

# What's on in September 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, 4th September 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 September 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.

## **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) - 2nd September 2018 and 16th September 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  
info@fulhamgoodneighbours.org  
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@FulhamGoodNeighbours  
Registered Charity Nr: 1113752

**President:** The Mayor of Hammersmith and Fulham

**Offering practical support and friendship  
to older people in Fulham since 1966.**  
**September 2018**

## **A visit from the National Citizen Service**

brought us plenty of joy. Young people engaged with attendees of Fulham Lunch Club in a range of fun games. They also fundraised for us at Sainsbury's Broadway raising over £70.



## **TLC End of Life Course—Saturday, 6th October 2018 10AM-5PM**

A 1-day course offering guidance on supporting those nearing the end of life. The TLC course is designed for anyone interested in learning more about providing comfort, support and help to those who have life-limiting conditions or are nearing the end of their lives. During the day there will be 5 sessions: creating a loving space and how small things make a big difference; listening skills; a description of the Four Stages of Dying; gentle touch and vigiling. The course has been carefully designed for small groups of up to 10 people to provide a supportive space for gentle conversations about death and dying. The TLC course is led by Polly Woodford, an experienced TLC trainer, registered Soul Midwife and In-Patient Unit Volunteer at Royal Trinity Hospice. Please contact Polly Woodford for further information or to make a TLC course booking - [pollypots@gmail.com](mailto:pollypots@gmail.com) or 07976275061. If you would like to find out more about Soul Midwifery, please visit [www.soulmidwives.co.uk](http://www.soulmidwives.co.uk)

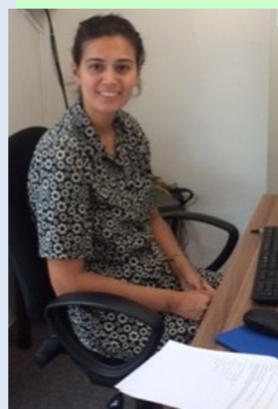


## Annual General Meeting

Our next AGM will take place on Tuesday, 6th November at 6PM. This year's guest speaker will be Bryan Naylor, Chair of the LBHF Older People's Commission. Please do contact the office now if you would like to come—we would love to see you and report on our work in 2017/2018.

## Thank you Ria!

Big thanks to Ria, fantastic Santander Intern and LSE student, who supported us throughout October.



Ria was involved in preparing our Annual Report, Impact Report, Risk Register and much more. We wish her all the best during her exchange year in Paris.

## Spotlight on some of our Social Clubs

### Shared Reading Group

Here are some of our members engrossed in their reading session. Places are still available. Why not come and enjoy the ambience.

### Chair Exercise Class

This continues to be popular with 2 classes on Thursday afternoons. Come and flex those muscles - It will leave you feeling great.

### Sunday Tea Afternoon



We would love to see you. Come for a chat, tea and cakes as well as meet new people. The first and third Sunday of the month at 3.00pm -5.00pm.

The Fulham Lunch Club and the Art class are going extremely well, both are at full capacity. I regret to say we are presently closed to any newcomers.



## Silver Sunday

We are planning a range of attractions for this Silver Sunday. Older people

attending Fulham Lunch Club will be treated to a Fish&Chips dinner and a Brick Lane Hall performance on Wednesday, 3rd October 2018.

There are also special attractions planned for the Fulham Sunday Afternoon Tea on Sunday, 7th October 2018: we will be hosting a fun and free afternoon of food, games and entertainment including karaoke, home baked cakes and a magical mystery guest.

Silver Sunday will be taking place on Sunday 7<sup>th</sup> October and is a national day of fun and festivities, celebrating older people and their contributions to their communities.

Spaces are limited in availability so if you're interested please contact the office now on: 0207 385 8850.



## Volunteers' Corner

**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!

**INDUCTION** on Saturday, 15th September 2018 10:30-13:00 please come and join us whether you are a new volunteer or not. Please register via our website or your HUB account We will cover things like:

- how to deal with concerns you might have about a person you visited (safeguarding, health and safety);
- how to deal with difficult situations (money management e.g. when doing shopping);
- how to operate a wheelchair safely;
- what other services are available within and outside of Fulham Good Neighbours.

**VOLUNTEER HANDBOOK** an updated version will be with you around mid-September. Please familiarise yourselves with it and let us know what you think so that we can improve it.

## 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 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.

