

What's on in March 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, 5th March 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, 19th March 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 11AM-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 starting from April also 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) - 3rd and 17th March 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.**

March 2019



New Chair Based Exercise Class

Due to the growing demand and thanks to generous support from Yorkshire BS, from April 2019 we will be offering an additional free chair based exercise class. This means that we will have three classes on Thursdays at 2PM, 3PM and 4PM each lasting 45 minutes. Please do join us and encourage others to do so too—there is no charge to attend. However, please choose to attend only one of the three groups on a consistent basis so that more people can benefit

University of Essex Research

For the last few months researches from the University of Essex have been analysing data on our beneficiaries and comparing it to publicly available data e.g. from the Office of National Statistics. Their analysis will help us to address the growing and changing need in the local area. You may be interested in the forecast growth in over 65 year olds across the borough in the next 5-10 years. It looks like the number in this age group will roughly more than triple in 10 years time.

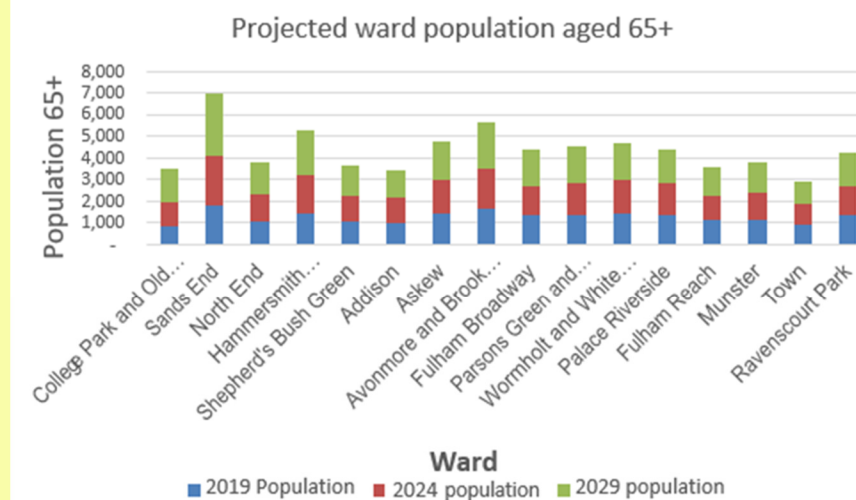


Figure 3 Projected population (65+) by ward, 5 and 10 years



London Children's Ballet

Please get in touch if you are interested in getting £1 tickets for a special matinée performance of London Children's Ballet's production of *Ballet Shoes*. This will take place on **Thursday, 4 July at 1.00pm at the Peacock Theatre, Portugal Street, London WC2A 2HT**. The beautiful choreography, fabulous costumes, original score played by a full orchestra and a talented Company of dancers aged between 9 and 16 years old will make this production unmissable.



Sporting Events

Five of our supporters will be tackling the London Vitality 10k race on 27th May 2019 in aid of our charity while Daniel O'Rourke will be running for us in the London Marathon. You can support them online via <https://uk.virginmoneygiving.com>. Alternatively, please get in touch if you might be able to make a cash donation towards their fund-raising efforts.



Support from UCL Students

Last month we were delighted to be joined by a group of students from University College London. Nine of them spent the whole day with us considering alternative funding sources for the charity so that we can ensure our sustainability and long-term future. We are grateful for their support and wish them all the best with their studies.



Spotlight on the art group

This very much loved group takes place every Tuesday at 10:45. There is time and opportunity to learn about a different artist and their work every week and also have a go at making one's own art inspired by that artist. The group members are very supportive and would be happy for new people to join them. And no and you do not have to be an accomplished artist to join in!

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 encourage your family members, friends and neighbours 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.

VOLUNTEER INDUCTION: will be taking place on Saturday, 9th March 2019 between 10:30 and 12:00. Please join us if you have not attended the session before or would like a refresher.

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.

