

What's on in January 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 January 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 January 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 Le Pain Quotidien and 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

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.

PLEASE NOTE THAT THERE IS NO GROUP ON THURSDAY, 4th JANUARY 2018.

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) - 7th January 2018 and 21st January 2018

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.

Music for Thought FREE Every Tuesday between 2PM and 4PM from Sunday, 30th January 2017 for 6 weeks.

The fun, interactive sessions will be a time and place for you to enjoy hearing and making music with students from the Royal Academy of Music guided by professional musicians. The project will culminate in the recording of a CD of music for you to keep. **You have to pre-book your attendance** by contacting Lucy Warren at Resonate Arts t: 020 7321 2702 m: 07484 939792.



Fulham Good Neighbour Service
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President: The Mayor of Hammersmith and Fulham

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

January 2018

Happy New Year 2018!

Dear Readers, we would like to thank you for all your support in 2017 and wish you a healthy and happy New Year. We hope you continue to engage with Fulham Good Neighbours over the coming 12 months as our beneficiary, volunteer, donor and/or supporter. As always we are keen to hear your feedback (good and bad) so that we improve.

2017 was a busy year for us. We helped a higher number of people in comparison to recent years and launched a range of new projects: Social Clubs (Silver Club at the White Horse, Chair Based Exercise Group, Shared Reading Group), Decorating Project and Connections 4th Generation Project. We also run the very popular Parsons Green Fair and rolled out (sadly not without teething problems) a new website and database allowing us to help more people faster. We do not expect 2018 to be any different and are already looking forward to obtaining an electric van for our Decorating and Gardening Projects, working on setting up a Digital Inclusion Project for local housebound people and driving forward the initiative to set up a Fulham Men's Shed to name just a few.



New Year is Resolution Time

If you know anyone whose resolution is to improve their health and support a local charity then please ask them to consider:

- Running for us in the **Adidas City Run 10k** on Sunday, 18th March 2018 or
 - Cycling for us in the **Prudential Ride 100** on Sunday, 29th July 2018.
- For further information please visit our website or contact the office.



Music for Thought

Resonate Arts, the Royal Academy of Music and Wigmore Hall are offering a free 6 week course of lively music sessions for people with memory issues in Hammersmith and Fulham. Carers are welcome.

The fun, interactive sessions will be a time and place for you to enjoy hearing and making music with students from the Royal Academy of Music guided by professional musicians. The project will culminate in the recording of a CD of music for you to keep and enjoy.

The sessions will take place at Rosaline Hall for 6 weeks from Tuesday, 30th January 2018 at 2PM-4PM.

You need to book your attendance, so please contact now Lucy Warren at Resonate Arts
T: 020 7321 2702
M: 07484 939792
E: lucy@resonatearts.org



Parsons Green Fair is back

If you shop in a local Tesco please vote for us from Tuesday 2nd January 2018 to Wednesday 28th February 2018 so that we receive a grant towards the costs of running this year's Parsons Green Fair.

Community Exercise Leaders Wanted

Notting Hill Housing Group are recruiting volunteers! In particular we are seeing if older people in the community want to take part and become Community Exercise Leaders. All volunteers will have two days of accredited training where they will learn how to facilitate and plan tailored exercise lessons for elderly residents that focus on fun and motivation. Interested? Contact Mandy Worster on Mandy.Worster@nhhg.org.uk or 07743 812966



We are recruiting

We are looking for a Fulham Sunday Afternoon Tea Co-ordinator who would facilitate the club on every 1st and 3rd Sunday of the month. Further information is available on our website.

Personal Assistant Needed

One of our beneficiaries is looking for a personal assistant to provide daily support. The rate of pay is £10-12 per hour. If you or someone you know may be interested please contact Chris or Yasmin in the office on 0207 385 8850.

Co-op Fund

We have been selected at local Co-op Stores to benefit from 5% of purchase made by Co-op Members who select us as their local cause. Please consider choosing Fulham Good Neighbours as your local cause – all money donated will be used to help us create a Digital Inclusion Project for housebound people.



Social Enterprise Grant

Hammersmith United Charities have partnered with Unltd to offer grants to individuals with an idea for a social enterprise which will benefit older people. If you have an idea which just needs a bit of financial help to get it off the ground, why not get in touch? Applications are simple & can be made any time. For more information, contact melanie@hamunitedcharities.com

Volunteers Corner

Thank you to all who volunteered last month but we need more support. Help is needed to:

- distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and to local GP surgeries.
- support older/disabled people as DIY and/or transport volunteers
- Befriending Volunteers

We are also recruiting for a Fulham Sunday Afternoon Tea Co-ordinator (paid role) - further details on our website.

Last but not least, for all those who are not sure how to deal with the new database/emails — please call us or email us as before. We still need your help and will continue to engage with you just how we used to before the new database was rolled out. The new database is just an extra addition to our toolkit.



← Noorani is working hard

making Christmas hampers for members of the Fulham Lunch Club while other volunteers take a different approach to celebrating the festive period →



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

In addition we offer:

Befriending

Social Clubs (see back page for a full list)

Connections 4th Generation a dedicated project supporting local older people who have recently been discharged from the Charing Crossing Hospital.

We are always looking for those who might need our help. If you know someone who could benefit from our services, please ask them to contact us.

