

What's on in August 2016:

Reachout Social Club

Every Wednesday between 2PM and 4PM at Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

An opportunity to meet old friends or make new ones. We play word games, do cross-words and have a good chat over some nice tea and cake. We are particularly keen on new people joining the Club, so reach out and join us here.



Silver Club

Wednesday, 2nd August 2016 between 12 and 3PM and every first Tuesday of the month thereafter, we meet 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.

DATE:	WHAT IS ON?	VENUE:
Tuesday 2nd August	Silver Club 12:00-15:00 booking required	Hollywood Arms
Wednesday 3rd August	Day Trip to Brighton 9:30-18:00 booking required	Departure from Rosaline Hall at 9:30
Wednesday 10th August	Reachout Social Club 14:00-16:00	Rosaline Hall
Wednesday 17th August	Reachout Social Club 14:00-16:00	Rosaline Hall
Wednesday 24th August	Reachout Social Club 14:00-16:00	Rosaline Hall
Wednesday 31st August	Reachout Social Club 14:00-16:00	Rosaline Hall

Give as You Live

Is a free and easy way to raise money for our charity. A percentage of every pound you spend will be donated to us when you shop online via www.give.as/charity/fulhamgoodneighbours



Fulham Good Neighbour Service
Rosaline Hall, 70 Rosaline Road
London SW6 7QT
Tel. 020 7385 8850

info@fulhamgoodneighbours.org
www.fulhamgoodneighbours.org

[@FulGdNeighbours](https://twitter.com/FulGdNeighbours)

President: The Mayor of Hammersmith and Fulham

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

August 2016

National Citizen Service Visit to FGNS

We were delighted to welcome young people from the National Citizen Service who attended our Reachout Social Club and promoted our services to customers at Sainsbury's in Sands End and to local residents in the area in July.



Cycling Workshops



Transport for London funded a bicycle maintenance and marking session and a cycling safety awareness session for our volunteers. The event took place on 28th July 2016 and we are hoping to install a bicycle stand outside Rosaline Hall in the coming weeks.

Virgin Money London Marathon 2017

We have 1 place available. Please contact the office if you would like to run and fundraise on our behalf .



Tickets to Dulwich Picture Gallery

We have some tickets available for the permanent and current exhibition to our beneficiaries and volunteers. Please get in touch if you are interested.

Volunteers' Corner:

We are looking for current volunteers who might be able to promote our service by attending community fetes, events and festivals. If you could spare 2-3 hours once-twice a year on a Saturday or Sunday by setting up and manning a stall with our leaflets please contact Chris on 020 7385 8850 or email him at chrismikata@fulhamgoodneighbours.org. We the moment we are looking for 1-2 volunteers to represent us at the All Saints Fulham Community Fete on Saturday, 24th September 2016 between 12:00 and 15:00.

Our 50th Anniversary Party: Volunteers needed to help with setting up the room, directing guests and tidying up on Thursday, 29th Sep 2016 between 16:00 and 21:00 (shorter times also needed and welcomed). Please get in touch if you could help.

Lunch Club Volunteers:

We are looking at transforming our Reachout Social Club into Fulham Lunch Club from September and need regular helpers on Wednesdays and also those who have a car and could transport people on a weekly basis.

Recognition for our volunteers:

A number of our volunteers, including Clive on the right, have volunteered over 100hrs for our charity in the last 12 months. H&F Volunteer Centre has honoured their achievement with a certificate. We hope more will follow in their footsteps!



Expert Patient Programme

This September Open Age and Fulham Good Neighbours are partners in delivering the NHS supported Expert Patient Programme (EPP).



What You Need To know:

Who is it for?

Locals living with one or more long-term health conditions. These include asthma, arthritis, Multiple Sclerosis (MS), depression, diabetes, Chronic Obstructive Pulmonary Disease (COPD), heart disease.

This course is free of charge

What will you learn?

The weekly course will cover methods & ways to help you cope with your health condition & improve your quality of life. Topics covered include:

- Dealing with symptoms like pain and tiredness,
- Coping with depression,
- Relaxation techniques,
- Physical activity &
- Healthy Eating

Essential details:

When:

This is a six week course commencing Monday, 19th September 2016
Each weekly session runs from 10:30am until 1pm,
Tea Break with refreshments included.

Where: Fulham Good Neighbours, 70 Rosaline Road, SW6 7QT

For further information & to book Telephone:

Elizabeth Goldrick or Catherine Pymar at **Open Age on 020 8962 4141**

