

ROEHAMPTON VOICE

AN INDEPENDENT SOURCE OF NEWS, BY AND FOR ROEHAMPTON RESIDENTS

ISSUE 52 | WINTER 2023-24



White Ribbon Torch Parade: collage of photos taken by Robert Hills

A poem for the NHS

To all NHS staff,

Your eyes are our hope,

Your smile is our strength,

Your attitude is our courage,

Your care is our care.

No doubt, God has chosen
you to help others,

Be proud of yourselves,

Being midwives, doctors,
medical and paramedical staff,

A big thank you to all of you.

Hina Usman Ghani,
Alton Resident



NHS worker, CC

SOCIAL SUPERMARKET helps local families struggling with food costs

by HOLLY BOTT

Through the efforts of The Roehampton Community Box, nearly 200 families a week pay just £4 to take home an estimated £40 worth of food from its social supermarket at 166 Roehampton Lane.

Local volunteers ensure that this vital resource opens its doors on Wednesdays and Thursdays, with its shelves full of fresh meat, produce and non-perishable items for local families to choose from.

So far in Roehampton, the programme has given out 24,300 boxes worth of food in the SW15 area, equating to over 290,000 meals. Families contribute £4 – and must book a time slot to visit – and then choose food and essentials from the shelves. Most groceries come via donations from other charities, schools, faith groups, supermarkets and organisations, but organisers also purchase goods to maintain stocks as food flies off the shelves.

“The Community Box is amazing; I don’t know what I’d do without this box weekly,” said one shopper. “All staff are great, the choice of stuff is brilliant.”

In the lead-up to Christmas, the Roehampton Community Box is collecting advent calendars, gifts, and Christmas food to provide the families with a variety of festive treats. They hope to collect enough to ensure each family will go home with one bag of presents and one bag of Christmas food and goodies as well as an advent calendar for each child in the family.

New hub manager Natalie Price previously worked within a food environment and as a youth worker for the local community.

To be eligible to register for a slot, families must live in the SW15 postcode or have a child that attends school in the postcode.

Doors are open Wednesday 9:30am-4:00pm and Thursday 9:30am-12:15pm.

To book a slot, go to bit.ly/roehamptoncommunitybox

The Roehampton Community Box is always looking for new sources of food so if you would like to donate to us or have any other enquiries, please email: communitybox@racketscubed.com.



ROEHAMPTON VOICE: ISSUE 52

The Roehampton Voice is keen to have input from as many local people as possible. 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 Spring 2024 edition is 28th February 2024.

The Roehampton Voice is a project of Our Roehampton (the Roehampton Trust), registered charity number 1146841
@RoehamptonVoice | roehamptonvoice.org

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 a full page

OUR ROEHAMPTON – The Roehampton Trust starts an exciting period of development

Readers will know that the Roehampton Trust has been producing the Roehampton Voice since 2011. Now the Trust is moving into a new exciting phase with a new name – **Our Roehampton** – and has joined forces with the team best known for starting the Covid19 Response Network in March 2020.

“We want Roehampton to be an active, connected, thriving community and a good place to live and work – through action rather than talking,” says Angus Robertson, Chair of Trustees for the reorganised trust. “We are here to stay and will respond to the needs of Roehampton residents and its communities.”

Our Roehampton is submitting funding applications to enable it to have a small staff team to deliver its ambitions.

The change occurred after trustees of Roehampton Trust joined community members involved in the My Roehampton Community Capacity Building Project (MyRoe) to discuss

how to ensure the best elements of both initiatives carry on long-term. The groups share common values and goals, so joined forces. Local people active in MyRoe have joined the Board of the Roehampton Trust.

Our Roehampton will continue to produce this quarterly publication, Roehampton Voice. It will continue to host the monthly Roehampton Network, an information sharing network open to local residents, activists, groups and statutory partners. It will sponsor Roehampton Community Weeks with its free activities for local people. It will also strive to develop its communications so that everyone can find out what is going on in Roehampton, Robertson says.

Additionally, Our Roehampton will support local people and organisations who want to run projects to benefit their local community with one-to-one support on project planning, governance and funding.

It will act as a community voice by actively participating in relevant forums, such as the Roehampton Partnership, as well as support local people and groups to influence statutory services, identify gaps in activities and service provision and influence or initiate solutions.

Our Roehampton is currently seeking someone with finance experience to join the Trustee board as Treasurer. Details can be found here:

roehamptoncommunity.wixsite.com/ourroehampton and the closing date is 10am Wednesday January 24th, 2024.

