

What's on in October 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, 3rd October 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.

Please book only 1 of the 2 Silver Clubs in any given month so that a maximum of people over 60 can benefit.

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

Next monthly meeting on Tuesday, 17th October 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

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.

NEW!!! 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.

And finally a photo from our Volunteer Induction on 29th September 2017



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.**

October 2017

Introducing Fulham Sunday Afternoon Tea

From this month onwards we open our door at Rosaline Hall to all those who look for company (& some cake!) on Sunday afternoons. We are starting a trial of weekly Sunday Afternoon Teas between the hours of 3PM and 5PM for local older residents. Please do join us & spread the word to anyone else who may benefit.



Annual General Meeting on Tuesday, 31st October 2017 at 6PM

Our AGM is fast approaching now and we hope that many of our readers will be able to join us. This year's guest speaker will be Cllr Ben Coleman, Cabinet Member for Health and Social Care, LBHF. There will be light refreshments served after the meeting too. If you have not received an email invitation, and would like to attend, please call us on 020 7385 8850 to book your place.



Kensington Palace Trip on Friday, 6th October 2017

There are still some last minute places available at the forthcoming trip as part of our Silver Sunday celebrations. The transport and lunch are generously co-funded by LBHF, so please call us to book your place now.



Good Neighbours Reading Group

Our Reading Group meets every Thursday
Come rain, come hail or come shine
Our class begins at 11 o'clock
And everyone's always on time.

Our lovely leader Avril
Combines glamour with easy charm
She picks all our poems
And always stays so calm.

Ronnie is a dear sweet man
With a smile to warm our hearts
He tells us tales of his army life
In many foreign parts.

Now Michael, he has mischief
Written all over his cheeky face
He's like a naughty schoolboy
And lives life at a cracking pace.

Rikabi is meticulous
He is the master of detail
He's rather like a lawyer
And is never set to fail.

Melvin is laid back, cool and debonair
With his wonderfully warm
Velvety voice
He's a baritone beyond compare.

And then there's me, Sandra
I'm the new recruit
And I have to say I'm delighted
To have joined this reading group.

Though we're small in number
We're dynamic, vibrant and strong
So let's encourage others
To get up and come along.

Sandra Barker
September 2017



Support from TSB Putney and TSB Hammersmith

We are grateful to TSB Hammersmith who supported us until the end of August 2017 and raised £225 towards our services. We are now delighted to have become Charity of the Year at TSB Putney who will fundraise for us through cake and book sales.



Chelsea FC Matchday Collection Vote

Thank you to all those who already voted for us to be allowed to fundraise at a Chelsea FC match day later this season. If you haven't yet, please go to Chelsea FC website now and search for 'charity choice'.

Your email address?

If you're reading a paper copy of this newsletter, this means we haven't got your email address. Help us communicate more quickly & cheaply with you by sharing your email address with our office.

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, 6th November 2017 at 6PM here at Rosaline Hall.

Garden- ing

Our gardening project will continue over the winter for the first time ever. So, if you need help clearing your garden/sweeping leaves please get in touch.



Fulham FC Craven Cottage Lunch for over 60 year olds

Last Wednesday of the Month from 12-2pm at Craven Cottage. The 2 hours consists of lunch, quizzes & a few light activities. To book please call Hugh Thompson 020 8336 7451.

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. P.S. Herald&Heart has already signed up & is offering a 10% discount to our readers.



Our Impact

A little collage of our work in September 2017...



Volunteers Corner

Many thanks to all who volunteered in September. We currently have **most need** to:

- Distribute our newsletter on a monthly basis to residents of local sheltered housing schemes. Also, to distribute our leaflets and posters to GP surgeries. Please get in touch if you could help.
- Run the popular Fulham Lunch Club (Wednesdays 1PM-4PM) & the Fulham Sunday Afternoon Tea (Sundays 3PM-5PM). Both groups are held at our hall at 70 Rosaline Road.
- In the office with some admin/office tasks during the week (even just an hour or 2 helps a lot).
- Support older 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?

Finally, Stephen our Decorating Co-ordinator is hoping that someone living close to Rosaline Hall might be able to allow him to use their parking space for a few hours every week. Please contact us on Tel: 020 7385 8850 if you can help with this.

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

- Are unable to do the 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, accompanied 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.

