

What's on in June 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, 5th June 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, 19th June 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**
A small and friendly lunch club with around 20 local over 75 year olds attending every week.

Wednesday, 6th June 2018 Board Games (1st Wednesday of the month) AND Local Police Visit
Wednesday, 13th June 2018 Outing: Kew Gardens Discovery Bus Tour—please book with Ruth in advance! There will be no club at Rosaline Hall today.
Wednesday, 20th June 2018 Fiona—Musical Quiz
Wednesday, 27th June 2018 Outing: Afternoon Club at the Royal Albert Hall—please book with Ruth in advance! There will be no club at Rosaline Hall today.

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) - 3rd June 2018 and 17th June 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
www.fulhamgoodneighbours.org
@FulGdNeighbours
@FulhamGoodNeighbours

President: The Mayor of Hammersmith and Fulham

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

June 2018

NEW! Foot Clinic

Stella Stockwell MCFHP MAFHP, a qualified Foot Health Practitioner, who in partnership with Fulham Good Neighbours, will be providing a new weekly foot clinic at Rosaline Hall every Tuesday from 12.30 pm – 5pm . Stella offers a friendly and affordable service, starting from just **£15** for a nail trim and file. First appointment includes a free foot health check and a foot massage. In addition Stella offers: Corn Removal, Callus (hard skin) reduction, Fungal nail treatments (incl. Dr Remedy products, Foot Massage (using organic creams), and can treat low risk Diabetic Foot. To book your appointment please call 07765 983301 or 020 7349 8539.



The H&F Older People's Commission— Photography Project

The Older People's Commission is an independent resident-led commission. It is sponsored by H&F Council and includes a representative from Fulham Good Neighbours. The Commission is looking for local older residents who would like to take part in an artistic project over the next weeks. Volunteers will be asked to use a camera to document their lives in the borough: classes they attend, people they meet, what they witness that concerns them, and what they see that makes them feel positive. Participants will be paired with one project officer who will meet with them for a couple of afternoons to support them to take the photographs. The project will culminate in an exhibition which will take place at Westfield in the autumn. If you'd like to take part, please email Julien at Julien.Danero-Iglesias@lbhf.gov.uk or call 020 8753 5093.



Thank you to Flora, our **Art Teacher**, whose tenure with us finished at the end of May. She has been covering for Alexa, who is returning from her maternity leave this month. Flora's build a regular following of the art group which is generously co-funded by the Daisy Trust .

FREE Tickets to Rodin and the Art of Ancient Greece at the British Museum on Saturday, 30th June 2018 at 6:30PM. Please get in touch with the office if you would like to benefit from this opportunity.



Weekly Singing and Music Workshops – as part of JOY, a new strand to H&F Arts Fest

Fulham Good Neighbours has been invited to take part in some singing and music workshops as part of Hammersmith & Fulham ArtsFest. A chance to have a fun sing-a-long together, as well as an opportunity to collectively create a couple of new songs too, led by a professional composer. There is no need for any previous experience or skill, and everyone is welcome, whatever your ability. The workshops will be delivered by Turtle Key Art and are funded by Dr Edwards&Bishop King's Charity. Call us now on 020 7385 8850 to book a place and join in on Mondays: 25th Jun, 2nd Jul, 9th Jul, 16th Jul and 23rd Jul 18.



Gardening Service —message from Lewis If there was ever a time to grab me for your garden, this is it now. The sun is out, the days are long and the gardening trike is loaded with tools. I'm a local so it's nice to meet my neighbours and if you give me one second of space I'm sure I'll tell you about how much better Fulham is than the rest of London. So far I've gardened from Sands End to Hammersmith and I've been stopping to smell the roses in between. If you see me in the street, please say hi and do tell your friends and neighbours about what I am up to. Please book ASAP as it is a very popular service and if you'd like regular gardening I can help connect you with a volunteer gardener to visit you occasionally to take care of your much loved (or loathed) outdoor

space. If you know anyone that wants to be a volunteer gardener, please put them in touch with me. There's no job too big and no area too delicate for me. You'll love the results. Please see this before and after of a recent job.



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:

- to 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.
- to bring £1 to the Fair to buy your raffle ticket and be in the chance of winning official Chelsea FC football with autographs of their 2017/2018 first team. And yes, you can buy more than one ticket!
- to volunteer on the day as Event Marshall <https://www.parsonsgreenfair.org/get-involved>
- to donate in support of free rides, attractions and activities during the fair <https://www.spacehive.com/parsons-green-fair>

Volunteers Corner

Thank you to all who volunteered last month and a Happy Volunteers' Week!!! 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, transport and befriending Volunteers;



Thank you for all of you who started volunteering in May as our Internet and Adopt a Garden volunteers. We hope you will enjoy it!

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

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; in particular we are looking for volunteers to help: as Event Marshalls on Saturday, 7th July 2018.

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.

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!

Foot Clinic

Run independently from us by a qualified Foot Health Practitioner on Tuesdays, 12:30-17:30. at Rosaline Hall, 70 Rosaline Road, London, SW6 7QT To book please call Stella Stockwell on 07765 983301 or 020 7349 8539. £15 for Nail Trim and File .

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)

How to request our help: a) 24/7 via the Internet giving us your email address and clicking on the hub, b) 24/7 via email, c) In person or by phone during office hours Monday-Friday. We aim to staff the office 9-5 but are a small team so may wish to ring in advance to confirm that someone will be in the building before visiting.