In early 2024 the charity will also be advertising for a Lead Officer; the first paid role for Our Roehampton.

If you have any ideas for Our Roehampton, or have questions or would like to get involved please contact Julie Mallett, our current Project Lead - julie.mallett@cawandsworth.org, **07858 621678**.

**citizens
advice**

Citizens Advice Wandsworth – advice and information for all Wandsworth residents

How to get help from Citizen's Advice Wandsworth:

For advice:

Free Phone:
0808 278 7833
Mon-Fri 10am – 4pm

Online:
www.cawandsworth.org/get-advice

For information (or if you can't phone or access the internet) please visit:

**The Roehampton Centre
Picasso Building
Mount Clare
Minstead Gardens SW15 4EE**
Tues & Thurs 10am – 12noon & 1-3pm

Or
**Battersea Centre
Battersea Library
265 Lavender Hill SW11 1JB**
Mon, Wed & Fri 10am – 4pm

Clockwise: Julie Mallett, Angus Robertson, Katie Sullivan, Tatiana Dobreva, Pam Harris





White Ribbon Torch Parade

BY VICKY PIGGOT

On the 23rd of November 2023, the SW15 Women's Network, with the support of Wandsworth Council, successfully ran the 3rd annual White Ribbon Torch Parade in Roehampton.

Almost 100 people attended - a great turn out from members of the community and community services, demonstrating solidarity and support to the campaign with a parade of banners and placards held high.

The White Ribbon Campaign aims to raise awareness and stop violence against women and girls; in the UK a woman is murdered every 3 days by her partner or ex-partner. The police receive a call regarding domestic abuse in the home every 30 seconds.



White Ribbon torch parade photos by Robert Hills, roberthillsp photography.co.uk

White Ribbon Torch Parade (cont.)

This year's campaign is all about 'Changing the Story' - calling out and challenging sexist and misogynistic attitudes and behaviour when you see or hear it, which is the source of violence against women and girls. It is a Human Right to be safe in your own home and on the streets.

The SW15 Women's Network would like to thank all who attended the event, of all ages and backgrounds, and thank the Police for their support.

This year the event was opened by Fleur Anderson MP, followed by Wandsworth Deputy Mayor Sana Jafri and Cllr Graeme Henderson, alongside many inspiring speakers from our local community.

If you have experienced domestic abuse, stalking or sexual violence, you can drop into the **One Stop Shop** in Roehampton for free, discrete support, advice and information. No appointment is necessary.

When: **Every Wednesday**
Time: **10am to 12.30pm**

Location: **Wandsworth Citizen's Advice**, Picasso Building, Mount Clare, Minstead Gardens, SW15 4EE

There are also a range of community services where you can reach out for further advice and support:

- **Hestia Domestic Abuse (Wandsworth & Richmond):** 0203 879 3544 (Mon-Fri, 9am - 5pm)
- **National Domestic Abuse Helpline:** 0808 2000 247 (free 24/7 helpline)
- **Galop LGBTQ+ domestic abuse helpline:** 020 7704 2040 (Mon-Thurs 10am - 8:30pm & Fri 10am-4:30pm)
- **Men's Advice Line:** 080 8801 0327 (Mon-Fri, 9-5pm)
- **England & Wales Rape Crisis:** 0808 500 2222 (free 24/7 helpline)
- **In an emergency, please call the police on 999.** You can also report incidents (non-emergency) online or by calling 101.



OUR ROGER – Football Coach and Mentor Extraordinaire

by **ALEX GAUTIER**

The Dover House Lions Football Club has a wealth of dedicated people who work around Anita and Eddie, the founders of the club, to develop sporting talent. Here is the story of Our Roger.

At nine years of age, Roger was not aware of the looming disaster that made his entire family decide to leave their country, but pack up and leave they did, with very few possessions. Moving first to the Congo in 1994, they kept moving through various countries and refugee camps to avoid the possibility that they might be sent back to Rwanda and almost certain death. To survive, Roger used his infectious enthusiasm and with his family worked whatever jobs they could find, or traded in petrol, meat and anything else that they could make a profit on. They were finally helped by priests in South Africa who sent half of the family to London to establish themselves. A month later, once refugee status was achieved by Roger's mother (who had been a Head Teacher in Rwanda), the rest of the family arrived safely in 1998.

