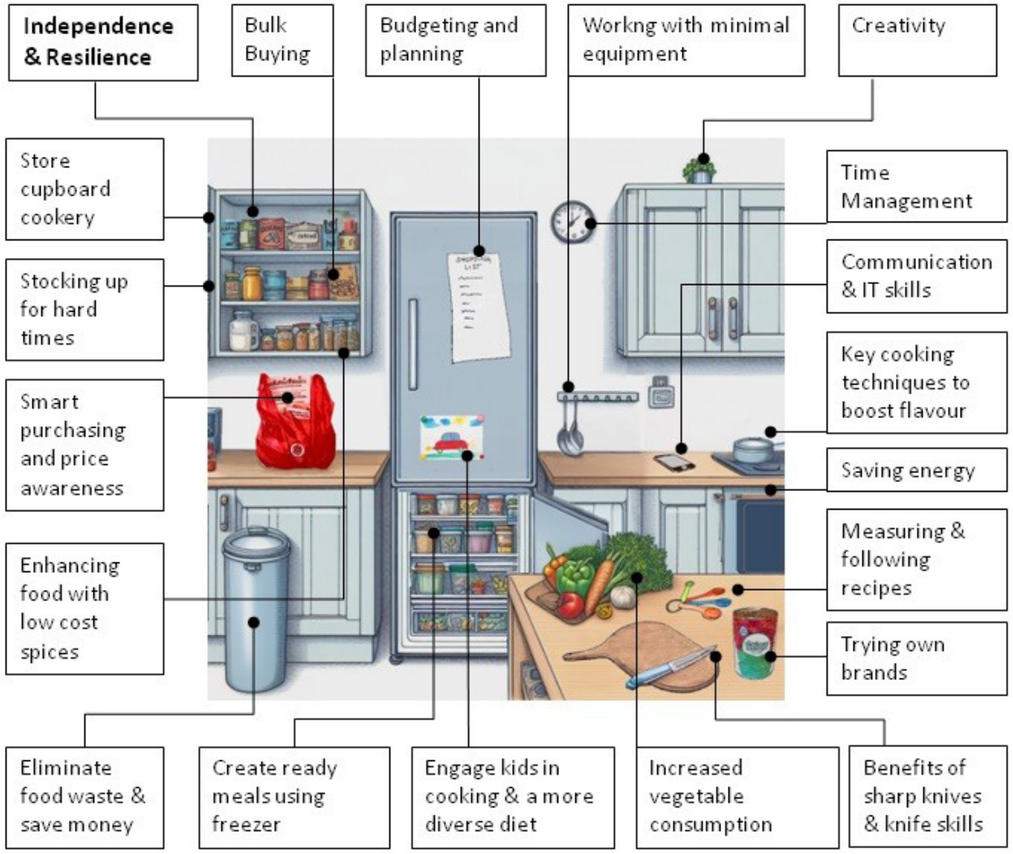
The Community Box has worked tirelessly to create a welcoming environment where individuals can shop for groceries just like they would in any other store. By offering a wide range of products in exchange for a small contribution, the Community Box enables their customers to make choices that suit their needs and preferences.

The group has partnered with Citizen's Advice, Thinking Works and Little Village, and hopes soon to begin a Community Meal, which will include cooking workshops and nutritional education sessions. The project has been helped by The Felix Project, City Harvest, the Dons, Waitrose, The Ahmadiyya Community, The Wandsworth Hygiene Bank and the Blue Cross.

Separately, Fleur Anderson, MP for Putney, welcomed the news that

primary school pupils across London will continue to receive free school meals up to the summer of next year, after London Mayor Sadiq Khan extended the scheme.

"It is hard to understate how important these hot, healthy meals are in supporting children and their families through the cost-of-living crisis. This could save families up to £1000 per child", said Fleur.



BAGS OF TASTE

BY FATIMA IBRAHIM

Want to save £20 a week on food bills? Get your kids to try something new? Eat together as a family? Banish the takeaway habit? Roehampton families who have tried a Bags of Taste cooking class have reported all of these benefits.

Bags of Taste focuses on helping individuals and families improve their long-term health and finances while building resilience and confidence through an independently evaluated cooking program.

"My children are now taking an active role in meal preparation, trying new food and eating together," says one Roehampton mother who recently completed the at-home Bags of Taste course.

Bags of Taste has offered help for people struggling to make ends meet in Roehampton since 2018, and across other parts of London and the UK before then. People learn to cook low-cost meals, which often mimic takeaways, for a fraction of the price and while using healthier ingredients.

The programme works to change people's mindset by providing a structured and supported 2-week program. Many participants save around £1,060 a year on food costs. Children enjoy getting involved in the cooking and trying out new foods.

"As a family of six, we spend a lot of money on food," said another participant. "This will really help us make some savings."

The course is free, and a volunteer delivers each participant a free bag of fresh and tinned ingredients to use in three low-cost recipes, making about 7 meals. A mentor works with each student over WhatsApp or the phone to help cook each recipe, in their own time, in their own home. After completing the programme, participants will receive their certificate, a further pack of recipes, and an invitation to join our Bags of Taste graduates Facebook or WhatsApp group where further recipes and support is given.

