



Fulham Good Neighbours
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 @FulGdNeighbours
 @FulhamGoodNeighbours
 Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

Offering practical support and friendship

December 2020

Welcome to our December newsletter and with it wishes for a very Merry Christmas!

We are proud to continue our partnership with *The Smile Brigade* who will be providing Christmas dinner (hot, chilled or frozen) over the 24th and 25th to over 70 of our beneficiaries. Please get in touch if you would like to benefit from this service.



We are also pleased to continue our second weekly *Online Art and Exercise* class over December and January. Flora and Simon will update the classes on exact dates over the Christmas period. Since Fulham has been placed in *Tier 2:High Alert* Rosaline Hall will unfortunately remain closed during December. Our *Good Neighbour Scheme* and *Telephone Befriending* service will continue however so

please contact the office if we can support. Our phone will be off on Christmas, Boxing (28th) and New Year's Day only.

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Big thanks Jill Weston (!)- for another year of kindly writing and sending out birthday wishes. Lockdown saw a brief hiatus from March to August, but Jill has been

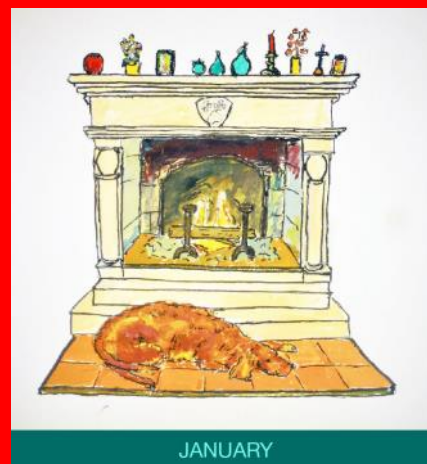
back in full swing since September. As always it has been great to have her at Rosaline Hall on a Friday morning.

BBC publicity — We were recently featured on Vanessa Feltz radio show under a segment called *The result of the second lockdown*. You can listen to the four minute interview by clicking [here](#). Fast forward to 1 hour 38 to go straight to our segment. You may find that you need your BBC iPlayer login details to listen.



2021 calendars— with art by our very own *Art Group*.

Many thanks to all involved for the online gallery, Rosaline Hall gallery and now an almanac of cheer to welcome in 2021. Please contact the office for your very own FGN calendar (suggested donation of £5 to £10 which will be spent directly on projects in 2021), delivered directly to your door on request.



JANUARY

Co-op — Thank you to all of you who supported us through *Co-op's Local Community Fund* in 2020 raising a total of **£6,418**. We are proud to continue this partnership into 2021. You can become a *Co-op* member and select Fulham Good Neighbours as your chosen charity at coop.co.uk/membership or by downloading the [Co-op app](#).

Local School support — *Bute House* and *Fulham Boys* schools are kindly writing Christmas cards and letters for up to 250 of our beneficiaries. These cards will be delivered alongside food parcels and activity packs. Many thanks to the schools, pupils, staff and volunteers.

Gifts on the Green—recently launched their online platform. As part of this they are very generously donating 10% income from all sales to a combination of Fulham Good Neighbours and Hammersmith and Fulham Foodbank. You can visit Gifts on the Green at www.giftsonthegreen.shop.



Online AGM—November saw our first ever online AGM with attendees including beneficiaries, volunteers, staff, trustees, funders and local partners.

We were honoured also to have Mayor Daryl Brown and Deputy Lieutenant Leslie Morgan OBE in attendance. Robert Fryer (Chair of Trustees), Nick Outred (Treasurer) and Jamie Hilton (Director) each spoke. Recognition of the Queen's Award for Voluntary Service, accessibility works at Rosaline Hall and the transition of our services during C-19 were highlighted as key successes of 2019/2020. 2020 itself was recognised for the development of new projects such as *Online Art and Exercise*; *Food to the Door* in partnership with *The Smile Brigade*; and *Telephone Befriending*. The continuing challenges of C-19, BREXIT uncertainty and a polarised political climate were identified as challenges ahead. However, our 100 year history (54 as Fulham Good Neighbours); loyal, committed... (continued on page 3)

The Daisy Trust Fair 2020



Online
Monday,
30th November –
Tuesday,
1st December

Donation: £5

www.daisytrust.org

Founded in 1981

Supporting Charities in Hammersmith and Fulham



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

£1,000 up for grabs via *Movement For Good* - in order to nominate FGN as your chosen charity please click [here](#) and enter Fulham Good Neighbours details (deadline of December 6th). You will be asked for our charity number, which is: 1113752. Please then just select us as a 'Community' charity when the drop-down menu appears. Hopefully the rest is all self-explanatory and should only take a minute of your time.

Evergreen Wreath Making - with RHS lecturer Caroline Halfpenny on Friday 11th from 11 am to 12.30 pm, online via Zoom. Caroline is a tremendous teacher with a wealth of experience. Please get in touch to book your place. You will receive a pre-session pack so that you have the items that you need on the day.



Activity packs – please get in touch for delivery of our Christmas activity pack featuring



crosswords, puzzles and much more. Many thanks to Lucia for the design work.

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

Key Dates

Monday at 3pm - Online Chair Based Exercise

Tuesday all day - Barney's gardening service

Tuesday at 11 am - Online Art Group

Wednesday at 3 pm - Online Art Group

Thursday at 2 pm and 3 pm - Online Chair Based Exercise

Thursday (all day) - Food Delivery to the door

Closed on 25th and 28th December and 1st January

The Be Well Series at the Star Centre, delivered by Nutritionist Sarah Green, is full of helpful advice and guidance on to how to stay healthy this winter. The next session will run online on December 15th from 10.30 am to 12 pm. Sessions will also run on 19th January, 9th February and 9th March. Please get in touch for further information. Sarah is highly qualified, as one of the first licensed functional medical practitioners in the UK and Vice-Chair of the *British Association for Nutrition & Lifestyle Medicine*. She is also a local resident.

Volunteer's corner: Please see our updated **Volunteer Handbook** [here](#) and our updated **Safeguarding policy** [here](#). 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

(continued from page 2) ...community of beneficiaries, volunteers, staff and partners; and projects closely aligned to findings of the *Index for Wellbeing in Later Life* and Hammersmith and Fulham's *Older People's Commission* were recognised as strong foundations from which to continue our development. During 2021 ambitions include returning safely to Rosaline Hall; further diversification of our income; and strengthened monitoring and evaluation capabilities.

an emergency please call 999.

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