

What's on in November 2017:

All Clubs are primarily aimed at people over 60 years old.
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, 7th November 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.

Please book only one out of the two Silver Clubs in any given month so that more people over 60 can benefit.

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

Next monthly meeting on Tuesday, 21st November 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, in addition Le Pain Quotidien and volunteers from St. Dionis Church offer 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

FOOD HYGIENE RATING
① ② ③ ④ ⑤
VERY GOOD

This club is very popular and at full capacity. We are sorry that we cannot accept any new members at present. We do continue to welcome all those who attended at any time in the last 12 months.

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.

Chair-Based Exercise Group (Thursdays) FREE Every Thursday 3-4PM

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

Fulham Sunday Afternoon Tea FREE Every Sunday 3PM-5PM

An afternoon tea for local older people. This is an informal gathering for people to chat, play board games or listen to music over a nice cup of tea and cake.

We are running this club on a trial basis until the end of this year to see if there is enough interest, so please use this opportunity, join us and encourage other over 60 years olds to come too.



Fulham Good Neighbour Service
Rosaline Hall, 70 Rosaline Road
London SW6 7QT
Tel. 020 7385 8850
info@fulhamgoodneighbours.org
www.fulhamgoodneighbours.org
@FulGdNeighbours

President: The Mayor of Hammersmith and Fulham

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

November 2017

Our Annual Report 2016/2017

was presented at the AGM on Tuesday, 31st October 2017 as this newsletter was going to press. We will have some further feedback from the AGM in the December edition but in the meantime wanted to share with you some highlights from the annual report 2016/2017:

- We celebrated our 50th Anniversary last year and continued to grow by creating a range of social clubs to help beat isolation and loneliness (Fulham Carers, Fulham Lunch Club, Art Group and Shared Reading Group) increasing the number of people benefiting from our work by almost 25% in comparison to 2015/2016;
- We were crowned the Best Charity in Hammersmith and Fulham and were shortlisted for the Lord Mayor's Dragon Award. In addition, Clive Domm, one of our longstanding volunteers, was awarded the Team London Long Service Award.
- 100% of those who took part in a satisfaction survey would recommend us to someone else, were satisfied with how our volunteers helped them and with how their request was handled by our office.



Silver Sunday Celebrations

We had a fantastic time with the Brick Lane Music Hall on Sunday, 1st October 2017 and the following Friday at Kensington Palace. The latter provided our beneficiaries with tickets at a discounted rate and made it possible for our transport to park very



close to the palace. This year's celebrations were generously supported by the Hammersmith and Fulham Council.



Fulham Men's Shed

We had 6 shedders turning up to our information evening in September. They are eager to get going but need more interested people to come forward. Please join us at the next meeting on Tuesday, 7th November 2017 at 6PM here at Rosaline Hall.



I'm a Fulham Good Neighbour

Several local businesses have already signed up to our initiative and agreed to signpost vulnerable older people in need of support to Fulham Good Neighbours. We need more to come forward so please ask your local corner shop to sign up too.

Yearly Surveys

We send out an annual survey to all our beneficiaries throughout the year. If you have received one, please kindly fill it in and return it to us so that we can improve our services in line with your wishes.

Cleaner

We are looking for a cleaner who could clean Rosaline Hall on Friday afternoons, for 2 hours. Please get in touch if you are interested in this post or know someone who is.

We need your email address

If you are reading a paper copy of this newsletter, this means that we haven't got your email address. It would help us communicate more quickly and cheaply with you if you decided to share your email address with us. Please do so now.

Our Impact

Stephen has been busy decorating, Ruth running our social clubs, Ricky, Cathy and volunteers from Assael have been out gardening. There was also plenty of hard work done by Diana, Jac and most of all by our volunteers—thank you all!



Volunteers Corner

Thank you to all who volunteered last month but we need more support. Help is **BADLY** needed to:

- distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and to GP surgeries.
- in the office with some admin/office tasks during the week.
- support older/disabled people as DIY and/or transport volunteers

We are looking for someone with **financial/investment background** who could join the Investment Committee and share their expertise for 30min every couple of months. Is this you?

Please get in touch if you could help.

Christmas Drinks for all our volunteers, trustees and staff are planned for Friday, 15th December 2017 between 5PM and 7PM. We hope that you will be able to join us.

New Database (and Website) is being planned. This will allow us to match requests with volunteers in a more efficient way. You will be required to operate an online account with FGNS that will let you update your availability and feedback on any tasks that you are doing. We anticipate a few teething problems, like with any new systems, so once we do roll it out, please bear with us and pass on any feedback so that we can improve.

Our FREE Services for local older and/or disabled residents who

- Are unable to do the below task
- Don't have anyone to do it for them
- Don't have the means to pay for it privately

- **Good Neighbour Scheme**—practical help at home such as basic DIY, medication collection, escorting to appointments, wheelchair pushing, accompanying shopping or taking care of pets.

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

- **Decorating**

In addition we offer:

Befriending

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.

