

# Supporters Scheme Form by Standing Order

Please return this completed form to:  
Fulham Good Neighbours  
Rosaline Hall, 70 Rosaline Road, London,  
SW6 7QT



Registered Charity Number 1113752

## Your details

Title  First Name  Surname

Address

Postcode

Telephone number  Email

## Your gift

## Standing Order mandate

To the Manager

Name of your bank  *Bank / Building Society*

Address of your bank

Postcode

Account No  Sort Code

Account name

I would like to set up a standing order for   Other

To be paid   starting with the first payment on

and thereafter until further notice. Please quote reference: SUPPORTERS SCHEME

Please pay the above amount to: CAF Bank, 25 Kings Hill Avenue, Kings Hill,  
West Malling, ME19 4JQ  
Account No: 00014669 Sort Code: 40-52-40

Signature  Date

## Gift Aid Declaration

Gift Aid is tax relief on money donated to UK charities by people who are UK taxpayers  
Please increase the value of your donation by 25% by completing this Gift Aid Declaration.

I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year, at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify and the charity will reclaim 25p of tax on every £1 that I have given.

**Thank you** Fulham Good Neighbours does not share your details with any third parties



**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.**

May 2020

## Hello from Jamie



Dear friends of Fulham Good Neighbours, many thanks for the warm welcome that I have received since joining on the 17th of April. I appreciate that this is a very difficult time for all and I urge you to contact us on **020 7385 8850** should you need our support. Whether it be with essential shopping, medication pick-up, dog walking or a weekly phone call, our tremendous local volunteers are here to help. Volunteer response to the pandemic has been overwhelming; and with 100+ volunteers we have the support readily available to support you. Staff have also been incredibly resourceful, transitioning from supporting you in your homes and at Rosaline Hall to mobilising volunteers remotely. We appreciate that online opportunities are not accessible for all; however, we have been fortunate to start a series of online programmes, including gardening (more of this later in the newsletter), art and chair-based exercise. If you need support to access our online workshops, please let us know. We are all learning how best to adapt to this new world; please share any suggestions, thoughts or concerns. I will look forward to meeting you in person; I am excited and honoured to be working with you all.

## Goodbye from Chris

I am sorry that, due to the coronavirus outbreak, I am unable to say my 'thank you and goodbye' in person.

I was involved with the charity for over 4 years and during this time I have met some of the most kind, considerate and gentle people ever. Thank you for all the life lessons you have taught me and for all your support. My time with the charity was very fortunate as I was able to help deliver new services thanks to the generous legacy we received from Nina Dobosharevich in 2015. It was great to be part of a committed group of staff, volunteers and trustees working together towards a greater good of making Fulham a community where neighbours care and look out for each other. That noble aim has not been achieved yet but I believe that together we have made some good progress. Thank you for allowing me to be part of this journey and I wish you every success.

See you at the next Parsons Green Fair!



## FGNS Telephone Befriending Project

We are offering a new Telephone Befriending service to all those who until March 2020 have been taking part in any of our activities. We will aim to offer this service to all those on our database who contacted us in the past.

Please get in touch if you would like a weekly call for a chat with one of our friendly volunteers.

## Hammersmith & Fulham Community Aid Network (CAN)

The council co-ordinates the community volunteer response and support residents in need during the coronavirus pandemic. H&F CAN offers support to residents who don't have friends or family close by to help them. You can contact them 9am to 7pm Monday to Friday and 9am to 2pm on weekends, by calling Freephone **0800 145 6095** or email: [can@lbhf.gov.uk](mailto:can@lbhf.gov.uk).

## Social Clubs Online

We are delighted to announce that some of our social clubs are now running online for the duration of the lockdown. Our **Art Group is offered each Tuesday at 11:00** and our **Chair Based Exercise Groups is offered each Thursday at 14:00 and at 15:00**. New members are welcome, but places are limited, so make sure to contact us to book your place.

The online Social Clubs are offered via Zoom, which can be accessed on computers and smart phones.

If you are unsure how to access this please let us know and we will be glad to try and help with any technical issues.