Roger was lucky to study at Salesian School in Battersea. It is never easy to be the new kid, but Roger gained acceptance through his talent and love of football. He may not have spoken English very well at the beginning, but there is an international language when you play football and Roger used it well. He kept playing, and won 16 trophies in 5 years. He also coached other players with the Salesian Old Boys Club whilst studying business and accounting at Middlesex University, prior to setting up his own business.

It was one of Roger's friends, who he was coaching and mentoring, that introduced Roger to the Dover House Lions. They wanted a coach to set up a team of over 16-year-old players who did not make it in the professional leagues but were still very good players. It is disappointing when you know you have talent but you don't quite make it and so Roger thought that was an excellent idea. With his usual enthusiasm, he has been coaching, mentoring and organising matches to encourage players to continue their passion for football. You might know someone who should join that team?

From Rome to Roehampton – A limit pushing adventure!

by AIMEE JACKSON

17 days, 1256 miles, 62,652 feet total elevation: only Regenerate, the Roehampton/Putney based youth charity would do something so crazy! Adventure is one of Regenerate's core values and, with their big thinking, there's no limits. For this legendary challenge, they cycled from Rome, home to London.

40°C heat, the alps, rains, winds, a few falls, and plenty of punctures, are just some of the challenges they battled. It was hard, but one of the best things the riders have ever done. An exciting new experience, and many great moments too; jumping in every lake they passed, enjoying meals together, and exploring new towns and cities along the way.

Not just fundraisers, Regenerate adventures push the limits of what you thought was possible for yourself, as Paige and Analize will tell you. New cyclists and the youngest on the trip, these two are a true example of mental strength and resilience:

"The trip made me a stronger person. There was a lot of emotion however I



learnt to accept the challenges... One thing I learnt was don't be afraid to do something. You're capable of doing anything you put your mind to, and the feeling after you thought you couldn't is the best thing. I'd definitely do [it] again." – **Analize**

"I didn't really know what to expect, but [the ride] was better than anything I would've ever thought of doing... I learnt I'm much stronger than I thought I was! I had doubts but I pushed them aside when cycling, and now I feel like anything is possible." – **Paige**

Well done to the whole team, **together they raised an incredible £80,000 for Regenerate's work in the community**, and we're really excited for what's next.

Aged 16-25 and interested in going on an Adventure?

Follow [@regenerate_idn](#) on Instagram for future opportunities!



Roehampton Councillors' Report: a review of our first 18 months

by **MATTHEW TILLER, JENNY YATES** and **GRAEME HENDERSON**

Since being elected in May 2022, we've been active in Roehampton trying to improve services for local residents. We've taken on over 800 pieces of casework, resulting in numerous repairs to council homes, and have solved many other local problems. For instance, we have reduced anti-social behaviour, improved rubbish collections, and ensured access for bin lorries by stopping inconsiderate parking with new yellow lines.

We hold monthly advice sessions at Roehampton Library, and have had 3 advice days with Putney MP Fleur Anderson.

Our lobbying pushed the planning application for new double glazing for the stilt blocks on Highcliffe Drive, and this was approved in September 2023 after several years of delay. Securing planning approval was difficult as these are Grade II* listed buildings. We know how important the double glazing is to make the 375 flats warmer for residents and to reduce heating bills and we're looking forward to seeing it installed in the coming year. We will keep pushing for this project to move forward.

We've led regular walkabouts with the Area Housing Manager, Estate Managers and Estate Services Officers (responsible for cleaning), to listen to residents' concerns. We've ensured follow-ups by the Area Housing Team. We successfully lobbied for more Estate Managers, as their workload was completely unrealistic, so the Western Area Housing Team now has 3 additional posts.

We know that poor rubbish collection and cleaning is of great concern to many residents. So we have lobbied hard for improved services, new bins and bin housing and we're pleased that the Alton and Lennox estates will be included in a new pilot programme in 2024 to improve rubbish collection and recycling.

After much correspondence, phone calls and a walkabout with the new



Councillors with Wandsworth deputy mayor and sports centre manager during Roehampton Community Week

Wandsworth Council CEO Mike Jackson, we managed to accelerate (by 2-3 years) much needed resurfacing of the top half of Danebury Avenue, completely transforming the road. Following reports by us, Kingsclere Close and Ellisfield Drive are also being resurfaced.

We've helped local groups to secure free meeting spaces such as at Rosslyn Park, 166 Roehampton Lane, Roehampton University, and the Lennox sheltered housing clubroom. We supported the establishment of a new, permanent, community-led charity to follow on from the My Roehampton project. The new charity, Our Roehampton, is now established with a new board of local community members.

