

AUGUST 2013

# team Roehampton

## Free gym and swimming memberships up for grabs

**H**undreds of Roehampton residents who commit to leading healthier lives will be offered free gym and swimming memberships as part of a drive to encourage people in the area to eat well, regularly exercise and generally adopt healthy lifestyles.

The incentive has been arranged by Wandsworth Council's public health department and will see eligible local people receiving either a gym membership at Roehampton Sport and Fitness Centre or a swimming membership at Putney Leisure Centre.

One of the ways to get hold of one of the memberships is to complete a Change Champion course, which is run by public health and offers anyone taking part the chance to learn more about health and wellbeing – and possibly even gain a recognised health qualification.

Alternatively, they will also be offered to people who successfully stop smoking through the borough's Stop Smoking service or who have attended at least 11 out of 12 of the Adult Weight Management sessions.

The membership to the centres will be free for six months and then available at a 50 per cent discount rate for a further six months. Residents taking up the offer will be asked to commit to a minimum attendance rate which will be reviewed on a quarterly basis.

Council leader, Councillor Ravi Govindia, said: "We want to help people lead healthier lives – whether this be through improving access to health services, establishing healthy living schemes or simply by creating more opportunities to get active.

"This is all part of something we are launching called the Roehampton Challenge, which is made up of a wide variety of initiatives designed to promote health and wellbeing within the community.

"The free gym and swimming offer is just one of many elements in the Challenge, and we hope it will inspire local people looking to make a positive change in their life."

Turn the page to find out more about what the Roehampton Challenge has to offer.

## Festival fever returns to Roehampton

**The annual Roehampton Festival takes place this weekend (August 3 and 4).**

The first day of the festival features the Kings and Queens event for a group of invited older residents while the Sunday will see the wider, community fair unfold on the Bull Green. It will feature live music, a city farm, a fun fair, circus performers and bouncy castles on the Sunday – along with BBQ food.

There will also be a 'lifestyle lounge' in which people can learn about healthy living initiatives – while also getting pampered at an on-site nail bar or having a go on a special smoothie bike.

An information stand will also be set up at which visitors can learn more about the council's Alton area improvement project, and the masterplanning process.

The fair, which is run by Regenerate with funding from the council, takes place from 12pm. For more information call 020 8878 4301 or email [beth@regenerateuk.co.uk](mailto:beth@regenerateuk.co.uk)

# The Roehampton Challenge begins

**A**s part of a drive to promote healthy living, the council's public health department is launching the Roehampton Challenge. It is made up of a series of health initiatives – ranging from a community food enterprise to a dedicated support service for people experiencing mental health issues – and has the ultimate goal of helping Roehampton residents live healthy and active lives.

Initiatives, activities and support services on offer within the Roehampton Challenge include:

**Change Champions** – If you want to gain a qualification in health or simply know more about the topic to help you feel fitter, happier and support those around you, then become a Change Champion. In doing so you will be funded to attend a two day course being delivered in Roehampton and will be part of a local project encouraging people to do 'one positive thing' for their own or someone else's health and wellbeing. There's also a chance to get a free gym membership or swimming. Contact Louise Fenby from The Centre for Workplace and Community Health on [020 8240 4099](tel:02082404099) or [louise.fenby@smuc.ac.uk](mailto:louise.fenby@smuc.ac.uk)



**'Pop-Up' Cooking** – A mobile cooking classroom will come to Roehampton for one week during the summer holidays, and one week in the Autumn. Local residents of all ages can practice their cooking skills under expert guidance, with some classes training local 'champions' to teach cooking to others or lead a community cooking group. Contact The Cookery School on [020 8992 8882](tel:02089928882) or [info@thekidscookeryschool.co.uk](mailto:info@thekidscookeryschool.co.uk)

**NHS Health Checks** – If you are aged between 40 and 74 then you could be eligible for a free health check designed to help lower your risk of four common but often preventable diseases: heart disease, stroke, diabetes and kidney disease. Speak to your GP surgery for more details.

**The Health and Well Being Fund** – Local groups are invited to bid for grant funding of between £5,000 and £10,000 to provide services and activities for their communities. Find out more by contacting Elaine Curley on [07956 248 057](tel:07956248057) or [ecurley@wandsworth.gov.uk](mailto:ecurley@wandsworth.gov.uk)

**Active Lifestyles** – The scheme offers free activities for older people, ladies, families, and other groups to be more active. For more information contact the Active Lifestyles team on [020 8871 6373](tel:02088716373) or [activelifestyles@wandsworth.gov.uk](mailto:activelifestyles@wandsworth.gov.uk)

**Outdoor Gym** – The public health department is exploring the possibility of installing an outdoor gym in Roehampton for local residents to use at any time. Should the idea receive community support, there will be a public consultation over where to set it up.



