

## What's on in October 2019:

Rosaline Hall, 70 Rosaline Road, London, SW6 7QT  
Bishop Creighton House, 374-380 Lillie Rd, London, SW6 7PH

### Social Club Rules:

- If you attend Fulham Lunch Club, please do not attend Fulham Sunday Afternoon Tea. Exception is made for volunteers who help with the Fulham Lunch Club.
- Please attend only one of the Silver Clubs on a consistent basis.
- Please always book in advance if you want to attend a Silver Club and cancel if you are no longer able to.
- If you require support to get to any of our clubs, please talk to us. We can help you apply for Dial a Ride or Taxi Card and in exceptional circumstances will cover your transport costs.

The above rules are created for the purpose of the highest possible number of people benefiting from our clubs. Your feedback on them and improvement suggestions will be greatly appreciated.

### Silver Club at The Captain Cook £5 (1st Tuesday of the month)

Next monthly meeting on Tuesday, 1st October 2019 between 12PM and 3PM at The Captain Cook, 203-205 Dawes Road, London, SW6 7QY.

The owners welcome us to a tasty lunch for only £5, in addition Albert Suites offer some delicious cakes. There are only 15 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

### Silver Club at The White Horse £5 (3rd Tuesday of the month)

Next monthly meeting on Tuesday, 15th October 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.

Tuesday, 1st and 8th October 2019 at Bishop Creighton House, after that at Rosaline Hall.

### Fulham Carers (Wednesdays) FREE Every Wednesday 10:30AM-12PM

Supportive group for local older (mainly but not exclusively) carers and ex-carers. We are always looking for new members!

Wednesday, 2nd and 9th October 2019 at Bishop Creighton House, after that at Rosaline Hall.

### Fulham Lunch Club FREE Every Wednesday 1PM-4PM

We are delighted to be able to open this club to new members. We start with a light lunch, followed by a guest speaker/performer, we finish with some delicious cakes.

Wednesday, 2nd October 2019— 10:15AM-1PM Film screening 'Yeasterday' at the Putney Cinema (please book). No event at Rosaline Hall today.

Wednesday, 9th October 2019—Lillie Langtry Lunch (please book). No event at Rosaline Hall today

Wednesday, 16th October 2019—presentation from Healthy Hearts

Wednesday, 23rd October 2019—presentation from Green Doctors (free energy saving measures)

Wednesday, 30th October 2019— Musical Quiz with Fiona

### 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.

Thursday, 3rd and 10th October 2019 at Bishop Creighton House, after that at Rosaline Hall.

### 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.

Thursday, 3rd and 10th October 2019 at Bishop Creighton House, after that at Rosaline Hall.

### Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 6th October and

20th October 2019 between 3PM—5PM An afternoon tea for local older people, mainly those who are housebound. New members are welcome.

Silver Sunday, 6th October 2019—special event at the Captain Cook between 2PM and 5PM. FULLY BOOKED—NO PLACES LEFT.

20th October 2019—at 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.**

## October 2019

### Celebration of Fulham Good Neighbours

This year's Annual General Meeting (AGM) will be very special, as we will also celebrate the official reopening of Rosaline Hall and the Queen's Award for Voluntary Service which we received this year. The event will take place in our building on Tuesday, 5th November 2019 and the draft programme includes:

5:30PM Official Reopening of Rosaline Hall by Mr William Pettitt (WJP Design&Build Ltd) and Cllr Daryl Brown, Mayor of Hammersmith and Fulham and ex officio President of Fulham Good Neighbour Service

5:40PM Unveiling of a Commemorative Plaque by Ms Geraldine Page (City Bridge Trust) and Ms Marianna Sikorowska (The London Marathon Charitable Trust)

5:50PM Speech by Mr Kevin McGrath OBE, Deputy Lieutenant for Hammersmith and Fulham in honour of charity's volunteers receiving this year's Queen's Award for Voluntary Service

6PM Annual General Meeting

6:20PM Research Presentation 'Projected Growth of Older People's Population in Fulham' by Dr Aaron Wyllie, University of Essex

6:45PM Reception and Networking

We have a limited number of places available so please book in advance online or by speaking to a member of staff.



