

# What's on in January 2017:

## Silver Club (First Tuesday of the month)

Next monthly meeting on Tuesday, 2nd January 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 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/Activities in January:

4th January—Parsons Green Fair Consultation

11th January— Energy Best Deal (Citizens Advice Bureau)

18th January— Benefits and Debt Advice Service (Shephard's Bush Housing Group)

25th January—New Year's Party with a Musical Performance—There are only 15 places for this event, please book by contacting the office.

## Reading Group (Thursdays)

Every Thursday between 11AM and 12:30PM at Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

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.



Fulham Good Neighbour Service  
Rosaline Hall, 70 Rosaline Road  
London SW6 7QT  
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@FulGdNeighbours

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

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

## January 2017

### Happy New Year 2017

and welcome to the first edition of our newsletter this year. We thought it would be a good idea to start the New Year by thanking you all and our supporters, and by making a resolution. First of all thank you to all our volunteers, donors and friends, especially at: Assael Architecture, The Hollywood Arms, Fulham and Chelsea Women's Institute and LB Hammersmith&Fulham. This month's special thanks go to The Daisy Trust, The Rank Foundation, Percy Charitable Trust and Yorkshire BS whose support enabled us to buy new furniture and kitchen appliances for Rosaline Hall. If you have not seen them yet or been to our premises before please do come and say hello or join us at one of the social cubs. This year's special thanks go the Big

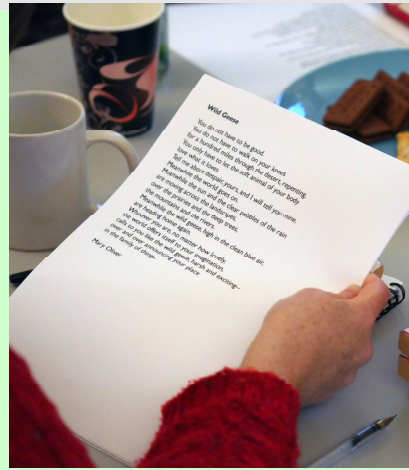


Lottery Fund—thanks to their support we will be able to organise Parsons Green Fair on Saturday, 1st July 2017 and hope to make it a yearly event for the whole community. You can learn more about the event by attending a consultation on Wednesday, 4th January 2017 at 1PM at Fulham Lunch Club or by visiting <http://www.parsonsgreenfair.com>. Last but not least, our New Year's Resolution is to use only Fair Trade products in the office. It is a very small step that we can take to



## Shared Reading Group—NEW!

Together with the national organisation The Reader we are starting a FREE Shared Reading group: 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. The group takes place every Thursday 11AM to 12.30M at Rosaline Hall, 70 Rosaline Road, SW6 7QT. We hope that you will join us.



## Connections Project—4th Generation

**nationalgrid** Thanks to the generous support of National Grid's Bringing Energy to Life Programme we will soon be starting a project for local over 85 year olds who were recently discharged from Charing Cross Hospital. We will work in partnership with the British Red Cross to help members of the 4th Generation connect with local events and activities and reduce the risk of going back to hospital.



## Support from the Felix Project

In December 2016 we started receiving weekly food donations collected from local supermarkets and wholesalers and distributed by the Felix Project. Bread, Soup, Cake and Fruit arrive every week for those attending Fulham Carers Group and Fulham Lunch Club.



## Art Group

Our FREE art group, attended so far by up to 8 over 60 year olds, is a relaxing and safe space to talk about art and/or have a go at painting/drawing yourself. Alexa, who runs the group ensures that everyone feels comfortable and welcomes you every Tuesday between 11:00 at 12:00. We would love if even more people took this opportunity.



## Volunteers' Corner:

It was wonderful to meet many of our volunteers at **Christmas Drinks** on Friday, 16th December 2016. Thank you for all your support in 2016!

**Review of volunteering tasks:** Thank you to all who have spoken with Chris in the last two months. If you are one of the 30 volunteers or so who are yet to get in touch, please do contact us in January for a 10 minutes conversation over the phone.

Please let us know if you can help us, especially on a regular basis, as:

- Newsletter Volunteer Editor
- Office Volunteer
- Volunteer Driver (to bring housebound people to Fulham Lunch Club and back home)



## 2017 Prudential Ride London-Surrey 100



We have 1 space available for a cyclist who would like to fundraise for us and take part in this cycling event on Sunday, 30th July 2017. starts at 06:00 in Queen Elizabeth Olympic Park, then follows a 100-mile route on closed roads through the capital and into Surrey's stunning countryside. With leg-testing climbs and a route made famous by the world's best cyclists at the London 2012 Olympics, it's a truly spectacular event for all involved. The Prudential RideLondon-Surrey 100 finishes on The Mall in central London, shortly before 150 professional cyclists race in the Prudential RideLondon-Surrey Classic on a similar route. Please get in touch if you are interested in this opportunity.

## Vitality North London Half-Marathon

On Sunday, 14th March 2017 we will be represented by Lizzie, Jamie, John and Peter. Good luck to you guys!!! We have one more place available. If anyone reading this would like to fundraise and run for us, please get in touch.

