

Joyce in the papers

Joyce Aspland, volunteer extraordinaire, has supported FGN since the early 1970's. She continues to support via telephone befriending and, during normal times, at Rosaline Hall. Recently she appeared in [Urban Village Ldn](#)



I have been involved with FGN since the early 1970s, first as an office volunteer and then, for many years, as the senior member of staff. On retirement, I became a volunteer and more recently I have become a beneficiary, attending one of the pub lunch clubs and the online exercise class. As I expected, as soon as coronavirus arrived FGN started making contingency plans. This meant contacting, individually, all the participants, not only to keep them informed but to find out whether they had any needs (I was one of those telephoned). Weekly telephone contact was arranged with those who felt they would benefit – in the past months over 500 calls; shopping, prescription collection, pet care etc took place on 230 occasions; and 33 people 'attended' the online social activities, i.e. exercise groups, art groups and gardening workshops. Thanks for everything that you do Joyce! You can read the full article [here](#).

Decorating and DIY - Steve's return

Steve, our Decorating lead, has done a stellar job on front desk since lockdown. But... he's itching to put his skills to use again. He's recently completed new referrals for **external only decorating or DIY work**. Please get in touch if you would like to discuss. Internal work can be added to the waiting list for his full return.



Barney in the garden

Barney's garden project supported 22 beneficiaries across June and July. He's presently limited to **front of house gardens or gardens accessible by a side gate**. Please get in touch if you would like to discuss.



Back on Track are a free, confidential psychological therapies service. Lucy Squire, Cognitive Behavioural Therapist, explains more:

Part of the NHS, we help people to deal with problems around depression, anxiety, stress and emotional distress. We run a number of online workshops for organisations in the community



about relaxation, wellbeing and how to manage the stresses of everyday life. We are also running some Covid-19 specific workshops currently.

FGN are partnering with Back on Track to deliver a free session on **Tuesday 18th August 2pm to 3pm, via Zoom**. The **Managing Uncertainty & Anxiety during Covid 19** session will explore: *Beliefs about uncertainty and strategies to cope during uncertain times; anxiety management strategies and compassion focused therapy principles*. This session will run dependent on demand so please be in touch in good time if of interest.



Congratulations to Jac and Steve

Both of whom completed three years service recently. Jac keeps our finances rolling; while also leading on the annual Parsons Green Fair. Prior to FGN, Jac spent 30 years in the 5* hotel industry including time in Langkawi, Kuala Lumpur, Ho Chi Minh City and Cyprus. Steve leads our Decorating Project, following many years of experience in the sector. Steve originally served an apprenticeship, reaching City and Guilds standard. Most recently he has supported front desk, forging links with a range of local providers.

Thanks to you both and congratulations for all that you have achieved over the last three years.

Welcome to baby Cameron Mason Maskell, son of Simon and Candice and brother to young Benjamin. Simon has done a tremendous job of transitioning Chair Based Exercise



to online delivery during lockdown. On 8th July he welcomed his second son, weighing in at 6.4lb. Please get in touch if you would like to join the class. You can read more about Simon and his work [here](#).



Please contact us if you would like to enquire regards any of our services.

Key Dates

Tuesday all day - Barney's gardening service

Tuesday at 11am - Art Class with Flora (online)

Tuesday evenings - Gardening workshops with Nubian Life (online)

Thursday at 2pm and 3pm - Chair Based Exercise with Simon (online)

Tuesday, 18th August, 2pm to 3pm
Managing Uncertainty & Anxiety during Covid 19

Volunteer's corner Please always check the website for our latest guidance or contact us with any queries. If you are concerned, out of hours, please contact LBHF Adult Social Care on 020 8753 4198 – Option 3. They can arrange a welfare check if required. In an emergency please call 999.

Beneficiary feedback: *"I enjoy everything about it, the volunteer is so cheerful and upbeat as she is at Rosaline Hall prior to lockdown. I appreciate and very much look forward to my Thursday calls - It really is the highlight of my week!"*
"Receiving a weekly call from my volunteer means that I am not forgotten and assure me that someone wants to pick up the phone to talk ...to give their time to me. I am truly grateful and appreciative of his call".

Your Personal Data is important to us and you have a range of rights regarding it. Privacy Notices containing further information are available [here](#)

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 £5 Other £

To be paid Monthly 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: 00014869 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.

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