### Fulham 10k—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.







In support of



**DONATE YOUR UNWANTED CAR TO CHARITY**



- ✓ Free collection
- ✓ Any car
- ✓ Nationwide

To find out more, call us on 0207 736 4242 or visit [www.giveacar.co.uk](http://www.giveacar.co.uk)



Giveacar is a non-profit social enterprise supporting over 1700 charities. Giveacar Ltd, New Kings House, 136-144 New King's Rd, Fulham, London SW6 4LZ. Registered as a Company Limited by Guarantee in England and Wales, No. 7128385.



### Did you work at the Post Office Savings Bank at Blythe House?

Blythe House is currently home to the collections of the Science Museum, the V&A, and the British Museum. To celebrate Blythe House's long history, we are collecting a number of Oral Histories from people who have worked there.



If you or anyone you know worked at Blythe House, 1903-1975, we would love to hear from you!

Contact: Laura Humphreys, Science Museum  
[Laura.Humphreys@sciencemuseum.ac.uk](mailto:Laura.Humphreys@sciencemuseum.ac.uk) / 07762 522772

### Shared Reading Group

This group takes place every Thursday between 11:00 and 12:30. We read aloud a short story and a poem and each participant has a chance to share their comments, impressions and thoughts. The group is very relaxed and there is no obligation to read aloud. We are currently looking for new members. Please encourage anyone who may be interested to visit us.

### Building Works Update

Works to make Rosaline Hall's entrance and bathroom fully accessible are progressing well. We hope that everyone will be pleased with the end result and are grateful for the support from our funders: The City Bridge Trust and The London Marathon Charitable Trust. We will be returning to Rosaline Hall, as planned, on Monday, 14th October 2019.



### Newsletter

You can subscribe to receive this newsletter monthly by email via our website at [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

### Volunteers' Corner

**NEW VOLUNTEERS:** We are especially on the look out for new:

- Befriending volunteers
- DIY volunteers
- Digital Inclusion volunteers
- Gardening volunteers
- Transport (car owners) volunteers

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

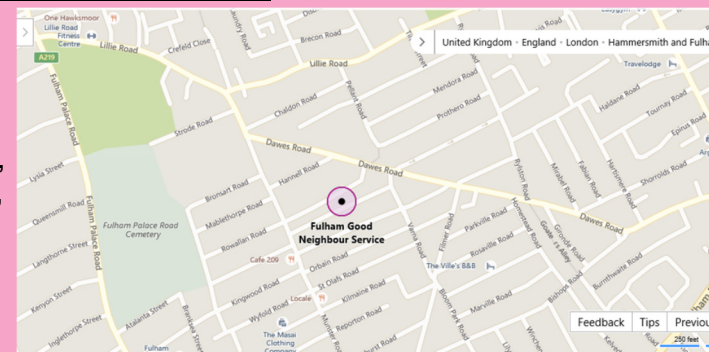
**CURRENT VOLUNTEERS:** Thank you to all who volunteered last month. Please remember to add your photograph onto your HUB profile. It does make it easier for our office staff! Adopt a Garden, Befriending and Digital Inclusion Volunteers—please remember to let us know your visits days at least on a monthly basis.

**CARBON MONOXIDE POISONING AWARENESS WORKSHOP**, organised by Bishop Creighton House, will take place on Tuesday, 12th November 2019 between 9:30 and 12:00. Please contact us to book a place. Please note that the training venue will be Bishop Creighton House, 374-380 Lillie Rd, London, SW6 7PH.

**TRUSTEES AND VOLUNTEERS SOCIAL MEETING** will take place on Friday, 13th December 2019 between 17:00 and 20:00 at Rosaline Hall. Refreshments will be provided. Please book your place now so that we know how many people to expect.

### Our FREE Services for local older and/or disabled residents who

- A) Are unable to do the tasks below AND
- B) Don't have anyone to do it for them AND
- C) 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 the following services for all local over 60 year olds:

- **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 between 9AM and 5PM but are a small team and may be, on rare occasions, out of the office during those hours.

### 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.