

What's on in May 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, 2nd May 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. 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, 16th May 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. PLEASE NOTE THERE WILL BE NO CLASS ON TUESDAY, 16th MAY 2017.

Fulham Carers (Wednesdays) FREE Every Wednesday 10AM—12PM

Supportive group for local older (mainly but not 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 May:

Wednesday, 3rd May —Board Games (1st Wednesday of the month)

Wednesday, 10th May—Energy Best Deals (H&F CAB)

Wednesday, 17th May—IT Equipment, Social Media and All Digital Jargon Simplified

Wednesday, 24th May—Board Games

Wednesday, 31st May—London Children's Ballet at Lyric Hammersmith—we have only 15 places including 2 for wheelchair users. Please book in with the office.

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.



	<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.***

May 2017

What do we want to achieve?

We recently finished reviewing our vision, mission and values. These are the foundation stones on which we build our work and we would like to thank all trustees and volunteers who got involved in this process. The refreshed statements are here: **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.



Kew Gardens Trip We were delighted to take part in the Discovery Programme and take 11 members of the Fulham Lunch Club on a bus tour of the Kew Gardens. Please do join us for the Lunch Club every Wednesday at 1:00PM.



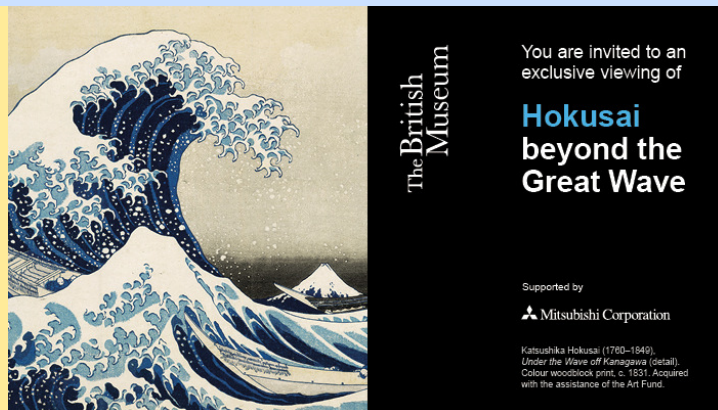
David Hockney Exhibition—Tate Britain

Our Art Group had a wonderful outing organised by the group's tutor—Alexa. Please do join us for Art in Nature every Tuesday at 11:00.



Hokusai: beyond the Great Wave

We have 10 FREE tickets for our beneficiaries and volunteers for a preview of this exhibition at the British Museum on Sunday, 21st May at 4:30 PM. Please contact the office now if you would like to make use of this opportunity.



Fundraising

Massive thanks to Georgie Cosslett who raised almost £2,000 and ran the Virgin London Marathon for our charity. We still have a place for the London Surrey

Prudential Ride on Sunday, 30th July 2017. Please get in touch if you are interested—there is no fundraising target set and any contribution will be greatly appreciated.

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:

a) promote the event by setting up and managing social media accounts?

b) promote the event by having a placard outside your home?

c) prepare the event by volunteering in the office over the next couple of months once a week?

d) volunteer on the day by:

- managing our Brick a Brac stall: 10:00AM-2PMx1 volunteer, 2PM-6:00PM x2 volunteers;

- transporting items for the fair from FGNS at 10:00 AM and back to our office at 6PMx3 volunteers;

- overseeing 'Rest Area' 10:00AM-2PMx2 volunteers, 2PM-6PM x2 volunteers

- act as event steward on the day (directing people, collecting litter, being an all-rounder on the day): 10:00AM-2:30PMx20 volunteers and 2:00PM-6:30PMx20volunteers?

If so, please email:

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

Falls Prevention Booklets

From the Chartered Society of Physiotherapy have been ordered and are now available for FREE from the office. Please collect your copy when you are next at Rosaline Hall.



Volunteers Corner

South Park Picnic—Saturday, 10th June 2017. Would you be able to promote our services and host a stall with our leaflets for a couple of hours? If so, please get in touch with the office.

Recycle for Charity— we are now collecting old printer cartridges which then can be turned into additional income for us. Please consider bringing yours to the office when you are next in the area.

Puzzle Project—LBHF Council is looking for volunteers to help support them building the biggest World Puzzle. For more information contact tony.rodriquez@lbhf.gov.uk

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 to book in.

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

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

DIY volunteers— please, please make yourselves known so that we can help everyone who asks for this support.

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.

