

What's on in June 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 WHITE HORSE £5 (3rd Tuesday of the month)

Next monthly meeting on Tuesday, 18th June 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 Megan's by the Green offer some tasty cakes. There are only 25 places and attendance needs to be pre-booked by contacting us on 020 7385 8850. New members are welcome.

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 and new members are welcome.

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. New members are welcome.

Chair-Based Exercise Group (Thursdays) FREE Every Thursday

2PM-2:45PM (this session is now at full capacity and closed to new members) and 3PM- 3:45PM —new members are welcome!

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) - 7th June and 21st June 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. New members are welcome.



Some of Fulham Lunch Club members on a trip to Kew Gardens in May 2019.



Fulham Good Neighbour Service
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Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

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

June 2019

Fulham Good Neighbour Service receives The Queen's Award for Voluntary Service

We are thrilled and delighted for all our volunteers for being recognised with this award. The Queen's Award for Voluntary Service is the highest award given to volunteer groups across the UK.

Since 1966 our volunteers have played a positive and noticeable role in making Fulham a community where neighbours care and look out for each other. We are one of very few



good neighbour schemes in an inner city area. We are proud that we continue to attract new volunteers while retaining those who have been with us for many decades—we have some volunteers who started in 1970s and still continue to offer their time, skills and energy. We hope that this award will be a source of appreciation and encouragement to them all in future.

We will inform everyone once the date for the award ceremony is known. In the meantime, two of our volunteers: Robert Fryer (Chair of the Board of Trustees) and Avril Peyton (who runs the Shared Reading Group and Silver Club at the White Horse) represented us at a Queen's Garden Party in May 2019.





Good bye Silver Club at Hollywood Arms

Over the last 5-6 years we were very fortunate to run a well-liked Silver Club at the Hollywood Arms. The new management are no longer able to offer our members heavily subsidised meals and

the last club took place in May 2019. We are very grateful for all the support we received from the staff and management team at the Hollywood Arms and from all the members of Fulham&Chelsea Women's Institute who have been baking delicious desserts for us. While we are on the lookout for a new venue for this Silver Club, all local over 60 year olds are encouraged to book their attendance at the Silver Club at White Horse on Parsons Green.

Parsons Green Fair

Thank you for all those who have come forward to volunteer (please get in touch if you haven't yet), agreed to have a promotional board outside their house, and donated tombola prizes. We very much look forward to welcome all our readers and their families and friends at the Fair on Saturday, 6th July 2019. As always, there will be a rest area with free refreshments, for those less able to stand, immediately behind our stall in the middle of Parsons Green.



Before

Decorating Service

After



Stephen, our decorator, has availability for new referrals. Please get in touch if you are unable to decorate, don't have anyone to do it for you and don't have the means to pay for this support privately. Stephen is able to work on one room for up to 2 days and can then return in 12 months time to do another area. Please also let know your friends and neighbours living in Fulham, so that they too can benefit from this free service.



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
- Digital Inclusion volunteers
- Transport (car owners) volunteers

Please 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.

SOUTH PARK COMMUNITY PICNIC:

We are looking for volunteers who could promote our services during this event — on Saturday, 8th June 2019 — by distributing leaflets and promotional materials. The picnic takes place between 12pm and 4pm, please get in touch if you could help for an hour or longer.

HAMMERSMITH AND FULHAM VOLUNTEERING FAIR:

Takes place on Monday, 24th June 2019 at Fulham Library between 11am and 3PM. Please get in touch if you help us distribute leaflets for an hour or longer.

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.