**Sexual Health Services** – Later this year, 16-24-year-olds in Roehampton will be able to be tested and choose treatment for Chlamydia in selected Roehampton pharmacies. Learn more about sexual health services in your area at [www.swish.nhs.uk](http://www.swish.nhs.uk)

**Play Rangers** – These are free, fun indoor and outdoor activity sessions for eight to 12-year-olds that will take place after school at weekends and in school holidays. Contact [ldudman@wandsworth.gov.uk](mailto:ldudman@wandsworth.gov.uk)

**Community Food Enterprise** – Support is being made available to local people, statutory/voluntary organisations and local businesses that want to set up social enterprise schemes that focus on selling fresh fruit & veg. Email [mtullin@wandsworth.gov.uk](mailto:mtullin@wandsworth.gov.uk)



**Roehampton Peer Support Service** – This aims to support individuals with mental health issues to live independent lives and support individuals to gain/regain the confidence to look beyond the mental health services they receive. Email Ross Baker on [Rbaker-yourway@together-uk.org](mailto:Rbaker-yourway@together-uk.org)

To find out more about the Roehampton Challenge, the free gym and swimming membership offer, and other activities and support services, email [cmillar@wandsworth.gov.uk](mailto:cmillar@wandsworth.gov.uk)



# Alton area masterplan – latest news

**T**he long-term project to improve the Alton neighbourhood is progressing following the appointment of GVA and architects/urban designers Studio Egret West to produce a masterplan for the area.

Their masterplanning teams have begun working with the council and the community to develop ideas for how the Alton neighbourhood can be improved.

GVA and Studio Egret West will present updates at community events over the coming months, starting with this weekend's Roehampton Festival.

This will give community members opportunities to meet and talk to members of the masterplanning team.

The masterplan will essentially be a diagram that includes a number of proposals for how the area can be developed, with consideration being given to the needs and desires of the local community; the strengths and weaknesses of the current buildings and facilities; and practicalities including timing and cost.

The masterplanning process, which began in May, is expected to take 6-9 months to complete and everyone in Roehampton has the chance to get involved should they wish.

Weekly drop-in sessions to canvass opinions from within the community have been arranged.

If you'd like to get involved or learn more about the masterplanning process, contact project manager Jonny Moore or Janine Newton, the community engagement coordinator, on **020 8871 6207** or [roehampton@wandsworth.gov.uk](mailto:roehampton@wandsworth.gov.uk).

Keep up to date with the improvement project at [www.wandsworth.gov.uk/roehampton](http://www.wandsworth.gov.uk/roehampton).



## Weekly drop-in sessions

They will be held at:

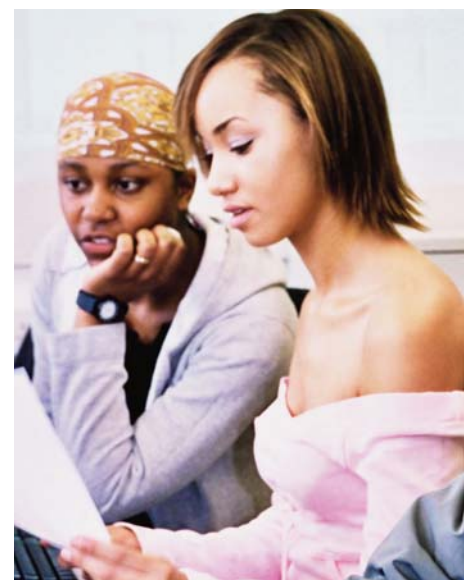
- **Café Joy**  
49 Danebury Avenue, SW15 4DQ – Every Monday evening in August, 5pm to 7pm. Commencing Monday August 5, 2013.
- **The Base**  
33-35 Danebury Avenue, SW15, 4DQ – Every Tuesday morning in August, 10am to 1pm. Commencing Tuesday August 6, 2013.
- **Minstead Clubroom**  
Minstead Gardens, SW15 4EB – Every Thursday morning in August, 10am to 1pm. Commencing Thursday August 8, 2013.

