

What's on in April 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 April 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 April 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 April 2018 Board Games only (1st Wednesday of the month)

Wednesday, 11th April 2018 Talk by Alzheimer's Society Hammersmith and Fulham

Wednesday, 18th April 2018 Breast Cancer Awareness Talk

Wednesday, 25th April 2018 Musical Quiz with Fiona

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 April 2018 and 15th April 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.

Fulham Men's Shed

Next Planning Meeting will be on Friday, 20th April at 6PM. All those interested are very welcome.

Please let us know if you do not wish to receive this newsletter so that we can remove your details



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President: The Mayor of Hammersmith and Fulham

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

April 2018

Fulham Sunday Afternoon Tea

After its huge success and having received much interest from both volunteers and beneficiaries, we now have a dedicated Sunday Afternoon Tea Coordinator Monique who is running the event every 1st and 3rd Sunday of the month. Local over 60 year olds can expect even more fun, games and entertainment as well as the usual hot drinks and cake. Please do join us! We also have volunteering opportunities from baking cake to providing transport on the day – there's always a way to get involved and help if you'd like to be a part of the only Sunday social club the borough has to offer. If you would like to get involved, please contact moniquenewton@fulhamgoodneighbours.org or call the office.



Parsons Green Fair

Parsons Green Fair date—Saturday, 7th July 2018—is now fast approaching. 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 between 1 to 2 weeks immediately before the fair.
- contact us if you could volunteer for about 4 hours on the day as Event Marshall. We need your help to distribute programmes, deal with any enquiries and support those attending the fair.





Goodbyes

We are very sad to be saying goodbye to Cathy, who has been running our Gardening Project for the last 12 years and who has now retired. She has been a real asset to the organisation and more importantly to all those local residents needing (not only) gardening help. Ricky has been involved with the Gardening Project for the last 3 years and is leaving us on 12th April to move abroad. Both Cathy and Ricky have been very well liked by our beneficiaries and we will miss them. We are now in the process of recruiting a new Gardening Project Co-ordinator.

London Children's Ballet Rodin and The Art of Ancient Greece

We have some £1 tickets for **The Canterville Ghost** performance at The Lyric on Thursday, 19th April 2018 at 1PM. Priority will be given to those already attending one of our social clubs. Please contact the office if you would like to go.

We have some free tickets for a Community Preview of this forthcoming exhibition at The British Museum. The tickets are for 2PM on Sunday, 22nd April 2018. Priority will be given to those already attending one of our social clubs. Please contact the office if you would like to go.



Learning to use The Internet

Lucia is starting with us on 9th April 2018 and will be recruiting volunteers teaching and (mainly) house-bound over 75 year olds wishing to learn how to use the Internet. Please contact us now if you could be one of our volunteers, or indeed if you could benefit from it or know someone who can. We want to bring the benefits of The Internet to all those who wrongly believe that 'they are too old', 'it is not for them' or that they 'will fail'. We can assure you are not—we want to teach you as little or as much as you wish in the comfort and security of your home on the device (i.e. tablet, laptop, smartphone) of your choosing.

Fulham Men's Shed update

8 people who attended our last meeting in March became the founding member's of the Fulham Men's Shed. They are in discussions with the local council about hiring an unused venue. If you would like to join us in these early stages of developing the shed, please do come to the next meeting on Friday, 20th April 2018 at 6PM. Men and women welcome!



Decorating →→→

Sour Decorator Stephen is happy to support you in moving your furniture and person items so that any decorating work can be done to your full satisfaction.



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 and/or transport volunteers;
- From Befriending Volunteers;
- From IT literate office volunteers who could help us day time on weekdays. Do get in touch even if you can spare couple of hours ever so often;
- Someone who could assist our Finance Administrator Jac on a Monday or Tuesday. You will need some familiarity with financial procedures;
- A volunteer willing to sort out food donations from the Felix Projects on Tuesday afternoons.

Please remember to add your photograph onto your HUB profile.

We really do need your help with the Parsons Green Fair, so please do get in touch if you might be able to help in any way.

Waitrose Community Matters

We support good causes.
You decide who gets what.



Last, but not least, we are currently one of the Community Matters charities at Waitrose Fulham. If you happen to shop there, please ask at the check-out for or a green token and vote for us.

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)

