

# What's on in November 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.

Our office will be closed on weekends and bank holidays. As always, we will remain open on weekdays, including on: 24th Dec, 27th Dec, 28th Dec and 31st Dec 2018. However, there will be no social clubs between 24th December 2018 and 6th January 2019, this includes the Silver Club at Hollywood Arms which exceptionally will take place on Tuesday, 8th January 2019.

## **Silver Club at THE HOLLYWOOD ARMS £5 (1st Tuesday of the month)**

Next monthly meeting on Tuesday, 6th November 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, 20th November 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. We are always looking for new members!

## **Fulham Lunch Club 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.

## **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) - 4th November and 18th November 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  
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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.**

## **November 2018**



## **Calling All Befriending Volunteers**

We are on the lookout for more volunteers willing to befriend local housebound older people. We have a lot of requests e.g. from those who would love to be pushed in a wheelchair and taken out to a local park every couple of weeks or so. If you or any-

one you know might be willing to becoming a befriending volunteer, please do contact Ruth, Volunteer Co-ordinator on 020 7385 8850 or via email at [ruthgeorge@fulhamgoodneighbours.org](mailto:ruthgeorge@fulhamgoodneighbours.org). She would love to hear from you.



## **AGM**

This year's AGM will take place on Tuesday, 6th November 2018 at 6:00PM at Rosaline Hall. Our guest speaker will be Bryan Naylor, Chair of the LBHF Older People's Commission who will report on its work and findings so far. We hope that you will be able to join us and hear about the charity's achievements in 2017/2018 and our plans for this financial year. This is also your chance to meet and talk to our trustees and ask any questions you might have. Refreshments will be served after the meeting. Please contact the office now to book your place.





### **Gardening Project**

Our electric van had some new eye catching graphics put on and our staff are certainly very proud of the car. Sadly, Lewis decided to leave us to return to career in radio broadcasting. We are grateful for his support over the last 6 months. This means that we will not be able to do any gardening tasks until a new gardener has been recruited. We plan to re-advertise the post early in 2019.

### **Silver Sunday 2018!**

We had two brilliant events to celebrate this year's Silver Sunday. We are grateful for the support of LBHF and United in Hammersmith and Fulham.



### **Fulham 10k**

We still have places available for those wishing to run for us at Adidas City Run Fulham 10 k on Sunday, 18th November 2018. Ideally, the fundraising target would be £50+. Please get in touch if you would like to take part and run for FGNS.

### **Shopping at Co-op and Tesco**

Please support us by throwing a blue token in for us when shopping at Tesco's and by selecting us as your community cause on your Co-op membership card.



### **Visit from HM The Queen Deputy Lieutenant**

We were delighted to welcome Leslie Morgan OBE DL who is assessing our nomination for the Queens Award in Voluntary Services.

### **Christmas and New Year's Events and Opening Hours**

Our office will be closed on weekends and bank holidays. As always, we will remain open on weekdays, including on: 24th Dec, 27th Dec, 28th Dec and 31st Dec 2018. However, there will be no social clubs between 24th December 2018 and 6th January 2019, this includes the Silver Club at Hollywood Arms which exceptionally will take place on Tuesday, 8th January 2019.

If you would like to book a place at the Latymer Upper School Christmas between 4:30PM and 6:30PM on Thursday, 13th December 2018 then please let us know.

If you would like to take part in the Christmas Lunch at the LBHF Town Hall, on Tuesday, 25th October 2018, please contact the council on 020 8753 2135.

### **Newsletter**

You can subscribe to receive this newsletter monthly by email via our website at [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

### **Volunteers' Corner** Thank you for all your help the last month!

**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. Intergenerational Lunch Club. Under 5s needed!

On Wednesday, 23rd January 2018 we are planning for an intergenerational lunch club. Please do get in touch if you have

**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!

### **CHRISTMAS DRINKS on Friday, 14th December 2018 from 5PM**

Please come and join us for our annual celebration and meet fellow volunteers over some Christmas mice pies and wine.

### **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** for older housebound people
- **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.