We've also successfully lobbied for Roehampton Library to be open 6 days a week.

Since getting elected, we have helped to restart the Neighbourhood Safety meetings with the local police team. We have got CCTV installed in 3 anti-social behaviour hotspots. It's an honour to work for the people of Roehampton. We hope to be part of many more projects that improve residents' lives. **If you need our help, please get in touch by email or come and see us at Roehampton Library on the first Saturday of each month, between 11.00 and 12 noon.**

Cllr Matthew Tiller
cllr.m.tiller@wandsworth.gov.uk

Cllr Jenny Yates
cllr.j.yates@wandsworth.gov.uk

Cllr Graeme Henderson
cllr.g.henderson@wandsworth.gov.uk

HOUSING PROBLEM AND LIVING IN WANDSWORH OR MERTON?

0800 640 4254 (freephone)

South West London Law Centres

New Housing Advice Lines in Wandsworth and Merton available every Thursday!

South West London Law Centres are pleased to announce new Housing Advice Lines in Wandsworth and Merton, designed to help navigate housing-related issues and concerns. To benefit from this service, please call the FREE legal advice helpline and speak to a member of our team:

Phone Number:
0800 640 4254 (freephone)

Operating Hours:
**Every Thursday
10:00am – 12:30pm**

The advice lines offer assistance on a wide range of housing matters, including but not limited to:

- **Rent arrears**
- **Unlawful eviction**
- **Anti-social behaviour**
- **Homelessness**
- **Succession**
- **Landlord harassment**
- **Injunctions from your landlord**
- **Court hearing for possession**
- **Eviction notices from a court bailiff**

UPDATES FROM ROEHAMPTON SPORTS AND FITNESS CENTRE!

**Laverstoke Gardens,
London SW15 4JB**

Roehampton fitness centre has a range of activities on offer for the community, these include:

GYM – A place for everyone to have a great workout!

SPORTS – A range of sports including badminton, football, basketball and table tennis.

CHILDREN'S ACTIVITIES – Soft Play, active play, bounce and birthday parties available.



Exercise On Referral returns

Roehampton Sports and Fitness Centre have relaunched their Exercise On Referral scheme. Exercise On Referral is a 12-week programme designed to improve health and wellbeing by encouraging participants to move more within a safe and comfortable environment.

The scheme aims to help those who suffer from, or are at risk of, developing chronic medical conditions and provides support to people whose health could benefit from a more active lifestyle.

What does this mean for you?

Physical activity is an essential aspect of improving your wellbeing, managing health conditions and preventing illness. By increasing your level of physical activity, you can support your body in:

- Maintaining a healthy weight
- Increasing your bone density
- Improving mobility, cholesterol levels, lung function and mood
- Lowering blood pressure, stress, and anxiety levels

Our fantastic instructor, Karolina, runs our Exercise on Referral Programme in Roehampton. She has worked within the fitness industry for several years and brings a wealth of experience.

To join our Exercise on Referral Programme, request a referral from your GP or health professional and we will contact you to arrange an assessment.

Photos from Roehampton Sports and Fitness Centre



READERS WANTED at a Local School

A local literacy charity is seeking volunteers to help children improve confidence in reading at Heathmere Primary School, Roehampton.

Learn to Love to Read aims to support children who find reading challenging. It sends volunteers into schools across the borough, to read one-to-one with school age children, and also runs workshops for parents and pre-schoolers to develop early years skills that lead to confidence in reading in later life.

Children's reading skills have been impacted by the pandemic, and by the current cost-of-living crisis, the charity notes. In 2022, 25 percent of children left primary school unable to read at the government's expected standard.

"We know that experiencing poverty and financial strain impacts children's literacy – with families not being able to afford books and having less time and energy to spend reading, writing and talking to their children at home," reported the National Literacy Trust.

"Could you help us make a difference to children's lives by volunteering one afternoon a week reading with children at Heathmere Primary School?", asks Helen Liley, head of volunteering for the charity. Other schools in the borough also need volunteers. No experience is required and the charity provides full training and ongoing support.

Apply online:
www.learn2love2read.org.uk
or email
matilda@l2l2r.org

If you have children aged 0 to 4 years, the website has listings of its regular, free, early years classes.

Messy Play

by **VICKY PIGOTT**

Orleen McIntosh is a local resident and teaching assistant at Sacred Heart School who runs her successful Messy Play session for the under 5's and children up to the age of 8 with Special Educational Needs, with their parents.

