

## What's on in January 2020:

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

### Social Club Rules:

- Our social clubs are for over 60 year olds;
- 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 is a polite thing to do and 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 these rules and improvement suggestions are greatly appreciated.

All Social Clubs will be re-starting from Sunday, 5th January 2020 onwards.

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

Next monthly meeting on Tuesday, 7th January 2020 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 There will be no club in January 2020 due to refurbishment

Next monthly meeting on Tuesday, 18th February 2020 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. Please get in touch to join our waiting list.

### 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, 8th January 2020—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, 15th January 2020—Claiming Pension Credit. Talk by H&F CAB

Wednesday, 22nd January 2020—Financial Support for older people. Talk by Turn2Us

Wednesday, 29th January 2020—Protecting your Consumer Rights. Talk by H&F Trading Standards

### 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). Please get in touch to join our waiting list.

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) - 5th January 2020 and 19th January 2020 between 3PM—5PM

The group is currently full. Please consider joining our Fulham Lunch Club instead.

 <p>Fulham Good Neighbours</p>	 <p>The Queen's Award for Voluntary Service</p>	<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.**

## January 2020

### Happy New Year 2020!!!

We wish you all a very happy, healthy and joyful New Year. We look forward to seeing you in 2020. The beginning of a new year and a new decade is also a time for us to reflect on how we secure the long-term financial sustainability of our charity. One of our approaches is to set up an Endowment Fund. The idea is that any gifts in will which we receive, from this financial year onwards, are placed in this special fund. We hope that you will decide to take part in this initiative and decide to leave a gift for Fulham Good Neighbour Service in your will. Anything you might leave to Fulham Good Neighbour Service in your legacy will be added to a designated Fulham Good Neighbour Service Endowment Fund. Dividends from the money placed in the Fund is being utilised for ongoing work at the charity while the Fund value will continue to grow over a number of decades. In this way, we will become financially self-sustainable so that future generations of Fulham residents can continue to benefit from our charitable work.

### Volunteers and Trustees Social Event

Thank you to the 30 or so of our volunteers and trustees who joined us at our annual social event last month. We are very grateful for all the help we receive from all our volunteers and trustees.



### Morgan Sindall—thank you

Big thanks also to staff from Morgan Sindall, currently working at the Fulham Cross Girls' School, who pro-bono installed a new trellis fence on our terrace. They certainly made this area much nicer and safer for our hard-working staff.

### Food Hygiene Inspection

We are delighted to report that, during a food hygiene inspection in December 2019, we retained Level 5 we previously achieved. This confirms our highest standards in food safety.

### FOOD HYGIENE RATING



VERY GOOD

## Spotlight on the Reading Group

Shared Reading groups are open to all and free to attend. A group of people, one of them a trained Reader Leader, reads a great novel, short story or poem aloud. We stop and talk about what we have read. There is no need for group members to read aloud or speak. It's fine to just listen. The idea is to create a space where people feel at ease.

Reading the literature aloud in real time, means that everyone is involved in a shared, live experience. Group members are encouraged by the Reader Leader to respond personally, sharing feelings, thoughts and memories provided by the reading.

Everyone experiences the text in their own way, but the literature provides a shared language that can help us to understand ourselves – and others – better. No other organisation makes use of literature in this way. Shared Reading helps us to understand our individual and collective inner lives, around the same table, at the same time. The Shared Reading Group is not a therapy but you're going with a purpose, it's beyond reading. People are bringing their life experiences and the literature – it's like a prism. You are looking through it and you just see yourself at first and then you realise that there are a lot of other people and they've got all different reasons for going and enjoying it.



**Thursdays, 11:00-12:30 at Fulham Good Neighbours, Rosaline Hall, 70 Rosaline Road, London, SW6 7QT**

New members are warmly welcomed!!!

## Fulham 10k Run—November 2020

Please let us know if you might be interested in running and fundraising for us at the annual Fulham 10k in November this year.

## Fulham Palace

has a wealth of things to see and do all year round, from finding out about the lives and characters of the Bishops of London in the museum to having lunch in the drawing room café or a walk through the Palace's garden, including a look at fresh produce grown at the Palace on the market barrow. In May 2019 Fulham Palace Trust completed a £3.8 million three year restoration project, supported by The National Lottery Heritage Fund. Fulham Palace is open seven days per week, and admission is free.



## I am a Fulham Good Neighbour

Specsavers Fulham (387 North End Road, Fulham, London, SW6 1NP) became the latest business which signed up to our 'I am a Fulham Good Neighbour Initiative' and agreed to signpost to us any older people who may benefit from our services. Please get in touch if you know of any other enterprises that may also be interested in taking part.

# NHS digital hearing aids

## Funded by the NHS

Book a free hearing test at [specsavers.co.uk/hearing](https://www.specsavers.co.uk/hearing)  
Fulham 387 North End Road Tel 020 7471 0390



## 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 [www.fulhamgoodneighbours.org/privacy](https://www.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](https://www.fulhamgoodneighbours.org)

## Volunteers' Corner Thank you for all your help the last month!

**WE ARE HERE TO HELP:** Please contact us with any questions, problems or concerns you might have. In an emergency please call 999 and request the relevant rescue service: ambulance, fire or police. If you need support out of hours (.e.g. you are concerned about someone due them no replying and want to ask for a welfare check) please contact LBHF Adult Social Care on 020 8753 4198 – Option 3.

## **VOLUNTEER INDUCTION AND VOLUNTEER SAFEGUARDING TRAINING:**

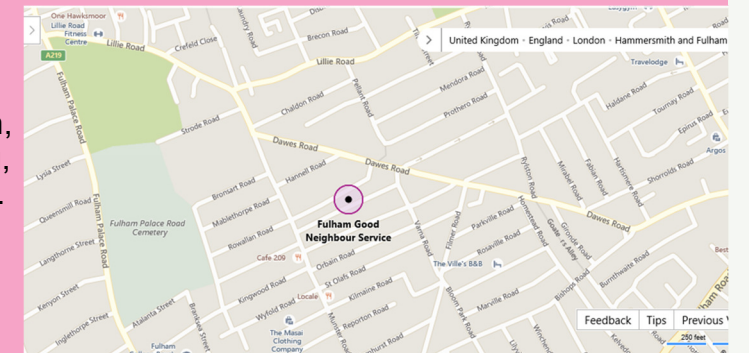
Please join us for the Volunteer induction on Saturday, 7th March 2020 between 10:30AM and 12:30PM. We will then offer free lunch and follow with a special Safeguarding Training between 1PM and 3PM. If you have already done the induction, please join us for the Safeguarding session. Please book in advance by contacting the office.

## **GARDENING WORKSHOP**

The Adopt a Garden Partnership project is organising a free Gardening Volunteer Workshop for all volunteers interested in gardening. Join us on Friday the 28<sup>th</sup> February 2020 between 11am - 12:30pm at 70 Rosaline Road, Rosaline Hall, Fulham SW6 7QT. The session will cover general gardening tips, a demonstration on planting a 'bulb lasagne' pot and an exercise on planting a hanging basket. Tools and equipment will be provided. We advise you to wear clothes which you don't mind getting dirty. Spaces are limited, so please book your place now by emailing Lucia at [luciaciolanel@fulhamgoodneighbours.org](mailto:luciaciolanel@fulhamgoodneighbours.org) or by calling us on 020 7385 8850.

## **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—**currently full and not accepting new referrals. Please consider joining our Digital Inclusion service instead.**
- **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.