"The ingredients have really made me think differently about tinned foods," said a participant. "This is going to help me shop better in the future. I will be wasting less fresh ingredients."

Sign up for a course at **www.bagsoftaste.org**. This next series of courses focuses on families only.

HELPING LOCAL CHILDREN LEARN TO LOVE TO READ

BY HELEN LILEY

Learn to Love to Read is a local charity in the borough of Wandsworth which aims to help all children develop the skill, confidence and love of reading, which is key to their success at school and beyond. We support children aged 0-11, and their families, by providing one-to-one reading support in local primary schools, including Heathmere in Roehampton, and online. We also offer free early years classes to help young children start school ready to learn to read, as well as training, workshops and support for parents and carers to give them confidence to support their children's reading at home.

This year, Learn to Love to Read is celebrating its 10th birthday, and the impact of both the pandemic and the cost-of-living crisis has made our work more important than ever. The local community can really help with this - could you help local children learn to read by becoming a reading volunteering at Heathmere or one of our other local primary schools? No experience is necessary, and we provide full training for our volunteers. Being solely Wandsworth based, we are also unique from bigger national reading charities as we provide a local network of volunteers, with regular socials, training and ongoing support. This is a great way to make a difference. You can apply online at **www.learn2love2read.org.uk** or email **matilda@l2l2r.org** for more information.

If you are looking for a different kind of challenge, we are also excited to have places available for the Royal Parks Half Marathon on Sunday 13th October 2024. If you or someone you know is interested in running this stunning course, whilst helping Wandsworth children to become confident, enthusiastic readers, then you can register your interest here on our website: **www.learn2love2read.org.uk**

Learn to Love to Read half marathon runners

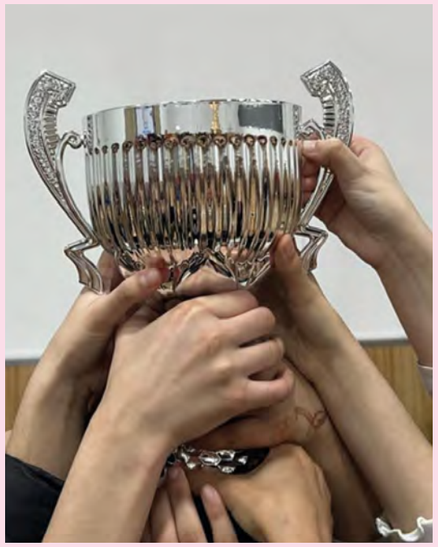
SUCCESS FOR AHMADIYYA MUSLIM WOMEN'S ASSOCIATION

Congratulations to the local women who won the national Volleyball tournament held on 17th February between 8 regional teams within the Lajna Imaillah UK Ahmadiyya Muslim Women's Association (AMWA).

The successful team entered through the Aymadiyya Ayesha region which covers Richmond, Roehampton, and Roehampton Vale. The team had the privilege of having a brilliant coach in Qanta Bhatti, and captain Kashifa Sarwar along with four other passionate players Sakeena, Dunya, Zarmina and Simren.

The Association is thankful to Vicky Pigott and Jennifer Ilsley for providing the Roehampton University Sports Hall for Volleyball practice. Coach Qanta thanks Mrs Mujeeb for involving the whole of Ayesha Region as well as regularly providing the refreshments for all team members. And Kashifa expressed her gratitude to Qanta for training them with love, patience and enthusiasm.

Similarly, Ayesha Region won 3rd position in a Netball tournament for under 15 girls on 18th February and again, it is great that all players were from Roehampton Vale, Roehampton or Richmond. Their names are Samia, Qindeel, Naima, Basma Aftab, Hafsa, Mahroosh & Sabika.



The Lionesses sporting uniforms kindly donated by the Danos Group

THE LIONESSES *THAT ROAR*

by ALEX GAUTIER

Is there anything better than being on a team that scores the only goal of the match in the last minute? Warren Robertson, coach of the Doverhouse Lionesses Under 12s, doesn't think so. Having joined Anita's and Eddie's Doverhouse Lions teams in 2021, Warren doesn't regret giving up fishing weekends to form a team that his daughters could join. He wanted to be part of their lives and get them to join him in something he is passionate about. Football. It worked.

Warren's delight in finding such talented players and, most importantly, dedicated parents who help each other get all the girls to matches in good spirits and fighting fit is obvious. He doesn't push the players, preferring to foster a love of the game and team spirit, with heavy emphasis on passing the ball to each other, to achieve success. Mistakes are made, but Warren lets them happen and views them as an opportunity to explain to his players how they could have done better. Most top businesspeople would smile and nod at a comment that we don't learn from success, we learn from the mistakes we make.

The current under 12's team has been playing together since April 2023 in Division 7, last year finishing top of the pod, now moving into competitive football – they are in the League Trophy Cup Final this year thanks to that last minute goal! With scores up to 13-0 and unbeaten in the last 15 games, Warren and his team of coaches seem to have got it. Even when players are injured the rest of the team pulls together for the best performance they can do - and they are winning!

