

What's on in February 2017:

All Events take place at Fulham Good Neighbour Service, Rosaline Hall, 70 Rosaline Road, London, SW6 7QT unless otherwise indicated.

Silver Club at HOLLYWOOD ARMS (First Tuesday of the month)

Next monthly meeting on Tuesday, 7th February 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.

Art Group (Tuesdays)

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.

PLEASE NOTE THERE WILL BE NO SESSION on TUESDAY, 31st JANUARY 2017; INSTEAD THERE WILL BE ONE ON FRIDAY, 3rd FEB 2017 BETWEEN 11AM and 12PM.

THE SESSION ON TUESDAY, 28th FEBRUARY 2017 WILL TAKE PLACE AT BSIHOP CREIGHTON HOUSE, 378 LILLIE ROAD, LONDON, SW6 7PH BETWEEN 1:15PM AND 2:15PM.

Fulham Carers (Wednesdays)

Every Wednesday between 10AM and 12PM

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

Fulham Lunch Club (Wednesdays)

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 February:

Wednesday, 1st February—Board Games (every First Wednesday of the month)

Wednesday, 8th February—Learn more about dementia and become Dementia Friend

Wednesday, 15th February— Flower Arranging—Fulham Floral Art Group

Wednesday, 22nd February—Musical Tribute—The Albert's Band of the Royal Albert Hall

Shared Reading Group (Thursdays)

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.

PLEASE NOTE THERE WILL BE NO SESSION ON 9th FEBRUARY 2017.



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|  <p>Fulham Good Neighbours</p> | <p>Fulham Good Neighbour Service Rosaline Hall, 70 Rosaline Road London SW6 7QT Tel. 020 7385 8850 info@fulhamgoodneighbours.org www.fulhamgoodneighbours.org @FulGdNeighbours</p> |
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President: The Mayor of Hammersmith and Fulham

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

February 2017

Gardening and Decorating Project Update



BEFORE AFTER

Cathy and Ricky have been busy over the last couple of months identifying those most in need of our decorating help and supporting them as best as we can. We will be restarting gardening in the spring and as always we will concentrate on those local older and disabled residents who are unable to clear gardens by themselves, have no one else to ask for this help and are unable to pay for this service privately. Please contact us from the 1st March 2017 to book our help.

Make the most of your Social Clubs

In the previous newsletter we mentioned the generosity of many funders which allowed us to update our furniture at Rosaline Hall. If you have not visited us recently, we hope you will do so soon



and perhaps join one of the Social Clubs? Shared Reading Group started earlier this year and is looking to expand and there is also space at the weekly Art Group—further details on the last page.



Waitrose—Community Matters Scheme



You can fundraise for our work by throwing a green 'coin' into FGNS box at Waitrose North End Road.



New Silver Club

Just as this edition was going to press we found out that The White Horse on

Parsons Green agreed to host a new Silver Club. Further Details will follow in the March newsletter.

My Second Home

England is my second home
A place I grew to love
A country special in my heart
I landed in England age 21
Young, strong and ambitious
To work hard was my aim.

I worked hard day and night
Caring for the sick and wounded
Young and old, black and white
A job I thoroughly enjoyed
I see God's love in everything
Because he loves us all

England you are the mother
Your arms are opened wide
Mothering and loving everyone
Giving us all a chance
England you are a special place
The best in all the world.

By Gracelyn Cadoo

* Grace has been volunteering with us since 1992.

Stay Well

A guide to all the health services available in Hammersmith & Fulham can be picked up free of charge at local libraries, GPs, pharmacies, community centres and voluntary organisations across the borough, including at Rosaline Hall.

Stay well: Your guide to local health services in Hammersmith & Fulham is packed full of tips on how to stay well, take care of yourself and your family, and make the most of local NHS services.

It also includes useful health information such as how patients can get a GP appointment when their own GP surgery is closed, who is eligible for a free flu vaccine, how much alcohol is safe to drink, what painkillers are safe for children, the early signs of dementia, and much more.

Stay well: Your guide to local health services in Hammersmith and Fulham

Tips on staying well and how to use your NHS

- Health and wellbeing tips
- Services near you
- Useful contact details

Stay well in Hammersmith and Fulham
www.hammersmithfulhamccg.nhs.uk



Volunteers Corner

FREE First Aid & MiDAS Training for volunteers of local community or organisations is being offered by Westway. For more information please call them on 020 8964 4928 or email training@westwayct.org.uk

Can you explain difference between an iPod and iPad? Do you know how to use a smart phone and tablet? We are looking for a volunteer who could deliver a digital session for Fulham Lunch Club members on Wednesday between 1:45PM and 2:45PM. Please get in touch if this sounds like something you could do.

Please do not forget that you can fundraise for FREE for us whenever you shop online by using www.giveasyoulive.com

Volunteer Induction on Saturday, 11th March 2017 between 10:00 and 12:30
We are having a Volunteer Induction for all volunteers (old and new). Please book in via the email you received or by calling the office on 020 7385 8840

Dementia Friends Session on Saturday, 11th March 2017, 2PM-3PM

'Flowers, Friendship and Fun' at Fulham Floral Art Group

The group meet on 2nd Wednesday of each month from September to June and welcome new members for flower arranging, friendship and fun. You don't necessarily need experience to join in.

They are affiliated to the National Association of Flower Arranging Societies (NAFAS) and their aims and objectives are:

To stimulate and cultivate the art of flower arranging by bringing together interested people by means of demonstration, exhibitions, competitions and courses.

To learn more please contact

Maureen Lundy, Chair on 020 7736 8903 or Heather Miller, Secretary on 020 8296 8293.

Fulham Floral Art Group will visit our Lunch Club with a flower arranging presentation on Wednesday, 15th February 2017. Please do join us.

