

What's on in April 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 (1st Tuesday of the month)

Next monthly meeting on Tuesday, 4th April 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. Please feel free to bring small fruits e.g. strawberries, grapes to share with others. For the White Horse Silver Club we are also looking for more cakes—please get in touch if you could help, ideally on a regular basis.

Silver Club at THE WHITE HORSE £5 (3rd Tuesday of the month)

Next monthly meeting on Tuesday, 18th April 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 offers 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.

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, 5th April—Reading Group Taster & Board Games (1st Wednesday of the month)

Wednesday, 12th April—Musical Quiz and More!

Wednesday, 19th April—Talk on Antiques

Wednesday, 26th April—Kew Garden Trip—Please book with the office asap as there is only a limited number of places available. Priority for regular attendees of the Fulham Lunch Club.

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.

THERE WILL BE NO READING GROUP TAKING PLACE ON THURSDAY, 20TH APRIL 2017.



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.**

April 2017

Gardening Service Reopening

Some of us have noticed the positive difference in the weather in the last few weeks. It is no surprise that we already have 30 people asking for our gardening service. This is restarting this month. If you haven't contacted us yet please contact us to book a visit or to volunteer on our Adopt a Garden scheme (where you will be allocated to look after a garden local to you).



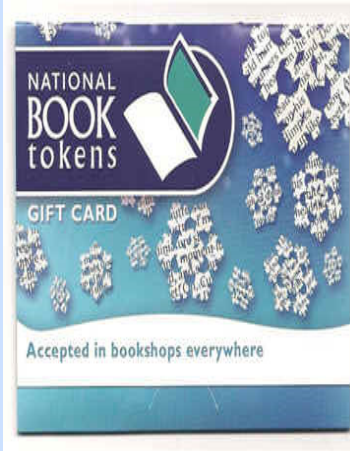
Support from Fundraising Volunteers

We are very grateful to Adam, Jamie, John, Lizzy, and Peter who raised over £2,500 for us while running in the North London Half-Marathon on 12th March 2017. If you would like to sponsor Georgia who will run for us in the London Marathon on 23rd March 2017 please search for her website: <http://uk.virginmoneygiving.com/GeorgieCoslett> Please do contact us if you or someone you know would be interested in taking part in the Prudential 100 London Surrey bicycle ride on 30th July 2017. (Photo: Lizzy after successfully completing her race)



Shared Reading Group Offer

For anyone new joining our Shared Reading Group in April we have a special gift. You will be able to choose a **FREE GIFT** of a book or audio book token to the value of **£15**. Details of the group meetings are on the last page so why not try meeting your neighbours and listen to stories being read aloud? It is a place to relax, make new friends and share stories with others. You can just drop in, sit down and enjoy listening to a great story or poem — there's no pressure to talk or read.



What have we been up to in March?

Fair Trade Event



Gift Wrapping Workshop



Volunteers Training



Parsons Green Fair

The Parsons Green Fair is a marvellous 25-year old Fulham tradition. A real family fun day with over 100 stalls and attractions. We will be organising this event for all the community on Saturday, 1st July 2017 and need your help. Here is your to do list:

- Book the date in my diary so that I will remember to attend
- Invite my family, neighbours and friends to come along
- Contact the office or info@parsonsgreenfair.com if I know someone who wants to sponsor the event
- Consider volunteering on the day for 2 hours or more e.g. as event steward directing people, collecting rubbish or looking after Fulham Good Neighbours stall (more details about this will be coming up in the May 2017 newsletter).



Volunteers Corner

We now have a dedicated space on our **website for current volunteers** where you can access and download volunteer guidelines, expenses forms, money handling procedure and information about what to do in an emergency.

Thank you for all those who helped with reviewing our Vision, Mission and Values. The trustees have confirmed the updated version of those as:

Vision Statement

Fulham Good Neighbours is a local charity enabling neighbours to create a community where they look out and care for each other.

Mission Statement

Our mission is to enable local older, disabled and vulnerable adults to:

- Live independently and to contribute to society,
- Help overcome isolation and loneliness,
- Be at the heart of the community by providing practical support.

Our Values are:

- Trustworthiness;
- Being welcoming and inclusive;
- Proactivity and flexibility.



Our Services for local older and/or disabled residents:

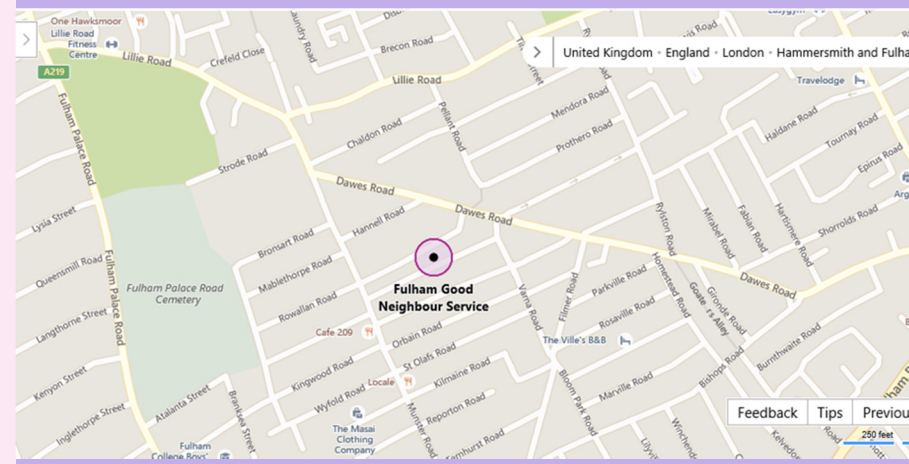
Fulham Good Neighbours is a local charity established in 1966. We support disabled and older people, including those with dementia, and do what any good neighbour would:

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 last page for a full list)



Connections 4th Generation a dedicated project supporting over 85 year olds who have recently been discharged from the Charing Crossing 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.