

## What's on in October 2016:

### Fulham Lunch Club

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 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. We are particularly keen on new people joining the Club and the afternoon is absolutely FREE.

### Silver Club

Tuesday, 4th October 2016 between 12PM 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.



### Connaught Opera

Coming to Fulham Lunch Club on Wednesday, 5th October 2016. Please do join us.

DATE:	WHAT'S ON?	VENUE:
Tuesday 4th October	<b>Silver Club 12PM—3PM booking required</b>	Hollywood Arms
Wednesday 5th October	<b>Fulham Lunch Club 1PM—4PM (Connaught Opera)</b>	Rosaline Hall
Wednesday 12th October	<b>Fulham Lunch Club 1PM—4PM (Reminiscence—Last 50 years of ageing)</b>	Rosaline Hall
Thursday 13th October	<b>First Aid Training for Volunteers booking required</b>	Rosaline Hall
Wednesday 19th October	<b>Fulham Lunch Club 1PM—4PM (Home Sharing)</b>	Rosaline Hall
Wednesday 26th October	<b>Fulham Lunch Club 1PM—4PM (Health and Wellbeing)</b>	Rosaline Hall



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

info@fulhamgoodneighbours.org  
www.fulhamgoodneighbours.org

@FulGdNeighbours

**President:** The Mayor of Hammersmith and Fulham

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

## October 2016



### Celebrating 50 Years Fulham Good Neighbours

On Thursday, 29th September 2016 we held our celebratory party. The event was attended by over 100 participants, including the Mayor of Hammersmith and Fulham Mercy Umeh. A special booklet commemorating

the work of the charity over the last five decades has also been prepared and is available in the office. Here is to the next 50 years!



**DAA** Dementia  
Action Alliance





## Lord Mayor's Dragon Award

On Tuesday, 27th September 2016 we took part in a splendid Gala Dinner at Mansion House. Our organisation, and the gardening and decorating project in partic-



ular, were shortlisted for the Community Partnership Award. Although we did not win, we were able to applaud our fantastic partner—Assael Architecture, who won as having the best New Corporate Social Responsibility programme. Well done Assael!



## NEW ART GROUP !!!

We were delighted to receive a grant from the Care UK Wellbeing Foundation to start a weekly art group. The group will start in November (Tuesdays, 11:00-12:00) with the theme: **The Artist and Nature: Different ways Artists Depict Nature.**

Each week we will be looking at a different artist's way of depicting the garden/nature in their artwork - from well known artists to lesser known and hopefully some presentation by local artists.

The session will include a presentation of an artist's images and discussion; the second half of the session would be an opportunity to experiment in the style of the artist.

So please join us whether you are an art connoisseur or someone who hated art classes at school. There will be something for everyone and the sessions will be run by an experienced tutor.

South Africa, Art of a Nation exhibition at the British Museum. We have some free tickets for a preview of this exhibition on **Sunday 23<sup>rd</sup> October at 1.20pm entry time.** Please contact the office if you are one of our beneficiaries or volunteers and would like to go.

## SMART METERS

Over the next 3 months we will be promoting smart electric and gas meters. We have informative leaflets available in the office so please come in to find out more.

## Volunteers' Corner:

On Friday, 30th September we held a Volunteer Induction—see photo on the right.

## First Aid Accredited Course and Qualification

Thursday, 13<sup>th</sup> October 2016 9:00-16:30  
Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

Please register by 12<sup>h</sup> October 2016 at the latest if you want to take part by emailing [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org) or phoning us on 020 7385 8850.

Please bring photographic ID such as a photo card driving licence or a valid passport on the day of training. We have 8 spaces available in total.

## Befriending Volunteers and Volunteer Drivers for the Fulham Lunch Club

Are right now in high demand. Please let us know if you could help out.

## CDs

We would love to hear from people who could donate to us CDs with music from 1940s and 1950s in particular. Please get in touch if you could help us.

## **Request a home fire safety visit from London Fire Brigade**

### **How at risk of fire is your home?**

As part of a our free, home fire safety visit we will assess your home and offer advice on how to make it safer; where appropriate we will fit a smoke alarm.

The home fire safety visit is usually for people regarded as having a higher risk of fire in the home, such as:

- Older people living alone
- People with mobility, vision or hearing impairments
- People accessing mental health service users
- Those liable to intoxication through alcohol and/or drug use

Visits shouldn't last more than a few minutes and could significantly help prevent fires.

### **Book your free home fire safety visit**

If you are concerned that your home may be at risk of fire, or you know someone who you think needs our help, you can arrange a free home fire safety visit.

Visits can be booked online: <https://hfsvwr.london-fire.gov.uk/HFSVRequestGaz.aspx> or by phone 0800 028 44 28.