Orleen has received funding from Roehampton Community Weeks and Roehampton Parish Trust which has helped her to build quite a following with 24 young children attending the sessions.

Many fathers also attend and think the session is great fun for them and their children as well as learning new play sensory activities.

For information about future sessions please email Orleen, omcintosh@hotmail.co.uk



Fuel Bills Leaving You Cold? WRAP is here to help



If you are worried by the cost of gas and electricity and want to know more about how you can stay warm whilst saving money, the WRAP service could help you. The service is funded by Wandsworth Council and is delivered by award winning not-for-profit organisation Thinking Works. The service is free for older people, or people with a long-term condition or disability, or people with a low income.

Thinking Works can help:

- Give advice on how to save energy in your home
- Refer you for a boiler efficiency check by a GAS SAFE heating engineer
- Provide small energy saving measures such as LED bulbs
- Help you access grants and discounts such as Water Help from Thames Water that offers a 50% discount for those on a low income

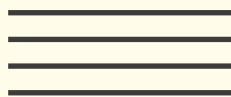
Assessments are on a first-come, first served basis. For more information, please contact Thinking Works:

Freephone: **0800 118 23 27**

Text: **07928 394 482**

Email: enquiries@thinkingworks.co.uk

FOODCYCLE – new free community meal in Roehampton VOLUNTEERS NEEDED!



The charity Foodcycle cooks and serves delicious three-course, vegetarian meals using surplus food that would otherwise go to waste. All the meals are completely free and open to everyone.

From Saturday 20th January 2024 they are launching their latest weekly free community meal in Roehampton. This will be every Saturday from 20th January onwards at the Roehampton Methodist Church, Minstead Gardens, and will start at 5pm.

Foodcycle cannot run meals without the support of volunteers and so they are now seeking people to help run the new Roehampton meal. Volunteer roles range from food collection, cooking, hosting or leadership roles and the volunteer shifts each Saturday in Roehampton will be:
Cooking Team 2.30pm-7pm,
and Hosting Team 4pm-7pm.

Volunteers do not need any previous experience and there is also no minimum commitment, which means volunteering is completely flexible; you volunteer when you have time.

The first step is to register a volunteer account via volunteer.foodcycle.org.uk/volunteer-sign-up

Once signed up, volunteers can sign up to shifts as and when they please.

Wandsworth Community Transport MINIBUS DRIVERS WANTED!



Part-time or full-time minibus drivers wanted for an extremely rewarding, varied, flexible and supportive role in a multicultural environment. We facilitate transport for schools, pensioners groups, shopping shuttles and outings – you name it, we do it!

We are a small and friendly team and everyone contributes at every level. Our drivers are a happy crowd, as you can see!

You will need excellent minibus driving skills (test passed before 1997 or D1 entitlement), be fit and healthy and able to handle wheelchairs.

Pay is linked to the London Living Wage (rising to £13.15/hour in May 2024) with 28 days holiday including Bank Holidays. WCT is fully committed to promoting equal opportunities.

Email m.button@btconnect.com with your details and indicate what type of work you are interested in, or call Manuel on **020 8675 7460** (am only) to discuss further.



ROEHAMPTON COMMUNITY WEEKS

4-26 AUGUST 2023

More than a 1,000 people took part in one or more of the 80 free events and activities presented during the third Roehampton Community Weeks between 4 – 26 August.

Roehampton Community Weeks has become a highlight of the year. It first took place in July 2021 with the aim of getting people socialising and enjoying community activities again after the lockdowns and isolation required by the Covid19 pandemic.

This year there was a Launch Event at the Roehampton Sports & Fitness Centre which hosted taster sessions of boxing, dance and yoga as well as pickle ball and badminton. Thanks to the SW15 Women's Network and the Centre for organising, and for the Deputy Mayor, Cllr. Sana Jafri for kicking off the activities.

Then there were three weeks of activities, offering something for all ages. Not quite an A-Z of activities but nearly!

- **Arts and Crafts**
- **Badminton**
- **Basketball**
- **Bat-watching**
- **Block Parties**
- **Children's Dance Showcase**
- **Circus Skills**
- **Craft Bazaar**
- **Cricket**
- **Crime Prevention & Bike Marking**
- **Family Fun Day**

- **Girls Multi-Sports Activities**
- **History Walks**
- **Kings and Queens Banquet**
- **Litter Picks**
- **Messy Play**
- **Paddel Tennis**
- **Pickleball**
- **Planting**
- **Play-Reading**
- **Ranger Guided Walk**
- **Salsa Flash Mob**
- **Sing-Along Party**
- **Slow Down Zones**
- **Talent Show**
- **Watercolour painting**
- **Walking for health**
- **Walking Football**
- **Women's DIY Skills**
- **Yoga and Stretching**

The programme of events was organised by volunteers who form the Roehampton Community Weeks Steering Group. Planning started in February with funding bids and contacting local and borough-wide organisations to put on events free of charge. All events needed to be free and there was an emphasis on people having a chance to try something new and make new connections.

