

# What's on in August 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, 1st August 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 30 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

Please book only out of the two Silver Clubs in any given month so that a of up to 55 over 60 year olds can benefit .

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

Next monthly meeting on Tuesday, 15th August 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 11AM— 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 10AM—12PM

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

## **Fulham Lunch Club (Wednesdays) FREE** Every Wednesday 1PM—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 August.

Wednesday, 2nd August —Board Games (1st Wednesday of the month)

Wednesday, 9th August — Cut Down Debt—H&F CAB Talk

Wednesday, 16th August—No soup day! Classy Fish & Chips Dinner.

Wednesday, 23rd August—Meet your Local Credit Union

Wednesday, 30th August— Musical Quiz with Fiona

## **Shared Reading Group (Thursdays) FREE** Every Thursday 11AM—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.

PLEASE NOTE THERE WILL BE NO GROUP ON THURSDAY, 31st AUGUST 2017.

## **Chair Based Exercise Group (Thursdays) FREE**

Every Thursday 3:00-4:00PM—no need to book in advance.

This gentle exercise class is flexible and tailored to your abilities so why not give it a go.

PLEASE NOTE THERE WILL BE NO GROUP ON THURSDAY, 3rd AUGUST 2017.



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

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@FulGdNeighbours

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

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

## **August 2017**

### **Parsons Green Fair**



Thank you to all who contributed to make Parsons Green Fair such a fantastic day. To those of you who came on the day, we do hope you enjoyed it. A group of our trustees worked very hard to prepare the fair and the support we received from the Big Lottery Fund and local sponsors like Marstons enabled us to offer a

range of activities for the whole community. We had around 8000 visitors on the day and received a lot of positive feedback after the fair. We do hope to see you all there next year.



### **Hammersmith and Fulham Tea Dance**



Members of the Fulham Lunch Club had a brilliant time at the recent Tea Dance organised by the council. We are already looking forward to the next one on 20th September 2017. In the meantime, why not join us at one of our social clubs: Fulham Lunch Club, Fulham Carers, Art Group, Shared Reading Group, Silver Clubs—there is something for everyone; full listings on the last page.





## Surveys

We want to know what difference our work is making. Last month we started sending out a yearly survey to all our beneficiaries. We would be very grateful if you could fill it in and return it to us. If you need any help with this, please do not hesitate to contact the office.

## Kensington Palace Tickets

Thanks to the generosity of Royal Historical Palaces we can now offer £1 tickets for independent visits to Kensington Palace. This offer is available to our beneficiaries and volunteers. Please contact the office if you are interested — you can request two tickets and take a friend or carer.



## Tesco Bags of Help

We have been selected as one of the charities benefitting from Tesco Bags of Help. This money will help us to obtain a vehicle for our Gardening Project. We would be grateful if you could ask for a blue token each time you shop in a local Tesco and put it into the special container marked “Fulham Good Neighbours”.



## Bags of Help

## Hammersmith & Fulham Adult Learners Service – Summer Programme

As part of their Summer Programme, the Hammersmith & Fulham Adult Learners Service is offering the following 2 short courses which may be of interest to some of you.

- Using an iPad Monday August 7<sup>th</sup> 10.00am - 12.00pm (3 weeks; £5)
- Digital cameras Monday August 7<sup>th</sup> 1.00pm - 3.00pm (3 weeks; £5)

If you are interested in either of these courses, please call 020 8753 3600

## The Herbert Protocol

This is a national scheme being introduced by the Met in partnership with other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing.

Carers, family members and friends can complete in advance, a form recording all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. In the event of your family member or friend going missing, the form can be easily handed to the police to reduce the time taken in gathering all this information.

The Herbert Protocol initiative is named after George Herbert, a War veteran of the Normandy landings, who lived with dementia.



## New Finance Administrator

We are delighted to welcome Ms Jac Davies, who has previously volunteered with us for over 12 months, as our new Finance Administrator.



## Sainsbury's Fulham Broadway

We have been selected as Charity of the Year at Sainsbury's Fulham Broadway who will kindly donate some products to our Fulham Lunch Club.

Sainsbury's

## Volunteers Corner

Could you promote our services and distribute leaflets for an hour or longer at:

- Vereker Road Sheltered Housing, W14 9JP on Wed, 23rd Aug 2017 between 3PM and 8PM?
- Munden Street Sheltered Housing, W14 0RH on Wed, 20th Sep 2017 between 1PM and 4PM?

If so, please get in touch.

We are also looking for volunteers who could distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and those who could distribute our leaflets and posters to their GP surgeries. Please get in touch if you could help.

**Volunteer Induction** — please join us on Friday, 29th September 2017 between 2PM and 5PM if you have not had an induction yet.

We are looking for volunteers who could help us run the popular Fulham Lunch Club (Wednesdays 1PM-4PM) and the Fulham Sunday Afternoon Tea (Sundays 3PM-5PM) which we hope to set up.

Please get in touch if you can help us in the office with some basic admin tasks during the week.

## 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:

**Good Neighbour Scheme**—practical help at home 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.

### Befriending

**Gardening** clearances done by our gardener and **Adopt a Garden Scheme** where volunteers look after a garden close to them on a regular basis

**Social Clubs** (see back page for a full list)

**Connections 4th Generation** 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.

