



Fulham
Good Neighbours

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

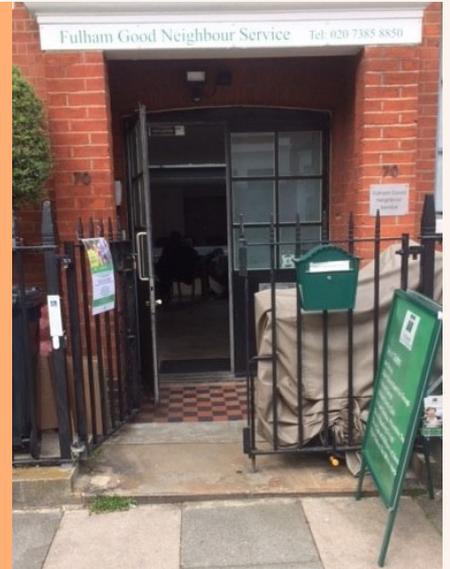
President: The Mayor of Hammersmith and Fulham

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

August 2019

Accessibility Works

You may remember the information we shared with you in April 2019. Rosaline Hall will be undergoing refurbishment works to its entrance and bathroom to make the building fully accessible for wheelchair users and those with mobility needs. The works are funded by the City Bridge Trust and the London Marathon Charitable Trust and will be conducted by WJP Design&Build between Friday, 6th September and Monday, 14th October 2019. During this time most of our social clubs will be relocated to Bishop Creighton House who very kindly offered us to hire their rooms at a reduced rate. The decorating and gardening services will largely operate as normal. You will still be able to contact us on 020 7385 8850 but you may need to leave us a voicemail message and it may take longer for us to respond to it. Unfortunately, you will not be able to visit us at Rosaline Hall — we will have a staff member based at SOBUS who generously hired us desk space — but we will continue to conduct face to face assessments for befriending and digital inclusion as well as volunteer interviews. Please talk to a staff member if you have any questions about the works and its impact on you.



Queen's Award for Voluntary Service

We will be presented with the Award by Her Majesty's Lord-Lieutenant of Greater London, Sir Kenneth Olisa OBE on Wednesday, 4th September 2019. We will be represented by two of our longest serving trustees (Susan O'Neill and Jennifer Whittle) and four amongst our longest serving volunteers (Jillian Roberts, Chris McLeod, Jaculin Vincent and Barbara Morgan). Once again many congratulations to all our volunteers.

Parsons Green Fair

Thank you ever so much for coming to the Fair on Saturday, 6th July 2019. We had over 9,000 local residents attending it and by all accounts they had a great time and learned more about our charity and indeed other services in Fulham. Children were able to take part in many free attractions thanks to the generosity of the Fair's sponsors and supporters. Please visit our YouTube channel to see a brief film from this year's fair.



We are very grateful to all those who made this annual event possible. For the last three years the main event sponsor has been Marston Properties—a family business based in Fulham since 1895. We also received support and/or sponsorship from Andrew Robson Bridge Club, Assael Architecture, Chelsea Football Club, Co-op Community Fund, Dr Edward's and Bishop King's Fulham Charity, London Borough of Hammersmith&Fulham, London Fire Brigade, Metropolitan Police, Schmidt Home Design, Strutt&Parker, TWM Solicitors, United in Hammersmith&Fulham and Virgin Money Charitable Foundation. Many local people contributed and volunteered their time by organising the fair, promoting it and running the event on the day.

Fulham Good Neighbours

Raise FREE funds for us when you shop online

www.giveasyoulive.com/join/fulhamgoodneighbours

Simply visit the above link and raise FREE funds for us every time you shop online via Give as you Live!

Raise FREE funds through Give as you Live at over 4,200 top online stores

Participating retailers: Amazon, Next, Pandora, eSpace, eBuy, New Look, Booking.com, photobiz, Groupon, Lamas.com, BookPops, Groupon, Next, red letter, OZOG, Dominik's, Debenhams, M&S, Etsy.

LBHF Annual Survey

Thank you to the 64 of our beneficiaries who took part in the annual online and paper survey for the local council, who is our biggest grant giver.

The survey was conducted in July 2019 and we received the following results:

- ♦ 92% of those taking part reported having more social contact as a result of our befriending visits
- ♦ 94% reported having more social contact as a result of our social clubs
- ♦ 94% reported getting out more as a result of our help with transporting and escorting
- ♦ 86% reported being able to use their garden more and feeling more supported or more independent as a result of our help
- ♦ 67% reported having volunteered more and making a positive contribution
- ♦ 78% reported being more independent as a result of being helped with practical tasks (DIY, shopping, errands)
- ♦ 87% reported that the signposting information provided by us was helpful or useful

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
- 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.

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 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

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 monthly basis.
- **Decorating**

We also offer:

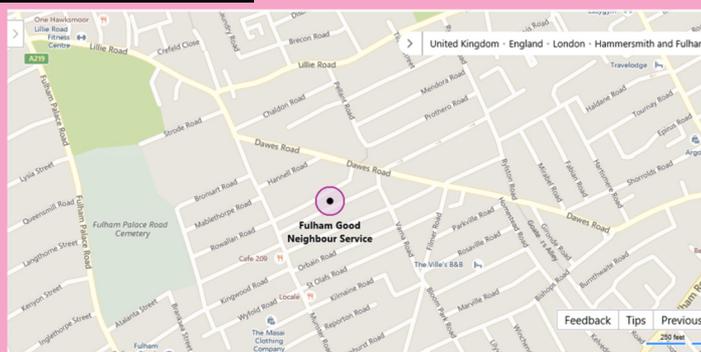
- **Befriending** for older housebound people
- **Digital Inclusion**—opportunity to learn how to use the Internet at your pace and in the comfort of your home through 1:1 support from our volunteers
- **Social Clubs** (see back page for a full list)

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 or 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.



What's on in August 2019:

All events take place at Fulham Good Neighbour Service, Rosaline Hall, 70 Rosaline Road, London, SW6 7QT unless otherwise indicated.

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

First monthly meeting on Tuesday, 6th August 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. There are only 15 places and attendance needs to be pre-booked by contacting us on 020 7385 8850. New members are welcome.

Please book only ONE of the two Silver Clubs in any given month and please ALWAYS cancel if you are no longer able to take part. This allows other people to take part too.

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

Next monthly meeting on Tuesday, 20th August 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 10:30AM-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 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, 7th August 2019—Board Games, Darts and Handiwork (First Wednesday of the month). Also first visit from young people from the Challenge Network.

Wednesday, 14th August 2019—Trip to the Royal Albert Hall for an Afternoon Coffee Club (please book in advance). No event will take place at Rosaline Hall today.

Wednesday, 21st August 2019—Youngsters from The Challenge Network (second visit)

Wednesday, 28th August 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.

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) - 4th August and 18th August 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.

