

# What's on in December 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, 5th December 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, 19th December 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 between 11AM and 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 IS NO GROUP ON TUESDAY, 26th December 2017**

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

Supportive group for local older (mainly but not exclusively) carers and ex-carers.

**PLEASE NOTE THERE IS NO GROUP ON WEDNESDAY, 27th December 2017**

## 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.

**PLEASE NOTE THERE ARE NO GROUPS ON THURSDAYS 28th Dec 2017 and 4th Jan 2018**

## Chair-Based Exercise Group (Thursdays) FREE Every Thurs 3PM-3:45PM

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

**PLEASE NOTE THERE IS NO GROUP on THURSDAY, 28th December 2017**

## Fulham Sunday Afternoon Tea FREE Every Sunday between 3PM and 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.

**PLEASE NOTE THERE ARE NO GROUPS ON SUNDAYS, 24th Dec 2017 and 31st Dec 2017**





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

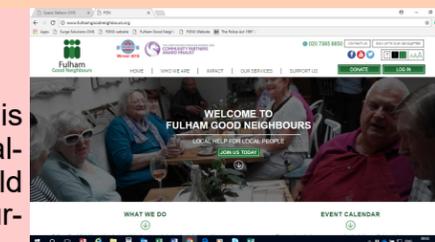
**President:** The Mayor of Hammersmith and Fulham

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

## December 2017

### New Database and Website

We launched our new database and website mid of last month. This is still very much work in progress, thanks to those of you who already have been in touch to comment on it and we very much would like to receive further ongoing feedback so that we can improve further.



The reason we launched a new database is so that we can help more people faster. The idea is for it to match available volunteers, based on their skills, with people needing help. The new system will only work if both volunteers and beneficiaries engage with it and use their Hub Accounts.

We would be therefore grateful if you could:

- log in to your Hub account and make any corrections needed;
- As Volunteers—respond to any requests for help that you can assist with;
- As Beneficiaries—be aware that volunteers will contact you directly. If you wish to verify the volunteer you can still contact the office.

### AGM

This year's AGM, attended by nearly 40 people including the Mayor of LBHF Cllr Michael Cartwright, took place on 31st Oct 17. Thank you for all those who helped on the day, especially our guest speaker—Cllr Ben Coleman. For those who could not come printed copies of our annual report and accounts 2016/2017 are available in the office and will also appear shortly on our new website.



13th November 2017. We are one of the smallest charities in London to receive this award recognising our commitment to employee wellbeing and ambition to create good working conditions. The Award was collected by Diana Purves, Project Worker.

### Healthy Workplace Award

We were delighted to be receive the London Healthy Workplace Award at a special ceremony at the City Hall by Tower Bridge on





### Facebook Page



We now have a page on Facebook. A big thank you to our volunteer Kat who set it up and is maintaining it as well. If you use Facebook please join us @FulhamGoodNeighbours

### Fulham Men's Shed

Thank you to all those who have been taking part in our planning meetings in November. The next stage is to try to find a suitable venue for the shed and we hope to be able to report back on that and arrange the next meeting in the New Year. In the meantime do contact us if you would like to get involved and want more information.

### Joyce Aspland's 90th Birthday



Around 25 people connected to Fulham Good Neighbours joined us in celebrating 90th Birthday of Joyce, who was managing the charity in 1970s and 1980s. Joyce remains actively involved and currently volunteers with us on a regular basis.



### Fire Safety Check and Fire Retardant Bedding

Bishop Creighton House currently have funding to provide FREE Fire safety checks and fire retardant bedding for people aged 65 or over or who have a vulnerability or are registered with a disability who live in LBHF. As well as this they have funding for Free draught proofing until December 31st 2017. Please get in touch with us or BCH if you may benefit from this support.

### 25th December 2017—Christmas Lunch and Volunteering

Hammersmith & Fulham residents over 60, who are not having lunch with anyone on Christmas Day, are invited to join LBHF at the town hall on 25 December to enjoy festive food and entertainment and make new friends. If you would like to discuss sponsorship of the Christmas Day lunch, or if you are able to donate gifts, decorations or other items, please call the Events team on 020 8753 2135 or email [events@lbhf.gov.uk](mailto:events@lbhf.gov.uk).



### Treasurer

Our Treasurer decided to step down from his role in November 2017. Robin was also actively involved in organising this year's Parsons Green Fair and the board and staff would like to extend their thanks for his support and hard work over the last 5 years.

### Christmas Opening Times

The office will remain open on all working days throughout Christmas and New Year, so if you need any practical help during this time, please do get in touch. Any changes to the social clubs are highlighted on the last page.

### 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
- Befriending Volunteers

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.

**Befriending Volunteers**—please do remember to tell us your visit dates and any concerns/feedback you might have. Please do this face to face, by email or by phone rather than using the new HUB.

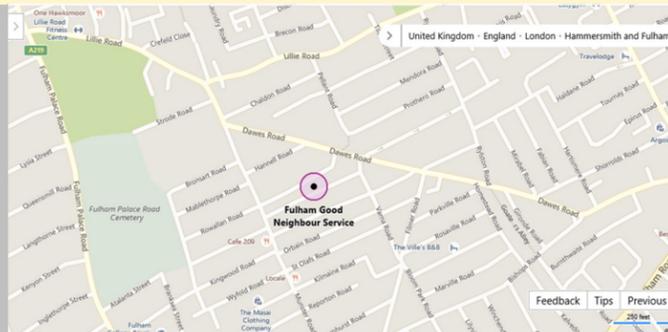
**Using the New HUB**—The messaging tool is designed for you to communicate directly with beneficiaries. If you need to talk to us please do so face to face, by email or by phone

**Updating Volunteering Records** If you have not volunteered for us in the last 12 months, we will be looking at closing your record. The same applies, if you have failed to respond to a request for an updated DBS check and your volunteering role is a regulated activity role. If in doubt or if you think we got it wrong by closing your record, please do contact us. In any case we will write to you to let you know that we have done so.



### 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.