

What's on in March 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 March 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 March 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, 7th March 2018 Board Games and talk to proposed Accountable Care Organisation

Wednesday, 14th March 2018 Talk on Personal Independence Payments

Wednesday, 21st March 2018 Talk on Energy Best Deal

Wednesday, 28th March 2018 Talk by London Fire Brigade

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 March 2018 and 18th March 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.

Also:

Volunteer Induction (Friday, 16th March 2018 2PM—5PM)

Adopt a Garden Volunteers Meeting (Friday, 16th March 2018, 5PM—6PM)

Fulham Men's Shed Meeting (Friday, 16th March, 6PM)



Fulham Good Neighbour Service
Rosaline Hall, 70 Rosaline Road
London SW6 7QT
Tel. 020 7385 8850

info@fulhamgoodneighbours.org
www.fulhamgoodneighbours.org

@FulGdNeighbours
@FulnamGoodNeighbours

President: The Mayor of Hammersmith and Fulham

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

March 2018

Our new Digital Inclusion Project

will match local volunteers with housebound over 75 year olds who are unable to use the Internet. The volunteers will bring Internet enabled devices to the older person's home and teach any aspect of the Internet the person wishes to learn. This could be how to make a free Skype call to a relative abroad or how to make online shopping. There is no prescribed course schedule and the volunteers will work at the speed of the person teaching them as little or as much as they wish. This one year project is being funded by the local council, the People's Postcode Trust, The Big Lottery and the Co-op Community Fund. If any readers are members of the Co-op they can contribute 1% from their shopping towards this project by selecting Fulham Good Neighbours as their cause. Please get in touch if you would like to benefit from this project or become one of the volunteers.



Fulham Men's Shed

Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, but for groups of men (and women) to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. The charity held a number of meetings with local residents interested in setting up a Shed at the end of 2017 and has now been generously offered (by the local council) a potential location in a disused building on Lillie Road Recreation Ground (see photo attached). Fulham Good Neighbours is calling on all those who are interested in setting up the shed to get in touch and if possible to attend the next planning meeting on Friday, 16th March 2018 at 6PM (Rosaline Hall, 70 Rosaline Road, London, SW6 7QT). They would also like to hear from anyone who might be able to donate paint, tools or expertise to get the Shed off the ground.



Fulham Sunday Afternoon Tea

We are delighted to welcome Monique Newton as the first dedicated Project Co-ordinator for the Fulham Sunday Afternoon Tea. The event takes place every first and third Sunday of each month between 3PM and 5PM (this month: 4th and 18th March). Monique is especially keen to hear from housebound people and those living on their own. She will try to arrange free transport for you as well.

Parsons Green Fair

This year's Parsons Green Fair will take place on Saturday, 7th July 2018. The main event sponsor is Marston Properties and we also need your help:

- mark the day in your diary and invite your friends to come along;
- let us know if you could display outside your property a promotional Strutt&Parker Parsons Green Fair board. You will not only help us promote the event but also raise additional funds from this sponsor. The board will be installed only for a few weeks in June 2018
- contact us if you could volunteer for about 4 hours on the day as Event Marshall;
- get in touch if you are able to offer sponsorship .

Beneficiaries Corner

If you reading a paper version of the newsletter please consider providing us with an email address. Sending the newsletter by email helps us save on costs.



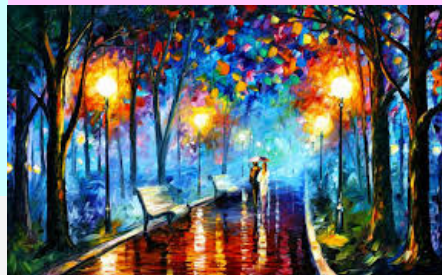
Gardening Project

We are very sad to be losing both Cathy and Ricky. Cathy is retiring after 12 years with us and Ricky is moving abroad having worked with us for 3 years. They have both worked very hard helping hundreds of local residents to stay on top of their garden and we are very grateful for their contribution. Please get in touch if you would like to attend Cathy's leaving event on Thursday, 29th March 2018 at 4PM and/or Ricky's leaving event on Thursday, 12th April 2018 at 4PM. We are now recruiting for a new Gardening Project Co-ordinator and the full advert is available on our website.



Spotlight on the Art Group

Our friendly art group welcome all those who love art (whether they think they can paint or not) and connects them with like minded peers. We meet every Tuesday between 11:00 and 12:00 and attendance and materials are free.



Flash News:

Treasurer — we are looking for a treasurer. Further information is on our website.
LBHF Civic Honours Awards—we are finalists in the community Spirit Category. Winners will be announced during a Gala Dinner on Thursday, 1st March 2018.
LBHF Grant Funding—we received a three year extension to our grant funding from LBHF until March 2021. This covers around 30% of our current running costs and we are very grateful for the generous support from the council.
Fulham 10 k Run —we are still looking for runners who could run and fundraise for us on Sunday, 18th March 2018.

Volunteers Corner

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

- distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and to local GP surgeries.
- 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,

Adopt a Garden Volunteers—we are hoping that you will be able to join us on Friday, 16th March 2018 at 5PM. We want to review the scheme and hear from you how to improve it.

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)