## Clubs and groups

**The Roehampton Enterprise Club**, which is run by Regenerate in Portswood Place, offers young people interested in running a business the chance to learn from local entrepreneurs and find out how to access further support. Call 020 8878 4301 or email [info@regenerateuk.co.uk](mailto:info@regenerateuk.co.uk)

**A Work Club for 18 to 24 year olds** operates from Roehampton Base, 33-35 Danebury Avenue. It provides advice on finding work and training opportunities available during drop-ins on Tuesdays and Thursdays from 1-3pm. Contact Alrena Whyte on 020 8871 5222 or [awhyte@wandsworth.gov.uk](mailto:awhyte@wandsworth.gov.uk)

**Volunteering Wandsworth** can answer all your questions about volunteering and help to find a volunteer role with an organisation that is right for you. It holds regular volunteer advice sessions at libraries across the borough, including Roehampton Library. Call 0300 365 9950 or visit [www.volunteeringwandsworth.org.uk](http://www.volunteeringwandsworth.org.uk)



# Helping you access education, training and employment opportunities

**R**esidents wanting to embark on a new career – or return to the classroom to learn a new skill – are being reminded that a range of services operate in the area. Alongside its borough-based partners, the council is looking to make sure local people have opportunities to get ahead in life.

This may simply be via classes designed to teach English to speakers of other languages, or it may be through practical workshops to build confidence.

Some of the education and training providers will be at the Roehampton Festival this Sunday (August 4) to tell you more about what's on offer and answer any questions you might have.

Wandsworth Council's Lifelong Learning team will be at a Learning Works area in the main marquee offering a range of free, 10-minute taster sessions.

These include classes in DIY, personal fitness, budget planning and jewellery making.

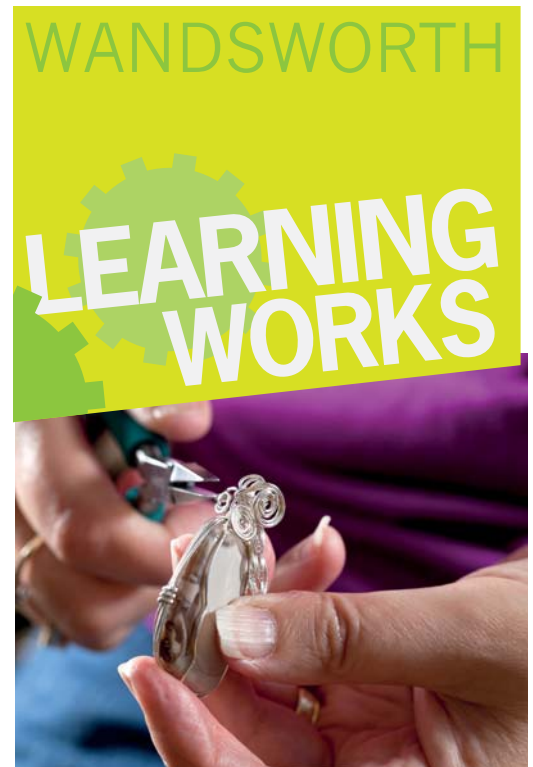
The team also want to hear what kind of courses local people want to be offered when the Learning Hub in Roehampton opens again in September.

The hub, which launched earlier this year as part of a pilot project, provides in the region of 12 hours-worth of classes every week – and has proved popular within the community. For up to date details, contact Chelsey Hall on 020 8871 8055.

Wandsworth Citizens Advice Bureau will also be at the Learning Works stand offering short sessions on managing your finances, including setting up a simple budget planner, learning about welfare reform changes and offering money saving tips.

The council's new job advisors will be based next to the Learning Works stand to provide information about new job opportunities being created in the borough, including at Nine Elms.

You will be able to register your interest and sign up for any pre-job training you may need to get ready for the workplace.



## ESOL classes

**South Thames College** runs ESOL classes every Monday, Tuesday and Wednesday from 1-3pm at 166 Roehampton Lane. It also offers several part-time courses to boost your job prospects. These courses run throughout the year at the Business Centre in Tooting and include:

- **Door Supervision (SIA) approved Level 2**
- **How to Set Up a Home-based Childcare Service (Childminding)**
- **Level 2 Award in Food Safety in Catering**
- **Level 1 Award in Retail Knowledge**
- **Level 1 Certificate Basic Construction Skills**

To find out more, contact the college's employability team on **020 8918 7735**.