

What's on in December 2018:

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.

Our office will be closed on weekends and bank holidays. As always, we will remain open on weekdays, including on: 24th Dec, 27th Dec, 28th Dec and 31st Dec 2018. However, there will be no social clubs between 21st December 2018 and 5th January 2019, this includes the Silver Club at Hollywood Arms which exceptionally will take place on Tuesday, 8th January 2019.

Silver Club at THE HOLLYWOOD ARMS £5 (1st Tuesday of the month)

Next monthly meeting on Tuesday, 4th December 2018 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, 18th December 2018 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 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

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.

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

Supportive group for local older (mainly but non exclusively) carers and ex-carers. We are always looking for new members!

Fulham Lunch Club FREE

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

2PM-2:45PM and 3PM- 3:45PM

This gentle exercise class is flexible and tailored to your abilities so why not give it a go. Please choose to attend only one of the two groups on a consistent basis so that more people can benefit.

Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 2nd and 16th December 2018 between 3PM—5PM

An afternoon tea for local older people, mainly those who are housebound. Please contact us if you need our help to arrange FREE transport to and from Rosaline Hall.



Fulham Good Neighbour Service
Rosaline Hall, 70 Rosaline Road
London SW6 7QT
Tel. 020 7385 8850
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www.fulhamgoodneighbours.org
@FulGdNeighbours
@FulhamGoodNeighbours
Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

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

December 2018

Christmas and New Year's Events and Opening Hours

Merry Christmas to all our beneficiaries, volunteers and supporters. We hope to see many of you at our Christmas Events: Silver Club at the Hollywood Arms (4th Dec), Silver Club at the White Horse (18th Dec), Fulham Sunday Afternoon Tea (16th Dec) and Christmas Fulham Lunch Club (19th Dec). Please do book in advance if you wish to attend. If you would like to take part in the Christmas Lunch at the LBHF Town Hall, on Tuesday, 25th December 2018, please contact the council on 020 8753 2135.



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Annual LBHF Survey

Thank you to all those who took part in our annual survey for the council. 70 of our beneficiaries took part (5 more than last year) and:

90% report having more social contact as a result of our befriending visits (2% increase on last year)

98% report having more social contact as a result of our social clubs (8% increase on last year)

93% report getting out more as a result of our help with transporting and escorting (8% increase on last year)

81% report being able to use their garden more and feeling more supported or more independent as a result of our help (12% decrease on last year)

77% report having volunteered more and making a positive contribution (11% decrease on last year)

95% report being more independent as a result of being helped with practical tasks (DIY, shopping, errands) (3% increase on last year)

90% report that the signposting information provided by us was helpful or useful (no % change to last year).

The survey results reflect really positively on all the hard work done by our volunteers and staff over the last year. We recognise however that there is always room for improvement. We are grateful for all the ideas and suggestions we received and will be working on them over the next 12 months.



AGM 2018

We were delighted to welcome nearly 50 attendees at this year's AGM on 6th November 2018. Our guest speaker Bryan Naylor, Chair of the LBHF Older People's Commission, unveiled a plaque in memory of Nina Dobosharevich, whose generous gift in her will enabled us to expand our services over the last 3 years. Some of the highlights from our Impact Report 2017/2018 released at the AGM include:



- we supported over 450 people, whose median age was 83 years old;
 - we organised Parsons Green Fair attended by 8,000 local residents;
 - we launched a brand new website and an innovative database allowing us to help more people quickly.
- Our Annual Accounts and our Annual Report are available on our website, but please do contact us if you would like to receive a printed copy.



Shopping at Co-op and Tesco

Please support us by putting a blue token in the slot when shopping at local Tescos and by selecting us as your community cause on your Co-op membership card.



Fulham Sunday Afternoon Tea

We still have some places at the Afternoon Tea and encourage especially housebound people to get in touch in case they need help with transport to and from Rosaline Hall. Please do come and join us on Sunday 16th December from 3-5pm where we will be hosting our Christmas party, filled with fun and festivities. There will be food, games and entertainment including home baked cakes and Christmas karaoke. Spaces are limited to availability so if you're interested – please contact the office on: 0207 385 8850. Booking required.”

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Support us through fundraising and taking part in sporting events

Run for Fulham Good Neighbours at Vitality London 10,000 (10km). We still have spaces available for runners to take part in this event on Bank Holiday Monday, 27th May 2019.



We also have spaces available for cyclists who would like to take part in Prudential Ride London Surrey 100 on Sunday, 4th August 2019.

Parsons Green Fair

The next Parsons Green Fair will take place on Saturday, 6th July 2019. We hope you will be able to join us. We are now looking for an office volunteer with strong IT skills who could support us in preparing the fair and volunteer in the office on a regular basis on Wednesdays. Please do get in touch if you can help.

Newsletter

You can subscribe to receive this newsletter monthly by email via our website at www.fulhamgoodneighbours.org

Volunteers' Corner Thank you for all your help the last month!

NEW VOLUNTEERS: We are especially on the look out for new:

- DIY volunteers
- Gardening volunteers
- Befriending volunteers
- Transport (car owners) volunteers.

Please do ask your family members, friends and neighbours if they would like to get involved.

! INTERGENERATIONAL LUNCH CLUB. UNDER 5s NEEDED!

On Wednesday, 23rd January 2018 we are planning for an intergenerational lunch club. Please do get in touch if you could join us at 2PM, with a family member under 5 years old, for an hour. We hope to have a fun afternoon with our regular lunch club attendees.

CURRENT VOLUNTEERS: Thank you to all who volunteered last month. Please remember to add your photograph onto your HUB profile. It does make it easier for our office staff! Please do let us know if you have any particular questions about how to operate your HUB account or respond to requests for help that arrive by email.

Adopt a Garden, Befriending and Decorating Volunteers—**please remember to let us know your visits days at least on a monthly basis.**

CHRISTMAS DRINKS on Friday, 14th December 2018 from 5PM

Please come and join us for our annual celebration and meet fellow volunteers over some mince pies and wine.

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

Are unable to do the tasks below:

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**

We also offer:

- **Befriending** for older housebound people
- **Digital Inclusion**—opportunity to learn how to use the Internet at your pace and in the comfort of your home through 1:1 support from our volunteers
- **Social Clubs** (see back page for a full list)

How to request our help:

-24/7 via the Internet i.e. your HUB account accessible from our website

-24/7 via email

- In person of by phone during office hours Monday-Friday. We aim to staff the office 9AM-5PM but are a small team and may on rare occasions be all out of the office during those hours.

