

# What's on in January 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.

Our office will be closed on weekends and bank holidays. There will be no social clubs until 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, 8th January 2019 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 January 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**

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) - 6th and 20th January 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.**

## **January 2019**

### **Happy New Year**

Wishing all our readers a Happy New Year! We hope that you will continue to access our services and support our work in 2019 and beyond. Throughout the year we want to focus on improving our current work and long-term financial position.

Please remember that there are no social clubs until 6th January 2019, this includes the Silver Club at Hollywood Arms which exceptionally will take place on Tuesday, 8th January 2019.



### **Winter Warmth**

A new campaign by United in Hammersmith and Fulham was launched during our Lunch Club on Wednesday, 19th December 2018. Winter Warmth invites those who can afford to do so, to donate some or all of their Winter Fuel Allowance payment so that extra support

can be provided for less well-off older neighbours this winter. 25% of over 65 year olds in LBHF live in poverty and it is hoped that the campaign will contribute in the longer term to reducing this number. To donate and learn more about the campaign please visit [www.unitedhf.org/warmertogether](http://www.unitedhf.org/warmertogether) or call 020 8600 0652.





### Home Library Service

The Library service in Hammersmith and Fulham has a range of free services for adults, young people and children. The Libraries are keen to find volunteers to help libraries deliver more for the community including support using the computers in the libraries, craft and fun activities for children and facilitating conversation groups. If you or someone you know would like to volunteer please contact Fiona Tarn on 07881836769. The libraries also run the Home Library Service for house

bound residents if you or someone you know would like to know more please contact the Home Library Service on 0208 753 3872 or email [homelibraryservice@lbhf.gov.uk](mailto:homelibraryservice@lbhf.gov.uk)



### Fire Alarms available for the hard of hearing

The London Fire Brigade now provides specialist alarms for deaf people or people with hearing impairments. The service can provide standalone alarm systems and replacement alarm heads for Bellman systems as part of a Home Fire Safety Visit. The alarms are designed by sounding loud blasts at a low frequency signal to wake up people with mild to moderate hearing loss. If you would like more information or to book a Home Fire Safety Visit you can call on Free-phone 0800 028 4428, email [smokealarms@london-fire.gov.uk](mailto:smokealarms@london-fire.gov.uk), Text/SMS on 07860 021 319 or book online at [london-fire.gov.uk](http://london-fire.gov.uk)

### Adopt a Garden

We secured funding from the Big Lottery Fund to run Adopt a Garden project with another local charity - Nubian Life for 5 years from 1st April 2019. In Fulham we will aim to connect older people in need of gardening support with local volunteers and build stronger neighbourhood links. If you need gardening help and have your own tools or are willing to obtain them gradually over a period of time, please get in touch with Chris in the office. We are particularly keen to hear from people whose gardens are fairly straightforward to manage e.g. with no trees that need pruning. Also, please do get in touch if you are interested in becoming our Adopt a Garden Volunteer.



### Thank you Bill

For making a delicious walnut cake for the Silver Club at the White Horse in December 2018. You are an excellent baker!

Thank you also to Megan's Parsons Green who has been providing cakes for the event since November 2018.

New members welcome. Next club is on 15th Jan 2018.

### Spotlight on Fulham Carers

Our Wednesday morning group welcomes current and ex-carers alike. Caring for someone can be rewarding and also sometimes tiring, isolating and challenging job. Our supportive group is an occasion to meet people in a similar position and re-charge over a cup of tea in a relaxed environment.



### 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](http://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](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;
- 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 could join us at 2PM, with a family member under 5 years old, for an hour. We hope to have a fun afternoon with our regular lunch club attendees.

**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.

**VOLUNTEER INDUCTION:** will be taking place on Saturday, 9th March 2019 between 10:30AM and 1PM. Please do join us if you have not attended the session before or would like a refresher.

**BENEFICIARY MONEY HANDLING POLICY:** Please remember to follow it at all times. A copy is available on our website under: <http://www.fulhamgoodneighbours.org/who-we-are/volunteer> (you may need to click on the left hand side on Volunteers tab).

**CHRISTMAS SOCIAL EVENT:** Thank you for the 30 plus of you who joined us on Friday, 14th December 2018 (photo from the event is on the front page). We hope you had a good time!

**PARSONS GREEN FAIR:** Please book your time now to help us 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 or 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.