Many organisations and services responded including **Estate Art, SW15 Women's Group, Alton Regeneration Team, Enable, Roehampton Sports Centre, the Safer Neighbourhood**

Police Team, Putney Society, Holy Trinity Church, Roehampton Community Shed, Hestia Age-Well Project, Regenerate, Play Stars, Roehampton Library, Putney Heath Cricket Ground, Wimbledon and Putney Commons, Friends of Richmond Park, Grow Roehampton, and the Roehampton Club.

The Steering Group was also able to offer small grants (up to £500) so that local groups or new social activists can put on an activity. This is an innovative way of testing out new project ideas and some have been so successful they carry on. This year a new yoga class at the Lennox's Sheltered accommodation hall, and an innovative circus skills programme for neurodivergent young people run by Sen-Unity were awarded funding for the first time.

The programme finished with a Celebration Event, kindly hosted by the Roehampton Club, and MP Fleur Anderson joined 40 of the volunteers, organisations who ran events to mark the occasion.

Thanks go to the funders of Roehampton Community Weeks; the Wimbledon Foundation, the Pest Houses Fund and the Miles Trust. Thanks also to Michael Hill of Rackets Cubed for managing the funding.

There's been such great feedback:

"It was an amazing three weeks filled with diverse and inclusive activities"

"Such a wide range of activities. They brought people together and gave new opportunities".

"Well done to the team coordinating this, it can't have been easy! You did a wonderful job and have helped a lot of people and organisations collaborate."

Roehampton Community Weeks is one of the projects that will carry on through Our Roehampton.

The Steering Group welcome feedback and it would be great to hear your views. You can still see the programme of events at roehamptonvoice.org/roehampton-community-weeks. Next summer school holidays is only 6 months away! So, if you'd like to give your views or join the Steering Group to organise Roehampton Community Weeks 2024, email roehamptoncommunityweek@gmail.com

SEN – Unity activities, handstand



Cllr Graeme Henderson, Cllr Jenny Yates, Vicky Pigott, Julie Mallett, Deputy Mayor Cllr Sana Jafri



SEN – Unity activities, balance



Women's DIY skills at the Community Shed



Plant a Bath



Bat Walk in Richmond Park



ROEHAMPTON COBRAS

by ANGELO RANTAC

Roehampton Cobras won 8 medals consisting of two gold, three silver and three bronze at the Youth and Junior National Qingda Championships which were held on Saturday 4th November in Hertfordshire.

Based at the University of Roehampton, Angelo and his team of three other volunteers (Dominic, Luisana and Gemma) took 10 children to the National Championships with less than a year of training in the Chinese martial art of sanda, also known as Chinese boxing. The aim of the day, as stated by Angelo, was to "forget about winning or losing and simply give it your best effort". With eight medals, the future looks bright for the club.

Founded by Roehampton resident and volunteer, Angelo Rantac, the Cobras started life as a boxing club in August 2021, before evolving into a martial arts club in January 2022. The club provides free of charge training to children under 18 years of age as a way to "remove barriers preventing children from participating in martial arts whilst giving them an opportunity to compete at the highest level".

With the great accomplishment from the children in this year's Nationals, Angelo aims to build on the success by "growing the Cobra Competition Team ready for next year's National Championships". Having trained many children from Roehampton and its surrounding areas over the last few months, Angelo acknowledges that they "have great potential to reach a high level in martial arts".

With the certain key skills; Commitment, Originality, Bravery, Respect, and Attitude, an acronym for the club's name COBRA, many more National Champions may come from the local area.

You can contact Angelo on the following:

Cobraboxingclub.uk

Instagram/Tik Tok: **@cobra.chineseboxing**



The Roehampton Cobras

To Mr Vice-Chancellor:

Having just moved here in 2009 I watched in horror as people returning from a day's work almost fought each other to get on a bus.

It was Richard Tracey, our London Assembly Member at the time, who got the 72 buses from Hammersmith doubled up, but sadly he left us, and it has not been the same since. (Hammersmith Bridge is a key player in this problem.)