Talent is everywhere, opportunity is not, but the Lionesses do have that opportunity thanks to a dedicated team, and most important of all, they love football, and they have guts.

If you know a young girl who wants to try and go after goals, why don't you bring her to the playing fields on Dover House Road, Roehampton, at 9am on a Saturday?

The team coaches

The wounded goalie, Poppy

"MY BABY AND ME" EVENT SUPPORTS ROEHAMPTON PARENTS

BY ROBERT BUSCH

A wonderful "My Baby and Me" event at the Manresa Clubroom on the Alton Estate on Saturday 3rd February offered health support for parents of babies. The event was organised by Lynne Capocciama's **Estate Art** CIC alongside Ready To Rescue and other organisations.

Basic life support training was provided on behalf of Ready to Rescue by Dr Tabea Haeger of St George's Hospital and Dr Molly Kirkman of the Maidstone Hospital. Forty parents of infants and young children practised life support skills such as chest compressions, the recovery position, and how to help a choking child. Parents also learnt how to respond to other childhood emergencies, such as severe allergic reactions or burns. Such training can be difficult and expensive to obtain, but it was offered for free here.

The event also featured a joyful "Breathe Melodies for Mums" group singing session delivered by **Breathe Arts Health Research**. Baby care products were donated by **Little Village, Don's Local Action**, and Sainsbury's. Wandsworth Council Parent Champions and Estate Art Health Champions provided support; Little Village offered their own services for expecting mothers and families with under-fives.

There was a happy buzz as families left. A parent said, "I really enjoyed attending and was amazed with the gift bag [of baby care supplies] ... you really helped out ... with being able to socialise as well as learning first aid and baby melodies. It was a wonderful day!"

There is an unmet need for health support for new parents, and further events of this kind will be planned. For update on Estate Art's events, join the "A Healthier Future For Roehampton" Facebook page and on X/Twitter (@lynnecappa). If you are interested in becoming a Community Health Champion or support Estate Art in other ways, please get in touch!

Robert Busch is an immunologist at the University of Roehampton and a co-Director of Estate Art CIC.

Lynne Capociamma (Estate Arts) with the My Baby and Me team and Darren Miller who donated to the event

BY THE COMMUNITY, FOR THE COMMUNITY

Estate Arts would like to thank Sean Heanen and Jody Lane Wood from local Roehampton butchers, Heanens, and Little Waitrose Roehampton Manager Jamie for their donations to Spud Night and continued support of Estate Arts events; thanks also go to Darren Miller who works at Sainsbury's and donates to support Estate Arts such as the recent 'My Baby and Me' event.

Jody Lane Wood and Sean Heanen

My Baby and Me event contributors. Left to right, back row: Estate Art Community Health Champion Swati Sahae; Lorna Greenwood of Breathe Arts Health Research. Front row: Dr Tabea Haas-Heger of Ready to Rescue; Helen Speedy of Little Village; Hannah Marquand, Parent Participation Team, Richmond and Wandsworth; Lynne Capocciama of Estate Art CIC (holding event flyer); Tim Marshall of Don's Local Action.

"Valentine's Lunch" EVENT SUPPORTS ROEHAMPTON RESIDENTS' WINTER WELLNESS

BY ROBERT BUSCH

To support the winter wellness needs of Roehampton residents, Lynne Capocciama of Estate Art CIC organised a Valentine's Lunch at the Manresa Clubroom on the Alton Estate on Saturday, 24 February. The event featured a festive buffet, music and dance, and information on Winter wellness.

A guest speaker at this event, Dr Melissa Calvin, talked about immunisations. Vaccination against influenza remains open until 31 March and is available to those over 65, people with certain health conditions, pregnant women, care home residents, carers and those living with someone whose immune system is significantly weakened. The next COVID-19 booster campaign will commence in April and will cover those aged 75 and over, care home residents, and those who are immunocompromised.

Dr Calvin also encouraged parents to get children immunised against measles, mumps and rubella (MMR). This prevents serious harm to children from measles virus infections, which can cause pneumonia, meningitis and seizures in 1 in 15 children affected. The claims of the 1990s that the MMR vaccines cause autism have been shown to be fraudulent; large, rigorous studies have since confirmed that the MMR vaccine is safe.

Winter wellness also includes staying warm and eating well. The Manresa Clubroom, the venue for the Valentine's Lunch is open regularly as a warm space for local residents; Estate Art offers food freshly prepared at the premises on Wednesdays and Saturdays, and donations to take home on Saturday.

After the lunch, local singer Nolita Golding got everyone dancing and singing along to Latin and pop music for several hours, lifting everyone's spirits. The event was well received. One participant wrote, "I really appreciate the speaker, it was informative ... the food and singer was great ... it would be lovely to have these [events] more often to bring the community together."

Robert Busch is an immunologist at the University of Roehampton and a co-Director of Estate Art CIC.

Valentine's Lunch event contributors. From left to right: Robert Busch and Lynne Capocciama of Estate Art CIC; Swati Sahae, Pam Lucas and Jason Ward, Estate Art Health Champions; Dr Melissa Calvin, speaker, from the SW London Vaccination Programme.

