



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.***

February 2018

Parsons Green Fair—Saturday, 7th July 2018

Following the success of last year's event we decided to run Parsons Green Fair on an annual basis. We would already like to cordially invite you to this fantastic community event, attended by around 8,000 of your Fulham neighbours, and ask you to book Saturday, 7th July 2018 into your diary. Marston Properties have very generously offered to sponsor the event for the next 3 years and we are very grateful for their support. As always, we will need your help too, so please get in touch if you could:

- Volunteer on the day;
- Help us promote the event;
- Offer further sponsorship.



Healthy longevity for all—lessons from Japan



Our Director Chris was very fortunate to be invited by the Japan Local Government Centre to learn about the aging society in Japan through a week long study tour of Tokyo and Shizuoka in January 2018. Japan is the most aged society in the world and more than 1/3 of its population will be over 65 years old within the next 20 years. Yet it manages to rise to the challenge through a range of initiatives such as emphasis on individual responsibility for one's own health and wellbeing (through diet and exercise), compulsory social care insurance for all those aged 40 and older, use of robotics and by having a fully integrated health and social care system to name just a few.

Good Neighbour Scheme Focus Group

Have you benefited from help from our volunteers such as accompanying to appointments, DIY, shopping, pet care, errands, etc? If so, could you share your experiences by taking part in a Focus Group on Monday, 5th March 2018 at 11:00AM? We are looking for 15 participants who could spare 90 minutes to help us make the scheme even better. The group will be run by an LSE Research Student and your comments will be anonymous. Please contact the office if you could help us with this important research.

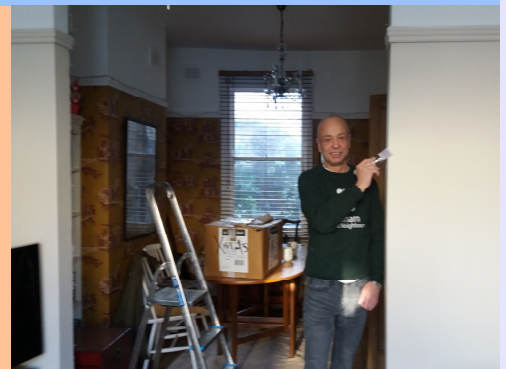


Connections 4th Generation Project

This project came to an end on 31st January 2018 when we said goodbye to Diana who was running it. Over the last year Diana worked in partnership with the British Red Cross in supporting local over 85 year olds who had been discharged from the Charing Cross Hospital. Diana linked them with local services and provided practical support following their hospital discharge.

Decorating

Our Project Decorator Stephen has been busy over the last few months but remains keen to hear from anyone who needs decorating help and is unable to decorate (due to age/disability), has no relatives to help them and no means to pay for this work privately. You can contact Stephen on 020 7385 8850.



Sporting Events—Fundraising for Fulham Good Neighbours

We are looking for:

- 3 more runners to take part in Adidas City Run Fulham 10k on Sunday, 18th March 2018 (suggested minimum fundraising target £50);
- 1 more cyclist to take part in the Prudential

Ride London-Surrey 100 in July 2018 or in July 2019 (suggested minimum fundraising target £300);

- 1 triathlon participant (SuperSprint) to take part in London Triathlon on Saturday, 4th August (suggested minimum fundraising target £100).

Please do get in touch if you would like to learn more.

Volunteers Corner

Thank you to all who volunteered last month. Help is still needed, especially:

- To distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and to local GP surgeries.
- For DIY and/or transport volunteers.
- Befriending Volunteers.

Volunteer Induction— Friday, 16th March 2018— We cordially invite all new and old volunteers alike who have not attended an Induction yet to join us on Friday, 16th March 2018 between 2PM and 5PM at Rosaline Hall,. The induction covers not only all practical aspects of your volunteering (like dealing with safeguarding issues or money handling) but is also an excellent opportunity to raise any questions and meet fellow volunteers. Please book via your HUB account or our website— <http://www.fulhamgoodneighbours.org/event/volunteerinduction>.

DBS Renewal—please kindly contact Ruth, our Volunteer Co-ordinator, if you have not had your DBS check renewed in the last 3 years.

Transport Volunteers—if you have not provided us with your current driving license and car insurance information, please contact Ruth urgently so that we can forward to you any transporting tasks. We are unable to match you with beneficiaries without this information for insurance purposes and help with transport is often needed

Help needed to **host our stall and distribute leaflets** on Wednesday, 14th February 2018— **LBHF Rehousing Day (Older People)** at The Holy Trinity Parish Centre, 41 Brook Green, London W6 7BL 10.30am – 3:30pm. Please get in touch even if you can only do a part of the day.

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**

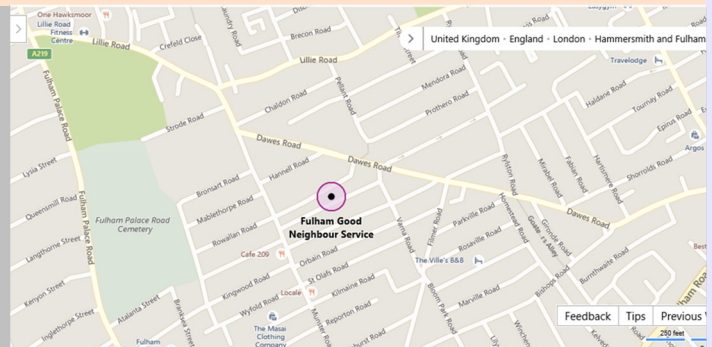
In addition we offer:

Befriending

Social Clubs (see back page for a full list)

Connections 4th Generation a dedicated project supporting local older people 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.



What's on in February 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.

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

Next monthly meeting on Tuesday, 6th February 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, 20th February 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 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.

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 Thurs 3PM-3:45PM

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

Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 4th February 2018 and 18th February 2018 between 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.

Music for Thought FREE Every Tuesday between 2PM and 4PM from Sunday, 30th January 2017 for 6 weeks.

The fun, interactive sessions for people with dementia will be a time and place for you to enjoy hearing and making music with students from the Royal Academy of Music guided by professional musicians. The project will culminate in the recording of a CD of music for you to keep. **You have to pre-book your attendance** by contacting Lucy Warren at Resonate Arts t: 020 7321 2702 m: 07484 939792.