## FGNS Supporter Scheme

Our Supporter Scheme was introduced last month April 2020.

The scheme is helping us raise unrestricted funds which will allow us to continue with our current services and potentially expand our offer into the future. As you know, we do not want to charge any fees for our activities and believe that some of the people connected and familiar with our work may decide to support us with a regularly monthly donation of £5 (or any sum you deem suitable). You will find our Supported Scheme form on the last page of this newsletter. If you wish to become our supported, please fill in and email the form to [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org) or post it to us, when it is safe to do so.

## Your Personal Data

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.

## The FGNS Decorating Project

Sadly we had to stop our home visits. But we are happy to discuss any decorating needs and plans you might have and add them to our waiting list. Once we are able to resume our normal service, we will gladly schedule a visit.

## Parsons Green Fair Update

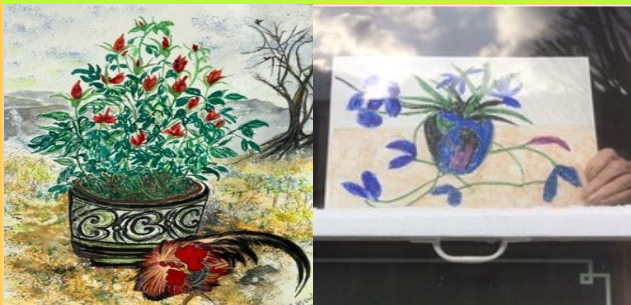
Due to Covid-19 we took the sad decision to cancel this year's Parsons Green Fair. But we are already planning for a bigger and better Parsons Green Fair on 3rd July 2021 and we look forward to seeing you there! More information on this later in the year.

## Citizens Advice H&F

Continue to offer free and confidential advice on benefits, debt, employment and housing. To access their support call **0300 330 1162** Mon-Fri 10am-4pm.

## H & F Foodbank Deliveries

moved their operations to Olympia where they pack hundreds of food boxes which are delivered direct to people's homes. If you need a referral please contact us or your school, social worker, housing officer, the Local Support Payments Team, etc.



## Newsletter

You can subscribe to receive this newsletter monthly by email via our website at [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

## Online Gardening Workshops

In these times we are all struggling to keep active and healthy. Our Adopt a Garden project partners, the Nubian Life Centre, are delighted to invite you to join a series of online Gardening Workshops. The sessions are delivered via Zoom, which can be accessed on computers and smart phones. The places are limited, if you wish to join us, please contact us to book a place and let us know so we can send you a Zoom link. The Nubian Life Centre offer live training on:

- Tuesday 5th May • 7pm-8.30pm 'cutting propagation'; This online workshop will show you how to propagate plants from cuttings. It will explain how cuttings work and which plants are good to take cuttings from at this time of year. There will be a practical element which will demonstrate the process as well.
- Tuesday 19th May • 7pm-8.30pm 'potting on and transplanting'. This online workshop will show you how to pot on seeds you planted at the end of April. It will explain what you have to do and why and demonstrate the process. Some of the plants will be ready to plant straight out into a garden so the workshop will also explain the best way to do that and offer tips to give your plants the best start.



## Volunteers' Corner

A big **THANK YOU** to all who continue to support us and our beneficiaries in these exceptional times! We are deeply grateful to each and every one of you.

Our guidelines and advice to volunteers is being updated quite frequently. For the most up to date information, please always check the website [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org). Please do contact us with any questions you may have via [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org) or **020 7385 8850**.

**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 to them not replying and want to ask for a welfare check) please contact LBHF Adult Social Care on 020 8753 4198 – Option 3.

All **Telephone Befriending Volunteers**, please remember to let us know the days of your weekly calls at least on a monthly basis.

**Gardening Volunteers** wanted to support our gardener Barney, after the lockdown measures are eased, for half day on Tuesdays or Wednesdays. Please check our website for details and the role description.

**Fulham 10k Run - November 2020:** We are hoping that things will go back to normal by fall and, if this is the case, we will be looking for supporters at the Fulham 10K Run. Please let us know if you might be interested in running and fundraising for us at the annual Fulham 10k in November this year.