

What's on in November 2019:

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

Social Club Rules:

- If you attend Fulham Lunch Club, please do not attend Fulham Sunday Afternoon Tea (and vice versa). 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. This frees your place for someone else.
- 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 are greatly appreciated.

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

Next monthly meeting on Tuesday, 5th November 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. New members are welcome.

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

Next monthly meeting on Tuesday, 19th November 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

The group is currently full and not accepting any new members. Please contact us if you would like to join the waiting list and we will notify you when a place becomes available.

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!

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, 6th November 2019— Boardgames, Darts and Handiwork
Wednesday, 13th November 2019—Pub Lunch at The Lillie Langtry, 9 Lillie Road, London SW6 1UE (please book in advance, there is a £5 contribution and FGNS contributes £2). No event at Rosaline Hall today.

Wednesday, 20th November 2019—H&F Diabetes Group presentation

Wednesday, 27th November 2019—Hearing Aids presentation from Specsavers

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. We are always looking for new members!

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) - 3rd November 2019 and 17th November 2019 between 3PM—5PM

An afternoon tea for local older people, mainly those who are housebound. New members are welcome.



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.***

November 2019

Rosaline Hall Refurbishment

The accessibility works finished on 14th October 2019 as planned. We are very pleased with the results and grateful to the funders (City Bridge Trust and the London Marathon Charitable Foundation), the builder (WJP Design&Build), Bishop Creighton House and SOBUS (who hosted our social clubs and office during the works), and all our beneficiaries and volunteers for their patience while the works were taking place.



Celebration of Fulham Good Neighbours

Thank you for all those who booked their place at this year's Annual General Meeting. We look forward to welcoming you on Tuesday, 5th November 2019 at 5:30PM. Regrettably, all the places are now filled and we can only offer space on a waiting list. If you have previously booked and cannot attend any longer, please let us know so that we can offer your space to someone else.

Turn2us

helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations. Anyone can be a missed pay-cheque, illness or bereavement away from a real financial crisis, which is why we can help you find the support you need to get back on track.

The Benefits Calculator takes less than 10 minutes to complete and it will tell you which means-tested benefits you may be entitled to, including tax credits. The Grants Search can help you look for funds that might be able to give you a grant or other types of help. We also award our own grants from the Turn2us Elizabeth Finn Fund, the Turn2us Response Fund, and the Turn2us Edinburgh Trust. Support is available through our helpline 0808 802 2000.

We have been supporting people who are struggling with money in the UK since 1897.

TURN2US
FIGHTING UK POVERTY



Coop Local Community Fund

Our Good Neighbour Scheme has been chosen to receive support from those shopping at local Coops between November 2019 and October 2020. We would be grateful if all our readers decided to become Co-op

members (there is no cost) and selects us as their chosen project. If you do so, each time when you shop and scan your member's card we receive 1% from the value of your shopping. To register, please visit: <https://membership.coop.co.uk/new-registration>.



Fulham 10k—Sunday, 17th November 2019

We have five runners taking part in this event and fundraising for the charity. One of them is our colleague Chris. If you would like to support him, please leave a coin in a special donation box at Rosaline Hall or contact the office.

Christmas Events and Closure

We will have a full event list available in the December edition of this newsletter:

Monday, 2nd Dec 2019 (12PM-3PM) - The Christmas Silver Club at the White Horse will exceptionally take place on this day and not on the third Tuesday of the month. Please book in advance as usual.

Friday, 6th Dec 2019 (12:00PM-3PM)—Fulham Fire Brigade Christmas Tea Party, drop-in.

Wednesday, 25th Dec 2019 (11AM-3PM) —LBHF Christmas Party at Novotel West London, please book by calling 020 8753 2135.

We will be closed on:

Wednesday, 25th December 2019

Thursday, 26th December 2019

Friday, 27th December 2019 and

Wednesday, 1st January 2020.

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:

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

