

What's on in April 2019:

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 April 2019 between 12PM and 3PM at The 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 April 2019 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 10:45AM-12PM

We look at a different artist every week and then experiment with drawing and painting techniques in a friendly and relaxed environment. All materials are provided free of charge. There is no need to book in advance.

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 and 4PM-4:45PM

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 three groups on a consistent basis so that more people can benefit.

Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 7th April and Easter Sunday, 21st April 2019 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
Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

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

April 2019

Making Rosaline Hall Accessible



Thanks to the generous support of the City Bridge Trust we will be able to make Rosaline Hall more accessible to wheelchair users and other visitors with limited mobility. We want to install a brand new gate, ramp and front door and also completely refurbish our bathroom to make them all fully compliant with legislation and most importantly fully accessible to everyone. We hope to be able to conduct the works later this year and will keep you informed about any impact this may have on you, including any temporary closures that might be needed.



Adopt a Garden

We are starting an exciting project with another local charity—Nubian Life. The Adopt a Garden Partnership is a five year long initiative, funded by the National Lottery Community Fund, that will see us matching local people in need of basic gardening help with volunteers offering it together with



a friendly visit once a month. In addition, Nubian Life will offer a range of gardening workshops and open their garden to the benefit of the larger community. If you would like to request basic gardening help, are able to offer it or just want to learn more, please contact Lucia on 020 7385 8850 or via luciaciolanel@fulhamgoodneighbours.org



Digital Inclusion Project

We are happy to announce that our Digital Inclusion Project will continue into its second year. We hope that over the coming months more funders can come forward so that the project can continue at least until March 2020. We know how important Internet skills are to our beneficiaries and we have been encouraged by the positive feedback from them. In addition, we are nominated for the Digital Skills or Inclusion Initiative of the Year Award with Digital Leaders. Our journey and success stories will be outlined in the annual report coming out this month. We are grateful to our funders and the dedicated volunteers who support us and we look forward to meeting new people interested to improve their skills and learn more about the internet.



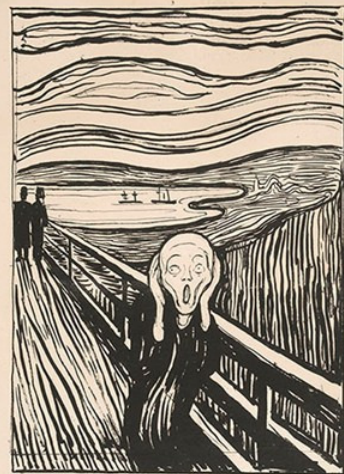
Run for Fulham Good Neighbours at the Fulham 10k (Adidas City Run) on Sunday, 17th November 2019!

We have spaces available for runners who would like to fundraise for us and take part in the Adidas City Run in Fulham. While we are looking for those willing to fundraise for our charitable work we are not setting a fundraising target. Any money you can

raise will be greatly appreciated. However, please note that our own entry fee per runner was £48. If you are interested in taking part, please contact us on 020 7385 8850 or email us at info@fulhamgoodneighbours.org.

Gardening

We reopened our gardening service early last month after the winter break. Barney who is the person in charge of the project, is an experienced gardener and is looking forward to hear from anyone, meeting our criteria listed on the next page, that needs help with a garden clearance. As always the service is very popular and it might be some time before Barney can come and visit you.



Edvard Munch: love and angst at the British Museum

Please get in touch if you would like to receive a free ticket to the community preview of this exhibition for Sunday, 7 April 2019 at 3PM. Tickets will be offered on a first come first serve basis so please do not delay contacting us if you would like to go.

Parsons Green Fair

This year's fair, sponsored by Marston, will take place on Saturday, 6th July 2019. As always, we anticipate that around 8000 local residents will attend the event and that you will be one of them. Organising the fair takes a lot of effort and we hope that you will be able to help us by:

- promoting the event (e.g. displaying a poster in a local shop) and/or
- Volunteering for 4hrs on the day as event steward.

Please get in touch now if you may be able to help.



Your Personal Data

is important to us and you have a range of rights regarding them. Privacy Notices detailing them and containing further information are available on our website under: fulhamgoodneighbours.org/privacy; please get in touch if you would rather receive a printed copy.

Newsletter

You can subscribe to receive this newsletter monthly by email via our website at 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:

- Adopt a Garden volunteers
- DIY volunteers
- Befriending volunteers
- Transport (car owners) volunteers

Please do ask your family members, friends and neighbours if they would like to get involved.

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.

Adopt a Garden, Befriending and Digital Inclusion Volunteers—**please remember to let us know your visits days at least on a monthly basis.**

PARSONS GREEN FAIR: Please book your time now and get in touch to help us as event steward for 4 hrs on Saturday, 6th July 2019.



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.

