

What's on in November 2016:

Tuesday, 8th November 2016 Annual General Meeting

between 6PM and 8PM

This year's guest speaker is Jonathan Martin, Clerk to the Trustees at Dr Edward's and Bishop King's Charity who will give a talk entitled: 'Whys and Wherefores? Some thoughts on local challenges, and possible responses'

Please contact the office to book.

Silver Club (First Tuesday of the month)

Next monthly meeting on Tuesday, 1st November 2016 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.

Art Group (Tuesdays)

Every Tuesday between 11AM and 12PM at

Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

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.

Fulham Carers (Wednesdays)

Every Wednesday between 10AM and 12PM at

Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

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

Fulham Lunch Club (Wednesdays)

Every Wednesday between 1PM and 4PM at

Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

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 cross-words and have a good chat over some nice tea and cake. Speakers in November:

2nd November 2016—SMART Meters Roll Out Awareness Talk

9th November 2016—Healthwatch Central West London—local health and social care

16th November 2016—Streets of Fulham—History of their names

23rd November 2016— Deaf Blind Aid Charity— their services and support

30th November 2016— Wills and Power of Attorney— presentation by H&F CAB

➡ Last but not least we just could not resist adding one more photo from the Connaught Opera's performance at Rosaline Hall in October 2016.



Fulham Good Neighbour Service
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London SW6 7QT
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President: The Mayor of Hammersmith and Fulham

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

November 2016



LONDON'S TOP VOLUNTEERING AWARD GOES TO CLIVE

Clive Domm, one of our longstanding volunteers, was awarded the Team London Long Service Award to celebrate the many years that he has dedicated to the local community by supporting beneficiaries of Fulham Good Neighbours. Clive was presented with the award by

Dame Barbara Windsor in the City Hall on 31st October 2016. Congratulations from us all Clive; well done!



CONNAUGHT OPERA AT FULHAM LUNCH CLUB

Fulham lunch Club members were treated to an amazing opera performance last month.



ELECTRIC AND GAS SMART METERS

Are being rolled out across the UK now. Every household will have the opportunity to upgrade to a smart meter, at no additional cost, by 2020. Everyone will have a chance to decide whether they wish to have a SMART meter installed by their provider and now is probably a good time to think about any pros and cons.

Here are a few points to help you make the right decision for you:

- Smart meters will bring an end to estimated bills and show us how much energy we're using in near real time and in pounds and pence.
- You will receive an in-house display, which shows exactly how much energy you're using, as you use it.
- If you change suppliers your (1st generation) SMART meter will lose its smart features.
- Your SMART meter will be installed by a trained installer at NO EXTRA COST.
- The installer should spend time with you explaining how to operate the in-house display so that you can use it confidently on your own.
- The installation will take approximately 1 hour.
- When you are eligible depends on many factors and your supplier will be in touch when your smart meter is ready to be installed (before 2020).

In the future:

Switching between suppliers will be quicker and easier and you will not need to change your (2nd generation) SMART meter each time you change suppliers.

Fulham Carers

Fulham Carers moved to Rosaline Hall in October 2016; they are a local group of mainly older carers who meet at Rosaline Hall every Wednesday between 10:00 and 12:00. Do get in touch if you would like to join in.



Expert Patient Programme

Over the last few weeks we hosted a lovely group of local residents living with chronic health conditions. They attended peer led workshops on managing their health organised by Open Age.

ART GROUP Vitality North London Half-Marathon

A new art group for over 60 year olds is starting from November. The workshops will take place every Tuesday between 11:00 and 12:00 starting on 1st November 2016. We look forward to welcoming you too

on 12th March 2017—places are available to run for our charity. Please contact the office for details if you want to support us.



Volunteers' Corner:

Visit from Japan: In October 2016 we were visited by a group of young professionals from Japan working with older and disabled people. They were keen to learn more about our community work and attended one of the Expert Patient Programme Workshops.



Swanbank Sheltered Housing — volunteers needed on 3rd December to put up Christmas Decorations at 12:00

Annual General Meeting—is taking place on Tuesday, 8th November between 18:00 and 20:00. Please get in touch with the office to book your place.

Updating Volunteers Records and Availability—is starting in November, Expect a phone call from Chris...

GET A FREE HEALTH TRAINER

health
trainers

Want to improve your health? Maybe you would like to be more active, eat more healthily, quit smoking or drink less, but you're not sure where to start? We can help you make a real difference to your health and wellbeing. This is a free service



FREE
HEALTH
TRAINER

- BE MORE ACTIVE
- EAT A HEALTHIER DIET
- QUIT SMOKING
- DRINK LESS
- REDUCE STRESS

HOW TO BOOK

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020 7099 3333
londonhealthtrainers.com

You can book your free health trainer session with your appointed qualified health trainer Marlena Calabrese on 07483 375414. Alternatively, the service is staffed by 40+ individuals who you can arrange to meet you in a suitable time and location near you.