WHAT IS THE SAFER NEIGHBOUR–HOOD TEAM, and where are the police when you need them?

BY TATIANA DOBREVA

What is a Safer Neighbourhood Team? According to the MET website – *"Your Safer Neighbourhoods Team (SNT) is a group of Met police officers dedicated to serving your community. The team is made up of officers based in your area (or 'ward'), supported by additional officers from the wider area. We work closely with local authorities, community leaders and residents to decide our policing priorities for the area. This helps us to find useful, long-term solutions to local problems while maintaining our wider focus on reducing crime across London."*

The SNT Roehampton meets quarterly, and our team includes the Chair (Tatiana Dobreva), Deacon Kathy Johnson – who is marvellous at taking the minutes, PS Mat Knowles – in charge of the Roehampton team and the West Putney, PC Roberta Gavin, PC James Quail and PCSO* Denise Russell *(Police Community Support Officer). During the meetings, we usually have representatives from the council, the local dog warden and Roehampton residents.

Where are the police when you need them?
Roehampton is THE SECOND BIGGEST ward in Wandsworth by population. The SNT Roehampton is responsible for over 18,846 people (according to the 2021 Census). For comparison, Nine Elms has 5,396 (2021 Census) with a team of 9 people. Often, our police team get called to help somewhere else, rather than where we and they want to be - in Roehampton looking after these 18,846 people. Very often, our local SNT team gets called to help outside Roehampton. So, when we look outside – they are not there. Remember, behind the uniform hides a human being, part of a big bureaucratic organisation. They get annoyed at the same things you and I do. I had numerous conversations with them and PS Knowels – they all prefer to be here to protect us, but when the MET says they need to go - they don't have a choice.

So, what can we do? Many of us are calling for more police officers and getting a station in Roehampton. The MET is getting us another PC soon, but I think this one extra person - wouldn't be enough. How do you look after a ward like Roehampton with 4/5 people? It's around 3,769 people per police officer, for me it sounds impossible. No wonder, another chair responsible for organising meetings in their ward in Wandsworth has given up. If you want to change something, try to join our next SNT meeting in person or online.

For information about our next meeting, questions you would like to raise or anything else you can research us at **saferoeteam@gmail.com**

You can contact the local police team at **roehampton@met.police.uk**

To report a crime anonymously go to **www.crimestoppers-uk.org**

MACMILLAN COMMUNITY CANCER LINK WORKER SERVICE

Funded by Macmillan Cancer Support, and in partnership with Enable, the Macmillan Community Cancer Link Workers can help you.

They support people living with and beyond cancer to access the information and support they need. Carers of those with a cancer diagnosis are also eligible for the service. Available by phone, face-to-face appointments, or via video call, the team offers personalised support to cancer patients and their carers. No matter if it's someone struggling due to the cost-of-living crisis, or the emotional impact of a cancer diagnosis - they can support you.

Phoebe, Sam and Elaine, the three Macmillan Community Cancer Link Workers, offer non-medical support by referring and linking people to services that could support their overall wellbeing. They can also help people facing employment or other issues as a result of having cancer, by signposting and referring to useful local and national support services.

The service has been open for almost 1 year, and has now had over 300 referrals! One of their clients said:

"What has been important to me about the service has been identifying what I am going through by talking about it, it has helped me to accept things for what they are in my role as a carer. It was mum's diagnosis, but I 'went through it'. Talking to you (the Macmillan Community Link Worker), I've been able to take a step back and make some time for myself. I felt that I didn't have a voice; now I'm getting louder by the day!"

The Macmillan Community Cancer Link Worker service is open to anyone impacted by cancer aged 18+ and resident of Croydon, Merton or Wandsworth. The service can be accessed by self-referral, or you can be referred by any healthcare professional or voluntary/community organisation. If you have any questions about the service, please email: **waccg.cancerlinkworker@nhs.net**.

MACMILLAN CANCER SUPPORT
enable.

The Alton Practice

CHILDHOOD VACCINATIONS – IT'S NEVER TOO LATE

With a significant outbreak of measles, mumps and rubella across the UK here's some information about vaccines from one of our local GPs, Dr Farwa Hasan at the Alton Practice:

VACCINE EFFECTIVENESS
Vaccinations save lives!
Vaccines are the second most effective intervention in improving public health (after clean water)

BIG GROUP SAFETY EFFECT
Following the NHS vaccine schedule helps to keep your own child safe, as well as the rest of the community. The aim is for 95% of all children to be vaccinated but in the Wandsworth area only 79% have received two doses of the MMR vaccine. Let's try and get this up!

TWO DOSE PROTECTION
After two doses of the MMR vaccine, 99% of children will be protected measles and rubella and 88% will be protected from mumps.

MYTH BUSTING:

MYTH 1: Vaccines cause autism.
FACT: Studies show that vaccines are safe, with no link to autism.

MYTH 2: Natural immunity is better.
FACT: Vaccines offer a safer way to build immunity without the risks of natural infection.

MYTH 3: Vaccines overwhelm the immune system.
FACT: Vaccination schedules are carefully designed to protect without overloading.

