

What's on in October 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, 2nd October 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, 16th October 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

A small and friendly lunch club with around 20 local over 75 year olds attending every week. 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) - 7th October and 21st October 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.

7th October 2018 —Silver Sunday—by prior booking only. To book please call 020 7385 8850.



Fulham Good Neighbour Service
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Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

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

October 2018

Visit from Japan and Wavestone

We were visited by occupational therapists from the Mejiro University in Japan. A lot of interest was sparked about the cultural differences between how the elderly occupy their time in the UK compared to Japan meaning it was a great opportunity for an intercultural exchange of experiences and opinions giving both sides a chance to learn from each other. Cooperate volunteers from Wavestone—a consultancy company—also spent the day at Fulham Good Neighbours. They gave us some amazing support by helping us with IT and online security issues as well as giving us further recommendations. We would like to thank everyone, we are truly grateful for their support!



AGM

This year's AGM will take place on Tuesday, 6th November 2018 at 6:30PM at Rosaline Hall. Our guest speaker will be Bryan Naylor, Chair of the LBHF Older People's Commission who will report on its work and findings so far. We hope that you will be able to join us and hear about the charity's achievements in 2017/2018 and our plans for this financial year. This is also your chance to meet and talk to our trustees and ask any questions you might have. Refreshments will be served after the meeting. Please contact the office now to book your place.



Playlist For Life

Playlist for Life is a UK music and dementia charity. We use the music of a person's life to keep them connected to themselves and their loved ones throughout their dementia journey. When you listen to music, your brain lights up like a fireworks display. If parts of your brain are damaged, the music can still reach those other parts. The results of that can be astonishing. Music can:



- Bring back feelings, memories and sometimes even abilities thought lost
- Reduce the use of heavy drugs and restraints
- Manage mood and emotions
- Strength relationships, reconnect families and support new connections

Personal playlists are a cheap, simple and powerful way to harness the power of music to make living with dementia easier and happier. If you would like to get involved, or simply find out more, please visit playlistfor-life.org.uk or call 0141 404 0683.



Decorating Project

Please get in touch if you would like free help with decorating work. Stephen is happy to help, those eligible, with painting one room/area of their homes over a period of 2/2.5 days.

BEFORE

AFTER



Digital Inclusion Project

We are delighted to announce that the Interim report for our **Digital Inclusion Project** is here. Thank you to our co-funders: the Big Lottery Fund, the Postcode Trust, Co-op UK and London Borough of Hammersmith and Fulham for their support. To hear what older people in Fulham say about learning to use technology and the Internet, you can read the full report on our website or ask for a copy when you visit us. If you wish to improve your Internet skills, please contact Lucia.



British Museum

Please contact us if you would like to receive complimentary tickets to the opening of the Al-Bukhary Foundation Gallery of the Islamic World at the British Museum on Sunday, 14th October 2018 at 2:50PM.

Fulham 10k

We still have places available for those wishing to run for us at Adidas City Run Fulham 10k on Sunday, 18th November 2018. Fundraising target is £50+.

Volunteers' Corner

Thank you for all your help over 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.

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.

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

VOLUNTEER HANDBOOK

An updated version of the handbook was sent out to everyone in September. Please let us know if you have not received it. We would be grateful if you could familiarise yourselves with it and let us know your feedback, so that we can improve future editions of the handbook.

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

- **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 or 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.