With the massive increase in working from home and a freeze on travel cost increases, TfL revenues have sunk, so complaining to them about buses seems pointless. This leads me to my other main complaint. Are you reading this article Mr Vice-Chancellor of Roehampton University?

It was Justine Greening who helped Roehampton University start their own bus services, with a verbal commitment to allow university neighbours to use the buses as well. But she did not ensure that commitment was included in the written agreement, so university neighbours are no longer allowed to board these buses.

I have heard a couple of suggestions as to why it decided to exclude us neighbours: As they pay for the buses through fees, why should they allow others to use the buses? And apparently, someone with mental health issues got on the bus once and frightened the students. Seriously?

Firstly, where do most of those students get their money to pay the fees? Could it be from the government, which gets its money from taxpayers who need to get to and from work to be able to pay taxes? Also, what percentage of students do pay back their government loans—the money they got from people who need to get to and from work?

Secondly, is it not the role of the university to prepare the next generation for the future, so is sheltering the students rather than encouraging them to interact and understand people with mental health issues, within reason, something should be preparing their students for?

Thirdly, aren't students embarrassed that they are burning diesel fuel running empty buses down the hill in the morning, and up the hill in the evening? Have any students actually heard of climate change?

So my question to Mr Vice-Chancellor is, why can't you decide to allow commuters to board university buses going downhill and empty in the morning, and uphill and empty at the end of the day, when commuters are tired and just want to get home to their families?

The people want to know. I want to know.

Alex Gautier



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

15 Roehampton High Street SW15 4HL

020 8016 5651

www.lodgebrothers.co.uk



Robert, Chris, Andrew & Michael Lodge



"The staff at Lodge Brothers have been sympathetic, understanding and supportive. They were with us every step of the way throughout a very difficult time and we are and will be forever grateful for their support."

- Mr Robinson

Lodge
BROTHERS 1780
the family you can turn to



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LEGAL SERVICES

Expert Help From The Family You Can Turn To

www.lodgebrotherslegalservices.co.uk

WHATS ON weekly

● red dot indicates children's activities

MONDAY

10 – 11.30AM

● **BABY & TODDLER CLUB**

Space to play 0-5 years with their grown-ups.

Roehampton Methodist Church, Minstead Gardens

10AM – 12noon

INTERMEDIATE ESOL CLASS

Roehampton Library

Free but ask library staff for info

10AM – 1PM

TALK TO YOUR COMMUNITY

HEALTH CHAMPIONS

Run by Estate Art

Manresa Club Room, Fontley Way, SW15 4NF

11AM

WALKING GROUP WITH HEALTH CHAMPIONS

Leaves from Manresa Club Room,

Fontley Way, SW15 4NF

Run by Estate Art

1 – 3PM

INTERMEDIATE READING

SUPPORT AND GRAMMAR CLASS

Roehampton Library

With South Thames College

2 – 4PM

FREE DROP-IN IT &

TECH SUPPORT

Roehampton Library

Run by Power 2 Connect

3 – 4PM

- **LEGO CLUB** (age 8 plus) & **DUPLO CLUB** (age 2-8 years)
Roehampton Library

5 – 6.45PM

PLAY-READING GROUP.

BRINGING PLAYS TO LIFE!

Roehampton Library

With Hestia

7.30 – 10.30PM

ROEHAMPTON TABLE

TENNIS CLUB

All ages and levels welcome.

Aubyn Square, Eastwood North

Estate SW15 5NQ

roettclub@gmail.com

07874 051993

TUESDAY

10 – 11am

COFFEE MORNING –

FREE TEA OR COFFEE

Roehampton Library

A Wandsworth Library Warm

Space initiative.

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 – 3PM

YOGA – MINDFUL, SLOW FLOW.

FOR ALL AGES

Provided by Estate Art

Roehampton Sports and Fitness

Centre, Laverstock Gardens

3 – 4PM

● **THEMED COLOURING SESSION**

WITH A STORY (age 4-9 yrs)

Roehampton Library

7.30 – 10.30PM

ROEHAMPTON TABLE

CLUB – all ages and abilities

welcome

Aubyn Square, Eastwood North

Estate SW15 5NQ

roettclub@gmail.com

07874 051993

WEDNESDAY

10AM – 12noon

BEGINNER ESOL CLASS

Followed by reading support

12 – 1PM

Roehampton Library

Free but ask library staff for info

10.30-10.50AM

● **BABY RHYME TIME**

(under 2 years)

Roehampton Library

10.30AM – 12.30PM

WOMEN'S COFFEE MORNING

All women welcome

Alton Activity Centre,

Ellisfield Drive

SW15 Women's Network

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

2 – 6PM

COSY CORNER

Drop-in anytime. All welcome.

