

## What's on in September 2019:

Rosaline Hall, 70 Rosaline Road, London, SW6 7QT

Bishop Creighton House, 374-380 Lillie Rd, London, SW6 7PH

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

Next monthly meeting on Tuesday, 3rd September 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 right now we accept new bookings onto the waiting list only.

*Please book only ONE of the two Silver Clubs in any given month and please ALWAYS cancel, by giving us at least 5 working days' notice, if you are no longer able to take part. This allows other people to attend instead. Please do not book any Silver Clubs if you are a member of the Fulham Lunch Club (as you are cordially invited to attend the lunch at The Lillie Langtry instead).*

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

Next monthly meeting on Tuesday, 17th September 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, 3rd September 2019 at Rosaline Hall, **after that at Bishop Creighton House.**

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

Supportive group for local older (mainly but non exclusively) carers and ex-carers. We are always looking for new members!

Wednesday, 4th September 2019 at Rosaline Hall, **after that at Bishop Creighton House.**

### **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, 4th September at Rosaline Hall—Board Games, Darts and Handiwork (First Wednesday of the month).

Wednesday, 11 September 2019—Lillie Langtry Lunch (please book). No event at Rosaline Hall today.

Wednesday, 18th September 2019—Doll's House at the Lyric in Hammersmith (please book). No event at Rosaline Hall today.

Wednesday, 25th September 2019—Afternoon Tea at the Royal Albert Hall (please book). No event at Rosaline Hall today. Meeting point at Bishop Creighton House for those who require and pre-booked transport.

### **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, 5th September 2019 at Rosaline Hall, **after that at Bishop Creighton House.**

### **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, 5th September 2019 at Rosaline Hall, **after that at Bishop Creighton House.**

### **Fulham Sunday Afternoon Tea FREE (1st and 3rd Sunday of the month) - 1st September and 15th September 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.

Sunday, 1st September 2019 at Rosaline Hall, **after that at the Captain Cook (address above).**



 <b>Fulham</b> Good Neighbours	 The Queen's Award for Voluntary Service	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
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**President:** The Mayor of Hammersmith and Fulham

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

## September 2019



### **Accessibility Works**

**Between Friday, 6th September and Monday, 14th October 2019**

we will be conducting accessibility works to the entrance and bathroom of our building - Rosaline Hall. This work is being funded by the City Bridge Trust and the London Marathon Charitable Trust. During this time the befriending, decorating, gardening and good neighbours projects will operate as normal, so will the Silver Clubs at the Captain Cook and at the White Horse. Office-based staff will work from home and from a temporary location at SOBUS. You will not be able to visit us there but you are welcome to contact us via [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org) or by calling 020 7385 8850. Please note that you are likely to be required to leave a voice mail message and that we will not be able to respond to you immediately. There are special arrangements for our different social clubs usually based at Rosaline Hall – for further details please look at the last page of this newsletter, visit our website or talk to one of us.

### **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.



## Recycle Your Ink Cartridges and Help Support our work




Did you know that you can help us raise funds simply by recycling your ink cartridges via Recycle4Charity programme?

For each inkjet cartridge recycled via the programme we will receive a £1 donation, meaning you can help the environment whilst raising money for charity! Please bring your old cartridges to Fulham Good Neighbours or sign up for your free account. via <http://www.recycle4charity.co.uk/Register/C81740>

## Silver Sunday Celebrations


We are planning bumper celebrations for this year's Silver Sunday. Members of the Fulham Sunday Afternoon Tea will have a specially planned three course meal at the Captain Cook between 2PM and 5PM on Silver Sunday, 6th October 2019 where they can expect a fabulous afternoon filled with fun, food and a magical mystery guest. Members of the Fulham Lunch Club will be attending a three course lunch at the Lillie Langtry restaurant on Wednesday, 9th October 2019 between 1PM and 3:30PM. The events are generously supported by United in Hammersmith and Fulham and the London Borough of Hammersmith and Fulham (TBC). Both clubs have currently places for new members, so why not bring a friend along and give one of them a go? Please book in advance to attend the Silver Sunday events as places are limited.




You are invited to an exclusive viewing of

### Inspired by the east how the Islamic world influenced western art

Supported by **Jack Ryan**

Sponsored by 

Organised with the Islamic Arts Museum Malaysia



10 October 2019 – 26 January 2020

School of Veronese (1528–1588). A Portrait of Sultan Bayezid I. Oil on canvas, c. 1580. © Islamic Arts Museum Malaysia.

Community Preview of the 'Inspired by the east—how the Islamic world influenced western art' exhibition at the British Museum.

We have a limited number of free tickets on Silver Sunday, 6th October 2019 at 3:30PM. Please contact the office if you would like to book a place.

## 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:

- 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.**

**VOLUNTEER INDUCTION** will take place on **Saturday, 14th September 2019** between 10:30 and 13:00. We encourage all volunteers (old and new), who have not taken part yet, to attend. Please sign up via <https://www.fulhamgoodneighbours.org/event/volunteerinduction> Please note that the training venue will be SOBUS, 20 Dawes Road, London, SW6 7EN.

**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 training venue will be Bishop Creighton House, 374-380 Lillie Rd, London, SW6 7PH.

## 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 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.

