

# What's on in May 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, 1st May 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, 15th May 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, 2nd May 2018 Board Games only (1st Wednesday of the month)

Wednesday, 9th May 2018 Talk by Stroke Association

Wednesday, 16th May 2018 You Too Can Use the Internet—interactive presentation

Wednesday, 23rd May 2018 Cancer Awareness Talk

Wednesday, 30th May 2018 Discover Kew Gardens—introduction talk ahead of our visit in June

## **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) - 6th May 2018 and 20th May 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 Men's Shed**

Next Planning Meeting will be on Tuesday, 29th May 2018 at 5:30PM.



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.**

## May 2018

### **Weekly Singing and Music Workshops – as part of JOY, a new strand to Hammersmith & Fulham 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.



### **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!



## Our New Internet Project

As part of the project volunteers will be matched with pensioners in Fulham who wish to learn how to use the Internet. We can help with things like:

- Staying in closer touch with friends and loved ones
- Doing your shopping from the comfort of your own home
- Doing your banking and pay bills online
- Researching activities and services
- Looking up medical information and much more!

People can benefit from the project either by using their skills and becoming volunteers or by meeting with a volunteer to learn new skills. If you would like to get involved, please contact Lucia on 020 7385 8850.

## General Data Protection Regulation

New data protection rules come into force at the end of May. The space here doesn't allow to cover them all but please do get in touch if you would like to:

- receive detailed information about what personal data we store and why;
- access a copy of your personal data we store;
- ask us to delete your personal data.

## Fulham Sunday Afternoon — free transport

We want this club to become a meeting place especially for those who are housebound, so if you need help arranging transport (e.g. bookings or applications for taxi card or dial a ride), please do contact Monique on 020 7385 8850. In certain circumstances, we may also be able to pay for a taxi to get you safely to the club and back home.



## Supporting our work— gifts in your will

Most of the new work done by our charity for local people over the last few years has been possible only because of a generous legacy from Nina Dobosharevich. We would be grateful if after providing for your loved ones, you would also consider leaving us a small share of what is left.

## Fulham Men's Shed update

We are petitioning the LBHF council to offer the Sheddors a space from where they could run regular activities such as woodwork. If you would like to get involved with this project in any way, please join us at the next meeting on Tuesday, 29th May 2018 at 5:30PM or contact the office.

## Social Clubs

The Art Group has been very popular in April; with up to 12 attendees. We also want to grow the other clubs, in particular the Wednesday Carers Group and the Thursday Shared Reading Group. Please do consider trying out one of our social clubs—full details are on the last page.

## Welcome to Lewis and Lucia

who started with us last month. Lucia is working on bringing the benefits of Internet to all those who don't know how to get started and Lewis is our new gardener. The gardening service, as always is oversubscribed, so please do contact Lewis if you would be happy to obtain your own gardening tools and be visited by a volunteer instead.



## 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, transport and befriending Volunteers;

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!

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
- Run our Social Media accounts promoting the fair

Please remember to add your photograph to 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.

Last, but not least, we are currently one of the Community Matters charities at Waitrose West Kensington. If you happen to shop there, please ask at the checkout 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)

How to request our help:

24/7 via the Internet Giving us your email address and clicking on the hub

24/7 via email

In person or by phone during office hours Monday-Friday. We aim to staff the office 9-5 but are a small team

