

What's on in March 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). An exception is made for volunteers who help with the Fulham Lunch Club.
- Seats in all clubs are allocated on a first come first serve basis.
- Please attend only one of the Silver Clubs on a consistent basis.
- Please try to attend your chosen clubs on a regular 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.

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

Next monthly meeting on Tuesday, 3rd March 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. **Regrettably, we cannot accept any new members at the moment.**

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

Next monthly meeting on Tuesday, 17th March 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. 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 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 willing to attend on a regular basis. We start with a light lunch, followed by a guest speaker/performer, we finish with some delicious cakes.

Wednesday, 4th March 2020—Visit to Nubian Life—please pre-book

Wednesday, 11th March 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, 18th March 2020—Lasting Power of Attorney. Talk by H&F CAB.

Wednesday, 26th March 2020—Silver Sharers. Talk about a service matching older homeowners with a spare room with suitable older home-mates.

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 currently full; 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)

Next meetings on 1st March 2020 and 15th March 2020 between 3PM—5PM. An afternoon tea for local older people, mainly those who are housebound. New members are welcome.




Fulham
Good Neighbours


The Queen's Award
for Voluntary Service

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.**

March 2020—here is a collage of some of our activities last month



Spring Clean Day

We will have a Spring Clean Day of our office and the whole building on Friday, 13th March 2020 during office hours. Please get in touch with Chris if you may be able to help out for an hour or two.

Fulham FC Match visit

Thanks to the generosity of Fulham FC, ten of our representatives were able to attend their match against Preston North End FC on Saturday, 29th February 2020. Thank you!



After 4 years our Director Chris will be leaving the charity and moving back to Southwark, where he lives and where he used to work before joining Fulham Good Neighbours. His last day will be on Friday, 17th April 2020. All readers are cordially invited to attend a small, informal reception here at Rosaline Hall between 5PM and 7PM—there is no need to book. If anyone wants to put a coin to support the purchase of a defibrillator, please do so. We have a specially marked donation box in our building. Chris prefers this much more than any leaving gift which he would rather not receive! The defibrillator will be installed outside Rosaline Hall and will be accessible to members of the public. We are currently recruiting for the new director.

Silver Sharers

Silver Sharers is a site that helps match older homeowners with a spare room with suitable home-mates. Their aim is to help older homeowners remain in their home, generate an income from their spare room and potentially make a new friend! If you have a spare room or are looking for one, please go to silversharers.com. If you want to find out more, please join us at the Fulham Lunch Club on Wednesday, 26th March 2020 when Silver Sharers will be here to give a talk.

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.

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.

Parsons Green Fair

Our next annual Parsons Green Fair will take place on Saturday, 4th July 2020. Please mark your calendars as we would love to see you there. The event is hugely popular and attracts around 9,000 local residents. As always, we will have a special rest area with free refreshments designated for all those not able to walk for prolonged periods of time.

We hope that you will be able to support the fair and consider:

- Volunteering for 4hrs as Event Marshalls,
- Displaying a promotional Fair board at your property—for each board displayed we will receive £20 from a local estate agent at no cost to you;
- Donating high quality and brand new tombola prizes;
- Displaying a poster promoting the fair
- Becoming a corporate sponsor of the event and having your company banner displayed on :Parsons Green.

Please contact us now if you can help.



 **SilverSharers**

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 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.

Adopt a Garden, Befriending and Digital Inclusion Volunteers—please remember to let us know your visits days at least on a monthly basis.



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.