Free tea and toasties.

Activities for all ages.

Methodist Church,

Minstead Gardens

claire@holytrinityroehampton.org

4 – 5PM

1-2-1 READING SUPPORT

FOR CHILDREN

20-minute slots – must be booked

in advance

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

ENGLISH CONVERSATION CLASS

Come and chat to improve your

English

Roehampton Library

6 – 6.30PM

WELL-BEING CLUB

Join us for weekly guided sessions.

Roehampton Library

6 – 7PM

● **QUIET HOUR**

A welcoming and peaceful space for children with neurodiversity.

Roehampton Library

7.30 – 10.30PM

ROEHAMPTON TABLE

TENNIS CLUB – all ages and abilities welcome

Aubyn Square, Eastwood

North Estate SW15 5NQ

roettclub@gmail.com

07874 051993

THURSDAY

10 – 11AM

NEW ESOL READING GROUP

Make friends and improve your English

Roehampton Library

10.30 – 10.50AM

● **TINY TALES AND TUNES**

Age 2-4 yrs

Roehampton Library

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

3 – 4PM

● **CHATTERBOOKS**, Age 5 – 12

Stories from around the world

Roehampton Library

FRIDAY

10AM – 12noon

CV SUPPORT SESSIONS

Free Drop-in

Wandsworth Work Match

Roehampton Library

10.30 – 10.50AM

● **STORY TIME** – listen to stories

Age 3 – 5 years

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

Roehampton Methodist Church, Minstead Gardens

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/

3 – 4PM

● **ARTS AND CRAFT CLUB** –

Age 5-12 years

Roehampton Library

SATURDAY

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

10.30 – 10.50AM

● **DADS' RHYME & STORY TIME SESSION**

Age 2-5 years

Two Saturdays per month – ring or pop-in for dates

Roehampton Library

0208 246 679

11AM – 12.30PM

● **BOARD GAMES CLUB**

Age 5-12 years

Roehampton Library

1.30 – 7.30PM

ROEHAMPTON TABLE TENNIS CLUB – all ages and abilities welcome

Aubyn Square, Eastwood North Estate SW15 5NQ

roettclub@gmail.com

07874 051993

SUNDAY

7PM

SINGING CIRCLE –

Free informal singing group

For all abilities

Followed at 7.45pm by optional sung night prayer

Holy Trinity Church, Ponsonby Road

WHATS ON monthly

● red dot indicates children's activities

MONDAYS

SEXUAL HEALTH CLINIC

First Monday of each month
2.30 – 6.30PM
Information & advice
Free & rapid HIV tests
Run by Spectra and KwaAfrica
Roehampton Library

TUESDAYS

MONTHLY IT SUPPORT

Second Tuesday of each month
10.30AM – 12noon
Bring your own tablet, laptop,
phone or learn something new
on our PCs
Roehampton Library

FUN QUIZ

Second Tuesday of each month
2PM onwards
**Sheltered Accommodation Club
Room, Minstead Gardens**
All welcome

COMMUNITY LANGUAGE BOOK COLLECTION

Third Tuesday of each month
2 – 3PM
Request, reserve and collect
books in your language
Roehampton Library

WEDNESDAYS

NATIONAL DATABANK GIVEAWAY

Drop in to pick a free SIM card
pre-loaded with data.
Second and fourth Wednesday
of each month
From 9AM – all day,
but supply limited
Roehampton Library

FRIDAY

● KIDS YOGA 5 YEARS PLUS

Second and fourth Friday
of each month
4 – 4.45PM
Roehampton Library

SATURDAY

WOMEN'S YOGA AND SELF-CARE WITH VERENA

Second and fourth Saturdays of
each month
7 – 8PM
Alton Activity Centre
£36 for 6 sessions / £10 drop-in
verenash@hotmail.com

SUNDAYS

FRIENDLY SOCIABLE WALKING GROUP IN WIMBLEDON COMMON AND/OR RICHMOND PARK

First Sunday of the month
11AM (Approx 2 hours with
refreshment break)
All welcome especially older
walkers. Leisurely pace.
Bus pass may be useful for return
**Meet at Waitrose Petrol Station
Roehampton Lane**