

What's on in March 2017:

All Events take place at Fulham Good Neighbour Service, Rosaline Hall, 70 Rosaline Road, London, SW6 7QT unless otherwise indicated.

Silver Club at THE HOLLYWOOD ARMS £5

(First Tuesday of the month)

Next monthly meeting on Tuesday, 7th March 2017 between 12PM and 3PM at Hollywood Arms, 45 Hollywood Road, London, SW10 9HX

The owners welcome us to a tasty lunch for only £5 and the Fulham and Chelsea Women's Institute members bake fantastic cakes. There are only 25 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

Thank you for booking only 1 out of the 2 Silver Clubs every month so that a total of up to 50 different individuals benefit.

Silver Club at THE WHITE HORSE £5

(Third Tuesday of the month)

Next monthly meeting on Tuesday, 21st March 2017 between 12PM and 3PM at The White Horse, 1-3 Parsons Green, London, SW6 4UL.

The owners welcome us to a tasty lunch for only £5 and Le Pain Quotidien donates some tasty cakes. There are only 25 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

Art Group (Tuesdays) FREE

Every Tuesday between 11AM and 12PM

FREE weekly drop-in art group for over 60 year olds. We look at nature in art and experiment with drawing and painting techniques in a friendly and relaxed environment.

28th Mar 2017—outing to David Hockney Exhibition at Tate Britain (FREE). Please book in advance.

Fulham Carers (Wednesdays) FREE

Every Wednesday between 10AM and 12PM

Supportive group for local older (mainly but non exclusively) carers and ex-carers.

Fulham Lunch Club (Wednesdays) FREE

Every Wednesday between 1PM and 4PM

An opportunity to meet old friends or make new ones. We have a FREE light lunch at 1PM followed by a guest speaker or performer. We also play word games, do crosswords and have a good chat over some nice tea and cake. Speakers/Activities in March:

Wednesday, 1st March —Board Games (1st Wednesday of the month)

Wednesday, 8th March — Fair Trade Event

Wednesday, 15th March — Gift Wrapping with Noorani

Wednesday, 22nd March — End of Life Care—Francis from Carers Network

Wednesday, 29th March — Dementia Friends

Shared Reading Group (Thursdays) FREE

Every Thursday between 11AM and 12:30PM

Our Shared Reading group is a place to relax, make new friends and share stories with others every week. You can just drop in, sit down and enjoy listening to a great story or poem — there's no pressure to talk or read.



 <p>Fulham Good Neighbours</p>	<p>Fulham Good Neighbour Service Rosaline Hall, 70 Rosaline Road London SW6 7QT Tel. 020 7385 8850 info@fulhamgoodneighbours.org www.fulhamgoodneighbours.org @FulGdNeighbours</p>
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President: The Mayor of Hammersmith and Fulham

***Offering practical support and friendship
to older people in Fulham since 1966.***

March 2017

Silver Club at The White Horse

We are very grateful to the White Horse Pub in Parsons Green for agreeing to host a new monthly Silver Club. This is in addition to the Silver Club which has been successfully running at The Hollywood Arms for over 3 years. From now on Club Members can choose any of the two clubs in any month (details on how to book are on the back page).

The first ever White Horse Silver Club was attended by over 20 older people, including guests from Nubian Life, earlier in February and was featured in the Fulham Chronicle. Cakes were kindly provided by our volunteers, Le Pain Quotidien and Gails Bakery. Special thanks go to Nicky, one of our trustees.



Connections for the 4th Generation

We are now working in partnership with the British Red Cross to provide support to Fulham residents coming home after a stay in Charing Cross Hospital. We have received funding from the National Grid to provide extra support to over 85 year olds for 3 months following discharge. The Connections for the 4th Generation Project is linking people with social activities and providing other practical support as needed and is led by our new staff member—Diana Purves.



Lonely? You are not alone

'Good Company for All' welcome you to join a group of like-minded people to tackle loneliness in Fulham.

We understand that loneliness affects our health and happiness. Surveys suggest there are millions of people of all ages in the UK who feel lonely most or all of the time. There are plenty of clubs and activities we could join. Sometimes we just don't feel confident enough to go, or we fear rejection. Our experience is that drawing strength from like-minded people can make all the difference.

The event will be on Sunday 26th March at 4pm. We'll be holding the session at Fulham Good Neighbours, 70 Rosaline Road, London, SW6 7QT. If you are able to come along please let us know by completing [this form](#). The sessions are completely free and there is no obligation to attend.



Local Almshouses Vacancies

Sir William Powell's Almshouses Church Gate, are single-bed flats with a kitchen and bathroom rented to single women over the age of 55 living in Fulham. If you would be interested in applying for a flat, contact The Clerk to the Trustees on 020 7731 6311 for further details and an application form.

Also Sycamore House (Hammersmith United Charities 020 8741 4326) has a vacancy.

Adopt a Garden Scheme

We expect that our Gardening Project will be very popular from this month on. If you have your own tools and would like a volunteer to support you with gardening on a regular basis, please contact the office.

Home Library



We now have books from LBHF Home Library available to visitors to Rosaline Hall. We also want to encourage more people to join our Shared Reading Group on Tuesdays from 11:00-12:30. Happy Reading!

Free Tickets to Art Exhibitions

We have some last FREE tickets available to our beneficiaries and volunteers for:

The American Dream: Pop to the present at the British Museum on Saturday, 4th March at 1:50 PM (please contact office for a ticket)

David Hockney at Tate Britain 28th March at 10:45 (this is a trip with FREE transport for Tuesday Art Group Members; join in now to take part).

Volunteers Corner

Volunteer Induction on Saturday, 11th March 2017 between 10:00 and 12:30
And **Dementia Friends Session** on Saturday, 11th March 2017, 2PM-3PM

Cake for the Silver Club at the White Horse—if you know a local business that could donate more cake on a monthly basis or if you could volunteer to bake for it, please get in touch with us.

Adopt a Garden Scheme—we are starting a new scheme matching independent gardening volunteers with local people in need of this support. If you are interested in volunteering on a regular basis and have not heard from Cathy by the end of March, please call the office.

Prudential London Surrey Ride 30th Jul 2017 and **London Triathlon 22nd-23rd Jul 2017**—we have a place at each of these events for a fundraiser. If you know anyone who would be interested, please put them in touch with us.

Parsons Green Fair—Saturday, 1st July 2017— we will be organising this year's Parsons Green Fair and will need plenty of help on the day. Please book this day in your diaries today. More details will follow in next newsletters.

Our Services for local older and/or disabled residents:

Fulham Good Neighbours is a local charity established in 1966. We support disabled and older people, including those with dementia, and do what any good neighbour would:

Practical help such as basic DIY, medication collection, escorting to appointments, accompanying shopping, and taking care of pets to name just a few of our FREE services delivered by over 50 volunteers, many of whom are older people.

Befriending

Gardening

Social Clubs (see back page for a full list)

Connections for the 4th

Generation is a dedicated project supporting over 85 year olds who have recently been discharged from the Charing Cross Hospital.

We are always looking for those who might need our help. If you know someone who could benefit from our services, please ask them to contact us.

