

What's on in July 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, 3rd July 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, 17th July 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 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 FREE Every Wednesday 1PM-4PM

A small and friendly lunch club with around 20 local over 75 year olds attending every week.

Wednesday, 4th July 2018 Board Games (1st Wednesday of the month)

Wednesday, 11th July 2018 London Fire Brigade Visit

Wednesday, 18th July 2018 Film Screening

Wednesday, 25th July 2018 Visit from young people at the National Citizenship Service

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) - 1st July 2018 and 15th July 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.

PARSONS GREEN FAIR—SATURDAY, 7th JULY 2018 at Parsons Green in Fulham between 11:30AM and 5:30PM



Fulham Good Neighbour Service
Rosaline Hall, 70 Rosaline Road
London SW6 7QT
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President: The Mayor of Hammersmith and Fulham

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

July 2018

Parsons Green Fair

Is taking place on **Saturday, 7th July 2018**. The main event sponsor is Marston Properties and we also received support from Strutt&Parker, Tesco Bags of Help and all those who contributed via the crowdfunding website Spacehive, including LBHF. We can now also accept cash donations for the latter, so please donate if you haven't yet. We hope you will be able to join us on the day; there will be a special rest area with refreshments and seats in the middle of the Parsons Green for those less able to walk or stand. A range of attractions is planned, including:

- over 120 stallholders,
- performances e.g. Fulham Brass Band, Albert&Friends Circus
- donkey rides, petting zoo, fair ground rides and much more for children

The fair will be officially opened by the Mayor of LBHF Cllr Daryl Brown at 11:30AM We would love to see you there!



Impact Survey Results

Last year we introduced a bespoke impact survey which we send once a year to all those who use FGNS. We are very grateful for all those who so kindly returned the survey and would like to encourage you to continue filling it in the future. It helps us shape our services and tell us what we do well and where we need to improve. Full survey results are available on our website and here is a snapshot:

92% of those responding thought that we fulfil our vision of creating a community where neighbours look out for each other

78% thought that our services enable them to live independently and contribute to society

88% thought that our services enable them to overcome social isolation and loneliness

95% would recommend Fulham Good Neighbours to someone else

We see the above results as encouragement to work as hard as ever and are grateful for all the support we receive and for patience and understanding when we don't get it right the first time.



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Fulham Men's Shed

We are not planning on organising any new meetings at this stage. We remain committed to the idea of helping set up a Men's Shed in the area. We were assured that internal discussions between different stakeholders within the council about the most suitable venue for the shed are ongoing.

Fundraising/Sporting Challenges

We have 3 spaces available for runners wishing to take part on our behalf in the Fulham 10k Adidas CityRun on Sunday 18th November. We also have 1 space available at Prudential London Surrey Ride in July 2019. Full information is available on the website, please get in touch if you might be able to support us.



Weekly Singing and Music Workshops – as part of JOY, a new strand to H&F Arts Fest

Fulham Good Neighbours has been invited to take part in some singing and music workshops as part of Hammersmith & Fulham ArtsFest. A chance to have a fun sing-a-long together, as well as an opportunity to collectively create a couple of new songs too, led by a professional composer. There is no need for any previous experience or skill, and everyone is welcome, whatever your ability. The workshops will be delivered by Turtle



Key Art and are funded by Dr Edwards&Bishop King's Charity. The first workshop is now behind us and we hope you might be able to join us on all or some Mondays in July: 2nd Jul, 9th Jul, 16th Jul and 23rd Jul. The workshops are fun and take place at 2PM at Rosaline Hall.



FGNS in June 2018

We have made a full use of the lovely weather and took part in a Discovery Bus Tour of Kew Gardens. We also had some lovely lunches here, including a great Sing A Long with Fiona. Another highlight was the trip to the Afternoon Coffee Club and Music Performance at the Royal Albert Hall. Full details about all our social clubs are on the last



page of this newsletter—whether you are a first comer or regular we hope that you will be able to join us this month. We are especially looking for new members of the Shared Reading Group and Fulham Sunday Afternoon Tea.



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;
- From DIY, transport and befriending Volunteers;



Befriending Volunteers—please remember to let Ruth know your visits days at least on a monthly basis.

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.

We have a high number of volunteers who have not accomplished any tasks for a long period of time and we would like you to set yourself a target of accomplishing at least one task per month. Please do give it a go!

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**

- We also offer:
- Befriending**
 - Digital Inclusion**—opportunity to learn how to use the Internet at your speed 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 or by phone during office hours Monday-Friday. We aim to staff the office 9-5 but are a small team and may on rare occasions be all out of the office during those hours.

