



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.***

June 2017

NEW Free Chair-Based Exercise Class

Starts on 1st June 2017. The class takes place every Thursday between 3PM and 4PM on our premises at Rosaline Hall. You can drop in and do not need to pre-book. We hope to see you there.



Decorating Project Coordinator

We are recruiting for a skilled painter who has empathy and can support vulnerable people. If this sounds like you or someone you know, please ask them to look at the full advert on our website. The closing date is 13th June 2017.



Arthur's birthday



In May, members of the Fulham Lunch Club celebrated Arthur's birthday. He has just turned 91 and has been our friend for many years. Arthur is also a well known person in the Fulham Palace Meadow Allotment Society.

Please offer me a seat

This is a new scheme run by Transport for London. You can request a special badge, which should make it easier for you to obtain a seat on public transport, by calling **0343 222 1234**



Healthy Hearts

is a high quality evidence-based health and wellbeing service aimed at reducing the risk of developing long-term health conditions, whilst providing support and motivation to help you reach your health goals. They provide FREE:

- 12 week Weight Management Groups
- 6 week Cook and Eat course based on the Mediterranean diet
- Physical Activity Clubs (Aqua Aerobics, Zumba, Chair-based exercises and more)
- Specialist dietetic and psychological clinics tailored to suit your needs.



All activities take place in sports facilities and local community venues near to you.

If you are interested in taking that step and improving your health and wellbeing, please contact them on:

0203 434 2500

www.healthyhearts.org.uk



Parsons Green Fair — help needed

We will be organising Parsons Green Fair for the whole community on Saturday, 1st July 2017. Could you help us by:

A) having an estate agents' board promoting the event put up outside your house in SW6?

B) distributing some programmes and posters to promote the event?

A) using social media to spread information about #ParsonsGreenFair

B) Volunteering on the day to act as an Event Marshall. We are looking for people to help with tasks including distributing programmes, supervising the car park, & dealing with lost children to name just a few of the tasks. We are looking for volunteers available between 10:00-2:00PM and between 2:00-6:00PM.

If you are unable to help out yourself, do you know someone who can? Please contact the office. Please email:

info@fulhamgoodneighbours.org or call us now on **020 7385 8850**



Volunteers Corner

Friday, 2nd June 2016 **Dementia Friends Information Session** at 3PM. Please join in, learn about dementia and become a Dementia Friend. Please call the office on **0207 385 8850** to book in.

Friday, 2nd June **Volunteers Week Social Evening** from 5:00-7:00PM. Please join us for a drink and nibbles. Great opportunity to connect and meet other volunteers!

Adopt a Garden Volunteers—if you have the skills to help look after an older person's garden on a regular basis and have not put yourself forward yet, now is the perfect time do so. Contact the office for more information.

DIY volunteers— please make yourselves known if you are a DIY person so that we can help everyone who asks for this support.

Lone Working Policy—this has been updated and is now on our website. Please make sure you are familiar with it and that you follow it.

Sands End Community Festival— this takes place on Saturday, 8th July. Please contact the office if you could distribute some leaflets about for an hour or two.

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.

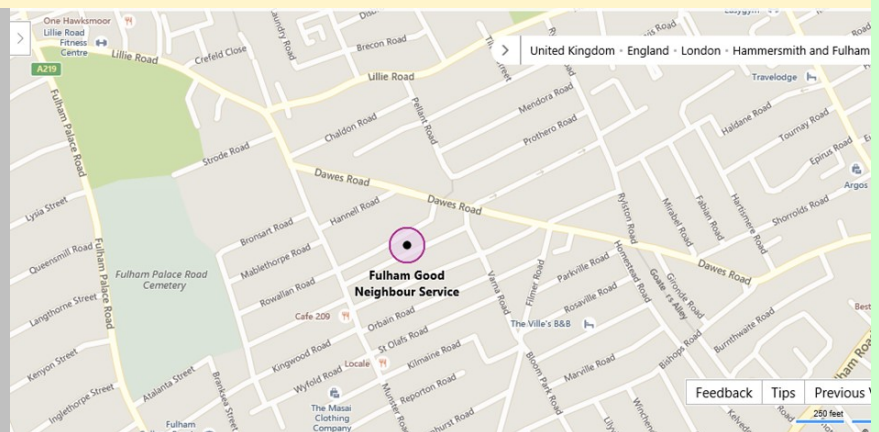
Befriending

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 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.



What's on in June 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, 6th June 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.

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. Staff at both venues will appreciate your generosity with tips.

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

Next monthly meeting on Tuesday, 20th June 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 June:

Wednesday, 7th June — Queen's Birthday Celebration. FULLY BOOKED! Please do not come unless you have already booked with us. Thank you for your understanding.

Wednesday, 14th June — Scams, H&F Citizens Advice Bureau

Wednesday, 21st June — The Story of Persian Carpets, Iranian Association

Wednesday, 28th June — Musical Quiz

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.

NEW!!! 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.