

# What's on in February 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 February 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 February 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**

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.

## **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

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) - 3rd and 17th February 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.**

## **February 2019**

### **Intergenerational Fun**

We never knew that bringing 10 babies to join members of our Fulham Lunch Club will be so much fun!!! We are very grateful to all the parents who brought their children and spent the afternoon with us. We are considering doing intergenerational activities on a regular basis.



### **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 via info@parsonsgreenfair.org if you may be able to help.



## Run for us!

This year's Vitality 10k run will take place on Bank Holiday Monday, 27th May 2019. It is London's most inspiring 10K race and features a spectacular route in the heart of the capital, starting on The Mall and finishing in front of Buckingham Palace. We are looking for those willing to give it a go and fundraise for our charity. We will be grateful for any amount that participants are able to raise in addition to our costs (£35 per entry for each runner). Please contact us now if you would like to take part.



## Totality Services

Thank you to Totality Service who have very generously started to provide us with IT support from beginning of this year. They are London's leading IT support provider for small & medium sized businesses. Their reputed IT services covering both Windows and Mac IT support are enjoyed by over 75 London businesses and 1,500 staff.



## Specsavers at Fulham Wharf Sainsbury's

**Specsavers**

Thank you to staff and customers of the newly opened Specsavers at Fulham Wharf Sainsbury's whose fundraising efforts raised an incredible £160.85 towards our charity.

## Spotlight on Fulham Sunday Afternoon Tea



This regular club on the first and third Sunday of the month is run by Monique who is happy to help arrange transport (and if need be cover its costs) for those local older residents who are finding it difficult to get out of the house. There is a range of sandwiches, salads and cakes on offer. Most importantly though it is a chance to meet and chat with other people and perhaps make some new friends.

## 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:** We are especially on the look out for new:

- DIY volunteers;
- Befriending volunteers
- Transport (car owners) volunteers.

Please do 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.

**VOLUNTEER INDUCTION:** will be taking place on Saturday, 9th March 2019 between 10:30 and 12:00. Please do 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.

**BENEFICIARY MONEY HANDLING POLICY:** Please follow this policy in all circumstances when handling money belonging to the person you support. Full details are available on our website under <http://www.fulhamgoodneighbours.org/who-we-are/volunteer> Please do asks us if anything is not clear.

## 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.