MYTH 4: Vaccine-preventable diseases aren't a threat.
FACT: Travelling abroad and gaps in coverage make diseases a constant risk. Vaccination is crucial to prevent outbreaks.

FREQUENTLY ASKED QUESTIONS...

Q: Are vaccinations safe for my child?
A: All vaccinations offered by the NHS are tested thoroughly to make sure they won't harm your child

Q: What if I miss a routine vaccination?
A: You can catch up on any missed vaccines (even as an adult!), just call your GP surgery and book an appointment

Q: Do vaccines contain pig gelatin?
A: Most vaccines do not contain gelatin, but for the MMR and influenza vaccine please ask your Gp or nurse for the gelatin-free alternative (Priorix)

Keep your child safe – Stick to the NHS vaccination schedule!

MOBILITY SCOOTERS WANDSWORTH SHOPMOBILITY

Eunice Paul, one of our members, pictured on a mobility scooter provided by Wandsworth Shopmobility. Using a scooter makes Eunice's shopping outing more pleasant and gives her the freedom to remain independent and browse the shops.

You haven't used a mobility scooter before? No need to worry! Our users are given training in the safe use of the scooters. Shopmobility loans out equipment on a long-term basis and has seasonal offers. We can currently offer scooters at £15 per week (plus a refundable deposit of £100).

Interested? Contact Shopmobility on **020 8875 9585**.

Are you thinking of going out? Remember our Shopping Shuttle, which gives you a door-to-door outing to Shopmobility at Sainsbury's, Garratt Lane. Most of our regulars get around the shops and over to Southside on their own. However, they find using the main buses too risky (especially with their shopping trolleys), so our minibuses are the perfect solution.

So, if you need a wheelchair, a mobility scooter or a volunteer, we can do it all. Your first Shopping Trip is FREE!

To book, call us on **020 8675 3812**.

New Defibrillator for Roehampton **Methodist Church**

BY DEACON KATHY JOHNSON

With match funding for the equipment from DHSC, Putney Methodist Church has installed, and will maintain, a defibrillator on the wall of the Methodist Church in Minstead Gardens. It will be kept in a locked cupboard and is registered with the London Ambulance service who will issue the lock code to anyone ringing and asking for help. The machine has full instructions and speaks instructions. There is an option on the device to choose different languages if necessary. Roehampton Methodist Church is keen for everyone to know that the defibrillator is accessible to all, whilst hoping fervently that it will never be needed.

Deacon Kathy Johnson with the new defibrillator

DEVELOP YOUR DIGITAL SKILLS with POWER TO CONNECT

BY MEGAN BARRETT

Power 2 Connect was set up as a partnership between Wandsworth Council and Battersea Power Station and is now an independent Community Interest Company. We collect donated unused laptops and tablets, wipe and refurbish them to deliver to local schools and community organisations who in turn pass them on to those in need. We also offer digital skills to help people with the skills and confidence they need to navigate the digital world safety and effectively.

POWER TO CONNECT DATA SAVING TIPS

Disable Auto-Update: Most mobile devices have an automatic update feature that updates your apps in the background. This can consume a lot of data. To stop this, disable the automatic update feature, and update your apps manually only when you have a Wi-Fi connection.

Disable Auto-Play Videos: Most social media apps have an auto-play video feature that automatically plays videos as you scroll through your feed. To prevent this, disable the auto-play video.

POWER TO CONNECT DIGITAL DROP-INS

These sessions give you an opportunity to visit us with your device or use one of the devices available, sit down with a member of our team, and receive assistance with a specific problem or enhance your tech skills. Booking is not required, but please keep in mind you may need to wait to chat to one of our volunteers.

FREE DATA SIMS ARE AVAILABLE FOR 18+ YEARS

Where:
Roehampton Library
2 Danebury Avenue

SW15 4HD

When:
Every Monday, 2–4pm

Who:
Open to everyone

Contact:
hello@powertoconnect.co.uk or **07934553192** for more information.

Power to Connect • Power to Connect • Power to Connect •

ROEHAMPTON COUNCILLORS' MESSAGE

BY GRAEME HENDERSON, MATTHEW TILLER AND JENNY YATES

Things continue to be busy for us Roehampton councillors! We were glad to resume our monthly surgeries at Roehampton Library in December, after all councillors' advice sessions were suspended because of security concerns. **The surgeries happen at 11am on the first Saturday of each month.** Please come and see us about any local issues.

We have undertaken walkabouts with council officers on the housing estates in Roehampton, to hear about residents' concerns regarding rubbish, cleaning, repairs etc. We have done two walkabouts on the Lennox Estate, one on Toland Square, and one on Aubyn Square. All three of these estates, as well as Fontley Way and Bessborough Road, are sites for the Homes for Wandsworth programme to build 1,000 new homes, all for council rent. The Labour administration inherited from the Conservative administration a council housing waiting list of over 11,000 households, and we welcome the opportunities to provide new homes and cut down the waiting list. We are, however, meeting current residents and attending consultations on the plans, and want to make sure that the views of present tenants and leaseholders are heard. We strongly support the local lettings policy – this means current local tenants who are overcrowded or want to downsize, have priority for any new homes that are built.

