

What's on in May 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, 7th May 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. New members are welcome.

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, 21st May 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 and 4PM-4:45PM—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 three groups on a consistent basis so that more people can benefit.

Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 5th May and 19th May 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.



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.**

May 2019

Parsons Green Fair

With just two months to go, we are still keen to hear from all those who are willing to volunteer for 4 hours as Event Marshalls on Saturday, 6th July 2019. We also want to promote the fair and encourage everyone to display an estate agent board marketing the event outside their home for two weeks or so prior to the fair. For each board displayed, we will receive £20 for our charitable work. We hope to see all of you on the Fair day—as always plenty of attractions have been prepared for all generations. There will be also a rest area with free refreshments behind our stall for those less able to walk/stand for longer periods of time.



Call to action: Movement for Good



Ecclesiastical, a specialist insurance and financial services company is offering to support charities with a £1,000 grant. For us to become successful we need to receive as many nominations as possible. We encourage all those with an email address and access to the Internet to nominate us via <https://www.ecclesiastical.com/movement-for-good/> And if you have no email address and do not know how to use Internet, please make use of our digital inclusion project—we have a number of keen volunteers who are willing to visit you at your home and teach you the skills you want to learn at your speed. For more information on the Digital Inclusion Project, please contact Lucia.



Bishop Creighton House
- helping people to live independently

We're 111 years old and still going strong.
How about you?
Come to our Free Health Day
Wednesday 15th May 10am - 2pm
Get Active. Be Healthy. Keep Safe.

Meet local organisations and health care professionals providing services in Hammersmith & Fulham

- Try out an exercise class
- Advice on health & keeping active
- Home safety and security tips
- Nutrition class
- Reflexology taster sessions
- Tips on preventing falls
- Free refreshments available all day!

Bishop Creighton House, 378 Lillie Rd, London SW6 7PH
Buses that stop either outside or nearby – 74,190, 211, 220, 295, 424 and 430

A local charity with a big impact 1908 - 2019
creightonhouse.org

25% council tax discount

If you are living alone, please remember to claim your 25% council tax rebate. Apparently, especially older people often miss out on the sole occupier discount. For more information, please contact LBHF on 020 8753 6681.



Securing community support provision for future generations of Fulham Residents

Many of our readers know that a generous gift in will from Nina Dobosharevich enabled us to expand our services since 2015. Funds from the legacy will become spent in the next 3 years or so and our trustees are working hard on ensuring that we will be able to maintain our work not only in the coming years but we will continue to serve future generations of local residents. As part of these plans, we are setting up an Expendable Endowment Fund where all funds we receive from future legacies will be placed. In this way, we will ensure that any legacies we receive will continue to be utilised in perpetuity and that interest and/or dividend earned from the Fund supports the day-to-day work of our charity.

We would like to encourage all local residents, once they have taken care of their loved ones, to consider living a gift in will for Fulham Good Neighbour Service and in this way leaving a lasting legacy in Fulham.

TWM Solicitors in Fulham has recently become a Fulham Good Neighbour, providing FGNS with ad hoc legal advice and practical help. Their Fulham team will be helping us prepare the Parsons Green Fair and supporting our fundraising on the day with the return of their Pimm's stall. TWM Solicitors is a leading South East law firm. For individuals, TWM is renowned for family law, residential property, tax planning, trusts, wealth protection and Wills and probate. For businesses, they have teams dealing with the full range of corporate and commercial law, dispute resolution, employment and commercial property. For further information, please call Stuart Downey on 020 7471 8097.



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

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.

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.

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 and we are keen to hear from anyone who could help out for an hour or longer during this time.

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.

