

What's on in July 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 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, in addition members of the Fulham and Chelsea Women's Institute (TBC) bake some delicious cakes. There are only 15 places and attendance needs to be pre-booked by contacting us on 020 7385 8850. New members are welcome.

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

Next monthly meeting on Tuesday, 16th July 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, 3rd July 2019—Board Games (First Wednesday of the month)

Wednesday, 10th July 2019—How to recycle more and better—talk by LBHF

Wednesday, 17th July 2019—Story Circle Project—introductory talk by Richard Neville

Wednesday, 24th July 2019—Making health related complaints—talk by Pohwer Advocacy

Wednesday, 31st July 2019—Oral Health and dental care for older people—talk by NHS

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) - 7th July and 21st July 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.

	<p>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</p>
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President: The Mayor of Hammersmith and Fulham

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

July 2019

Parsons Green Fair

We hope to see all our readers at Parsons Green on Saturday, 6th July 2019. The Parsons Green Fair is an annual family event for the whole community and takes place every year on the first Saturday in July. The event celebrates the local Fulham community and is a wonderful opportunity to meet your neighbours, enjoy some exciting performances and attractions and indeed some great food. In addition, there are over 100 stalls showcasing everything from monogrammed wash bags to Indian kaftans, organic dog food and antiques.



We are very grateful to all those who make 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 are also receiving additional 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 are also contributing and volunteering their time: by organising the fair, promoting it and running the event on the day.



**The Queen's Award
for Voluntary Service**

We hope it will be a truly wonderful day. See you on the Green!

Surveys

* Impact Survey 2018/2019

Thank you to all those who filled in and returned the surveys to us. Full results are on our website. Here are the highlights:

86% of those taking part said that Fulham Good Neighbours creates a community where neighbours care and look out for each other

95% said that our services enable them to live independently and contribute to society

95% said that our services help them overcome isolation and loneliness

95% would recommend Fulham Good Neighbours to someone else

* Impact Survey 2019/2020

Later this month we will be contacting members attending our Social Clubs and those whose email address we have with details of this year's survey. We would be grateful if you could spare a minute or two filling it in.

* LBHF Survey 2019/2020

We will be sending them out together with our own Impact Surveys. We hope to kill two birds with one stone! Please contact us to receive a copy in the post if you do not attend our social clubs or do not have an email address.



Support us by running in the Adidas City Run Fulham 10k and in the London Marathon

We are looking for runners to take part in the Adidas City Run Fulham 10k on Sunday, 17th July 2019 and in the London Marathon on Sunday, 26th April 2020. Please get in touch if you would like to take part.



New Silver Club starting in August 2019

We are delighted to announce that the Captain Cook on Dawes Road agreed to host a new Silver Club from August. The first club will take place on Tuesday, 5th August 2019 when we will be also joined by several members from Nubian Life. Further information about the club is on the last page—please get in touch now to book your 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; 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.

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.

Volunteers Safeguarding Training will take place on Wednesday, 10th July 2019 at Nubian Life, 50 Ellerslie Road, London, W12 7BW between 6:30PM and 8:30PM. Please get in touch if you would like to attend.

FGNS Volunteers Induction coming up in September 2019. Date TBC.

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.