We continue to promote residents' associations. They are a great way for council tenants and leaseholders to share views, report problems and get their voices heard. As a residents' association, you can apply to the Small Improvements Budget to request non-major works that will benefit your block. For more details on forming a residents' association, contact Resident Participation Officer Sarah Stevens on **sarah.stevens@wandsworth.gov.uk** or **020 8871 5505**.

Jenny enjoyed attending the Roehampton Christmas Market and we were all pleased to visit Chantelle's Community Kitchen and the Health Café, both of which are proving very popular and are providing free meals to residents on the Alton Estate with Council and local charity support. Jenny and Graeme also visited Ibstock Place School, the private school at the edge of the Alton estate. The head has made significant efforts to support the local community and students often help at community events. We would like to acknowledge everyone – far too many organisations and individuals to mention - who is working to improve life for others in Roehampton.

My Activities in ROEHAMPTON

BY FLEUR ANDERSON MP

WHY I'M FIGHTING FOR A NEW POLICE BASE IN ROEHAMPTON

I meet regularly with our local police officers to talk about how to make Roehampton safer.

The nearest police bases are in Wimbledon and Putney. A police base in Roehampton would mean that police response times would be quicker, and we would have more visible officers on our streets.

Senior Police and the Council agree and so I am very hopeful that this will happen. The Mayor is increasing the numbers of police locally, and I have been working with the police and council to increase the number of live CCTV cameras and staff to track these.

WE NEED TO BRING BACK COMMUNITY SPACES IN ROEHAMPTON

Roehampton has suffered through losing many of its community spaces like the Alton and Roehampton Youth Clubs.

There is good news. Wandsworth Council has agreed to refurbish the Focus Hall with a new lift and kitchens. Also, the new building at the top of Danebury Avenue will be a Community Hub building with community spaces as well as housing.

Recently, I met with Our Roehampton, Rackets Cubed and Councillors. I took them on a tour of the closed or abandoned community spaces that I want to bring back to life. Please do get in touch if you have ideas about how we can reopen our community spaces.

IMPROVING THE BUS SERVICE TO AND FROM ROEHAMPTON

Lots of residents are having problems with local buses at the moment. Too often buses are full, delayed, don't turn up or stop at the Green Man. To get to the bottom of the issue, I recently met with the Deputy Mayor for Transport and the Transport for London Commissioner.

Transport for London have agreed to review the 85 route. They agree that there are issues on the 265, 430, 170 and 419 and say that there were road works which caused this so I will ask for a new review now that the works should be over. If you are having issues on your route do let me know.

FUNERAL DIRECTORS AND MEMORIAL STONEMASONS

OUR FAMILY HELPING YOUR FAMILY

For over 240 years, eight generations of the Lodge Family have been privileged to help local families in their time of need. We provide all funerals, whether modern, traditional, green or alternative, with care and compassion.

ROEHAMPTON

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- Mr Robinson

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WHAT'S ON

● *red dot indicates children's activities*

WEEKDAYS

MONDAY — FRIDAY

5.30PM
EVENING PRAYER
A sung, reflective service at the end of the day
All are welcome
Holy Trinity Church Ponsonby Road

WEEKLY

MONDAYS

10 – 11.30AM
● **BABY & TODDLER CLUB**
Space to play 0-5 years with their grown-ups
Roehampton Methodist Church Minstead Gardens

10 – 10.30AM
● **STORIES AND SONGS**
0-5 years
Roehampton Library

10AM – 12noon
INTERMEDIATE ESOL CLASS
Free but ask library staff for info
Roehampton Library

10AM – 1PM
TALK TO YOUR COMMUNITY HEALTH CHAMPIONS
Run by Estate Art
Manresa Club Room, Fontley Way SW15 4NF

11AM (2.5 hours – longer if a specially organised trip)
WALKING GROUP WITH HEALTH CHAMPIONS
Leaves from Manresa Club Room, Fontley Way, SW15 4NF
Run by Estate Art

2 – 4PM
FREE DROP-IN IT & TECH SUPPORT
Run by Power 2 Connect
Roehampton Library

3 – 5PM
● **LEGO CLUB** (age 8 plus) & **DUPLO CLUB** (age 2-8 years)
Get building with Lego and Duplo and see what you can create
Roehampton Library

4 – 4.45PM
WELLBEING CLUB
Join us for weekly guided sessions
Newcomers are very welcome!
Roehampton Library

5 – 6.45PM
PLAY READING GROUP
in partnership with Hestia
BRINGING PLAYS TO LIFE!
Roehampton Library

7.30 – 10.30PM
ROEHAMPTON TABLE TENNIS CLUB
All ages and levels welcome
Aubyn Square, Eastwood North Estate SW15 5NQ
Info: roettclub@gmail.com
07874 051993

TUESDAYS

11AM – 12noon
YOGA – MOVE, BREATHE, RECHARGE
For all ages
Run by Estate Art
Grosse Way Club Room, Dover Park Drive SW15 5DQ

