

## What's on in February 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, 4th February 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 (3rd Tuesday of the month)

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 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, 5th February 2020—Board Games and IT info session with Lucia

Wednesday, 12th February 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, 19th February 2020—Quiz and Bingo with Ruth

Wednesday, 26th February 2020—Musical Quiz with Fiona

### 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

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

 <b>Fulham</b> 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
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**President:** The Mayor of Hammersmith and Fulham

**Offering practical support and friendship  
to older people in Fulham since 1966.**

## February 2020

### Fulham District Nurses Association

Founded in 1966, Fulham Good Neighbour Service has its roots in the Fulham District Nursing Association.

The founding date of the Fulham District Nursing Association is recorded as either October 1919 or April 1920, so we are celebrating more or less the centenary of this organisation. It was created with funds from the Fulham War Memorial Trust Fund, established in the wake of World War I. The Mayor of the Metropolitan Borough of Fulham at that time wanted to raise £20,000 for a memorial to the fallen and the construction of a memorial hospital. However, the required sum was not raised and the War Memorial now located in Vicarage Gardens of All Saints Church, Putney Bridge Approach was constructed instead. The total raised from Fulham residents was £3,625 and the balance of the funds was to be used to maintain the Memorial via the newly created Fulham War Memorial Trust and some to set up and fund the Fulham District Nursing Association.

In 1966, the then-named London Borough of Hammersmith took over the provision of health care within the area, and the Fulham District Nursing Association was consequently dissolved. However, its funding body, The Fulham War Memorial Trust Fund, permitted the balance of its income to be transferred to any other charitable purpose for the inhabitants of the Borough. Thus, funds were directed to the newly established Fulham Good Neighbour Service which has continued ever since.



## Spotlight on the Carers Group

Our carers group takes place every Wednesday between 10:30-12:00 at Rosaline Hall. The group is opened to current older carers and ex-carers and offers an informal opportunity to chat, find out about other activities in the local area and make new connections. The group is regularly attended by 5-9 members and we are keen to encourage more carers to attend. Please help us spread the word and encourage anyone who may be interested to join us.



## Fulham Cross Girls' School

On Wednesday the 18th March 2020, Fulham Cross Girls' School is organising a Drop Down Day and they are inviting Fulham Good Neighbours to talk to the students about living in Fulham as an older person and the importance of the community. It is a wonderful opportunity to connect with some of the younger residents of Fulham. If you could represent us at this event, please get in touch.

## 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.

## Do you need to go in hospital but are worried about leaving your best friend?

If you need to go into hospital for a short-term stay but have no one to look after your dog or cat, you may be eligible for free help under **Mayhew's Pet Refuge** programme.

They will take care of your pet, allowing you to receive treatment or recover from illness reassured your pet is in expert hands.

Get in touch with Mayhew's Animal Welfare Officers to find out more:  
Call 020 8962 8000, or email  
[awo@mayhewanimalome.org](mailto:awo@mayhewanimalome.org)



## 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.

## Newsletter

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

## 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 and a demonstration on planting a 'bulb lasagne' pot. 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.

**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.