11AM – 1PM
CHANTELLE'S COMMUNITY KITCHEN
Free* Pre-Packed Homemade Meals Take Away or Eat In
Portswood Space, 4 Portswood Place
*Donations appreciated if feel able

2 – 5PM
TESTING AND TREATS WITH SPECTRA
An all-gender safer sex drop-in session for all sex workers
Email:
AskAlex@Spectra-London.org.uk

2 – 3PM
YOGA – MINDFUL, SLOW FLOW FOR ALL AGES
Provided by Estate Art
Roehampton Sports and Fitness Centre, Laverstock Gardens

3.30 - 7PM
● **MOBILE YOUTH BUS**
A drop-in session for 8+ years
PS5, board games, arts/crafts, model heads
Snacks and hot chocolate
Parked near Sheldon House on Danebury Avenue
Run by Base
More information from
Sandra Davis 07870 545626

7.30 –10.30PM
ROEHAMPTON TABLE TENNIS CLUB – all ages and abilities welcome
Aubyn Square, Eastwood North Estate SW15 5NQ
Info: roettclub@gmail.com
07874 051993

WEDNESDAYS

10 – 10.30AM
● **BABY RHYME TIME**
Bring your little ones for some songs and movement
Rhyming help babies and children learn about words, sounds and language formation
Roehampton Library

10AM – 12noon
ENTRY LEVEL ESOL CLASS WITH SOUTH THAMES COLLEGE FOLLOWED BY READING SUPPORT
12 – 1PM
Ask a member of staff for more information
Roehampton Library

10.30AM – 12.30PM
WOMEN'S COFFEE MORNING
All women welcome
Alton Activity Centre, Ellisfield Drive
SW15 Women's Network
Info: Vicky.Marie.pigott@gmail.com

11AM – 3PM
ROEHAMPTON COMMUNITY SHED – WOODWORK, DIY & UPCYCLING SKILLS
All over 60s welcome
5 Portswood Place
Organised by Age Concern Wandsworth

3 – 4PM
● **READING SUPPORT FOR CHILDREN**
Ask a member of staff for information
Roehampton Library

4 – 5PM
● **BOARD GAMES AND PUZZLES**
Roehampton Library

4 – 6PM
HOT SPUD NIGHT – FOOD, MOTOWN AND COMPANY
Run by Estate Art
Manresa Club Room, Fontley Way, London SW15 4NF

5 – 6PM
QUIET HOUR AT THE CHILDREN'S LIBRARY
Read a book, do a puzzle, enjoy a quiet time with your child
Please speak to a member of our team if your child has special needs, like dimming the lights
We will try to accommodate your child's needs, where possible
Roehampton Library

5.30PM - 6.45PM
ENGLISH CONVERSATION CLASS
Have a chat and improve your spoken English
Ask a member of staff for more information
Roehampton Library

7.30 – 9PM
DIGGING DEEP
also available on Zoom
Run by The Redeemed Christian Church of God
Roehampton Church School Roehampton Lane SW15 4AA

7.30 – 10.30PM
ROEHAMPTON TABLE TENNIS CLUB – all ages and abilities welcome
Aubyn Square, Eastwood North Estate SW15 5NQ
Info: roettclub@gmail.com
07874 051993

THURSDAYS

11AM – 2PM
60 PLUS CAFÉ, ROEHAMPTON
Activities and low-cost lunch.
Transport arranged if needed.
Pam 0208 788 5577
Methodist Church Hall, Minstead Gardens

1.30 – 3PM
PUTNEY SCHOOL OF ARTS
Free adult art classes
Alton Activity Centre, Ellisfield Drive

2.30 –3.30PM
TAI CHI – Improve balance, strength, agility and co-ordination Run by Estate Art and Holy Trinity Church
Roehampton Sports and Fitness Centre, Laverstock Gardens

FRIDAYS

10 – 10.30AM
● **STORY TIME (2-5 YEARS)**
Help your toddler develop their concentration
Encourage their imagination and creativity
Roehampton Library

10 – 11AM
READING GROUP
Tell us about the latest book you have read
Exchange ideas for your next read
Roehampton Library

10AM – 12noon
COFFEE MORNING
Enjoy a free tea or coffee as part of Wandsworth Libraries Warm Spaces initiative
Roehampton Library

12noon – 1PM
OVER 60'S COFFEE MORNING
Games, chat, new friends
Portswood Space, 4 Portswood Place
Alton Regeneration Team

2 – 4PM
INFO STALL – up to date information on local activities
Outside Base Youth Club, Danebury Avenue
Alton Regeneration Team

2 – 4PM
ROEHAMPTON FOODBANK
Run by local people through the Trussell Trust
Referral needed:
0808 208 2138 (Mon-Friday 9-5pm) or
wandsworth.foodbank.org.uk/get-help/how-to-get-help/
Roehampton Methodist Church, Minstead Gardens

3.30 - 4.30PM
THEMED COLOURING SESSION WITH A STORY
4–9 year olds
Roehampton Library

7 – 8PM
WOMEN'S DANCE CLASS
Starting 19 April 2024
Improve your fitness and coordination, Fun warm up, then dancing with gymnastic ribbons and choreography
All levels
£30 for 6 sessions prepaid;
£8 per session drop-in
Roehampton Holy Trinity Church Ponsonby Road
Further information:
verenanash@hotmail.com

7.30 – 9PM
ANOINTING SERVICE
Except the first Friday of each month
Also available on Zoom
Run by The Redeemed Christian Church of God
Roehampton Church School Roehampton Lane SW15 4AA

SATURDAYS

10AM – 4PM
● **FAMILY ACTIVITY SESSION/ HEALTH CAFE**
Arts and Crafts, hot & cold food, signposting to services
Run by Estate Art
Manresa Club Room, Fontley Way

10.30AM – 12noon
● **MESSY PLAY**
Fun sessions for 0 –5 years (SEND kids up to 8 years)
6 and 13 April 2024
Booking essential: contact Orleen omcintosh@hotmail.co.uk
St Joseph's Church, Roehampton

11AM – 12.30PM
● **FUN4KIDS SATURDAYS**
From arts and crafts to board games and science experiments
Anything goes during Fun4Kids Saturdays!
You won't know what's happening unless you come and join the fun!
Roehampton Library

1.30 – 7.30PM
ROEHAMPTON TABLE TENNIS CLUB – all ages and abilities welcome
Aubyn Square, Eastwood North Estate SW15 5NQ
Info: roettclub@gmail.com
07874 051993

SUNDAYS

10AM
PARISH COMMUNION
Gather with the community to hear readings from the Bible.
Join in with prayers and celebrate Holy Communion together. All are welcome
Holy Trinity Church Ponsonby Road

10AM – 12noon
THE REDEEMED CHRISTIAN CHURCH OF GOD
Roehampton Church School Roehampton Lane SW15 4AA

FORTNIGHTLY

FRIDAYS

10AM – 12noon (alternate weeks)
WORK MATCH WITH WARREN
If you live in Wandsworth, he can help you find local jobs and training. Free, but you must book in advance. Please speak to a member of staff for more information
Roehampton Library

10AM – 12noon (alternate weeks)
CHAIR DANCE
Run by Age Well Roehampton
Chair-based exercise
Anyone aged 55+ welcome
Minstead Gardens Club Room
Minstead Gardens
Contact Rita Hung
07826 779684

- 4 – 4.45PM (Second and fourth Friday of each month)
KIDS YOGA 5+ YEARS
Roehampton Library

SATURDAYS

10 – 10.30AM
- **(ALTERNATE WEEKS)**
DAD'S TIME
Calling all father figures to a special story time for their children
Roehampton Library

7 – 8PM
Second and fourth Saturday of each month
From 6 April 2024
WOMEN'S YOGA AND SELF-CARE WITH VERENA
Alton Activity Centre
£36 for 6 sessions / £10 drop-in
Info: verenanash@hotmail.com

SUNDAYS

7 – 7.45PM (alternate weeks)
SINGING CIRCLE
Free informal singing group
For all abilities
(Followed at 7.45PM by optional sung night prayer)
Holy Trinity Church
Ponsonby Road

MONTHLY

SECOND TUESDAY

of each month 2PM onwards
FUN QUIZ
Sheltered Accommodation Club Room, Minstead Gardens
All welcome

WEDNESDAYS

1.30 – 3PM
24 April, 29 May, 26 June
AGE UK WANDSWORTH/DIGITAL INCLUSION PROGRAMME (DIP)
Library Sessions from April – November 2024
Roehampton Library

SATURDAYS

First Saturday of the month
11AM – 12noon
COUNCILLOR ADVICE SESSIONS
Roehampton Library

SUNDAYS

First Sunday of the month
11AM – approximately 2 hours with a refreshment break
FRIENDLY SOCIABLE WALKING GROUP
Wimbledon Common and/or Richmond Park
All welcome, especially older walkers
Leisurely pace
Bus pass may be useful for return
Meet at Waitrose Petrol Station
Roehampton Lane

Easter HAF Roehampton

- **INCLUSIVE EASTER CAMP FOR BOYS AND GIRLS AGES 5-19**

2.30 – 6.30PM, 11th – 14th April
Run by SEN UNITY CIC

Montefiore Sports Hall, Roehampton University, Roehampton Lane

Enrol: www.sen-unity.co.uk
More details call 07963 519846

WANDSWORTH ARTS FRINGE

Wandsworth Arts Fringe Festival will be held 7th–23rd June 2024 and we are delighted to report that two free festival events will be held in Roehampton:

G64 THEATRE
Spreading the Joy 8th June @ 11am on Bull Green is a theatre show for children and their grownups celebrating positive mental health. Through an exciting interactive journey through space, we explore what makes us happy and how we spread the joy to those around us! An exciting and silly show full of puppetry, music, aliens, and lots of surprises!

ON THE CLOUDS KIDS
Yoga Bedtime Stories 17th, 19th, 20th & 21st June @6.45pm In the Alton Arts Hub. For Adults & Children (6 months to 11 yrs). Bringing magical stories to life through yoga, drama & Play.