



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.***

July 2020

FGNS Online Art Exhibition



We are proud to provide older Fulham residents with neighbourly support in their homes, community and now online. Our new online Art Group, part generously funded by Daisy Trust, for older people living in the borough, meets online every Tuesday. Flora Duley updates us below: "the Covid-19 lockdown restrictions threw us all into self - isolation within our own homes. Online Art Group video sessions quickly emerged with some members learning new technology and overcoming new mental and practical challenges so that they could reconvene, socialise, share

and make art online. The online sessions allowed inspiration to flow: families joined the group, comments came in, doorbells rang, virtual backgrounds were used to share photo albums and fantasy settings. One member was unable to access the online sessions, however her neighbours and family coordinated weekly time slots in which to photograph her artwork. She held it up at her window! The online exhibition also has a selection from her Window Gallery." The passion and creative positivity of our members is the inspiration behind our first Online Art Exhibition. *For a sneak preview please click [here](#) and to peruse the online Gallery please visit: <https://fgns-art-group.weebly.com>*

If you want to join the Online Art Group, please contact us at info@fulhamgoodneighbours.org or 0207385 8850 to book a place.



The Smile Brigade—COVID-19 Emergency Meal Service

The Smile Brigade are running a free meal and delivery service for Hammersmith and Fulham residents who are shielding or struggling financially during the crisis.

Meal recipients can receive deliveries up to 4 times per week with vegetarian, meat, halal, vegan and gluten free options available. Groceries containing fresh fruit and vegetables, toiletries and ready meals are also available for free upon request. All deliveries are made adhering to the government's latest social distancing guidelines with meals delivered directly to people's doorsteps.

Community Support—Thank you to our neighbours!

With a desire to help out during the Coronavirus virus outbreak, mother and daughter team Rebecca and Sophie set to work making up NHS scrubs to help support local Fulham surgeries and clinics. Between them they were able to put into practice their combined many years of sewing skills and with generous donations funded through Just Giving, materials were purchased.



Over a period of 6 weeks, they made up 40 sets of scrubs to specific NHS pattern, colour and in various sizes and were delighted to be able to deliver to those surgeries most in need and badly impacted by Covid 19. Happily, they were able to donate remaining funds from the budget to assist the continued and valuable support Fulham Good Neighbours provide across Fulham. We are in awe of their work and deeply grateful for their generous support.



Ready, Steady, ZOOM—the FGNS Online Chair Based Exercise Group

Please join us at an exciting exercise class from the comfort of your own home but with all the social benefits that a group-based exercise class would offer you. Our chair-based exercise classes are instructed by Simon Maskell (Biokineticist), a medical specialist in exercise for wellness, falls prevention, injury rehabilitation and chronic condition management. These classes are fun and social yet purposeful. They are available on a Thursday afternoon at 2pm and 3pm to all in the 60+ age range. These exercises are achievable and adapted to your specific requirements, so there is no need to feel that this exercise class is not for you. The aim of these classes is to bring the community together through the use of exercise. Our focus is to improve one's quality of life, reduce the risk of injury, ailment or falling by improving muscle strength, muscle flexibility and balance so that we can all live longer, happier and healthier lives. To book a place contact us at 0207 385 8850.



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; please get in touch if you would rather receive a printed copy.

Decorating and DIY

We are hoping to get these projects up and running as soon as government policy allows. In the meantime, you are welcome to be added to the waiting list. If you have any small external painting or diy jobs which do not require access to the inside of your home, please enquire and we will try and assist you. Steve is looking forward to getting back to normal and helping our beneficiaries once again.

Safe against scams

Recently we have seen an upsurge in various scams, attempting to defraud people. Please be extra vigilant at this time when answering emails and telephone calls. This includes not clicking on any links or attachments if you receive a suspicious email and not responding to any unsolicited messages or calls that ask for personal or financial details. You can report a scam to the police through the Action Fraud website. You can also call Action Fraud on 0300 123 2040.

Masbro Elders Project

The Elders Project programme is now online! To find out more about their weekly online sessions please contact Tina via email to receive the latest programme and your personal invitation to join the zoom session: tina@upg.org.uk or telephone: 07738789 427.

Newsletter

You can subscribe to receive this newsletter monthly by email via our website at www.fulhamgoodneighbours.org

The Josiah Braithwaite Community Garden at the Nubian Life

Resource Centre provides a beautiful outside space for the Afro-Caribbean elders who visit. Nubian Life are a key partner of FGN in delivering the Adopt a Garden project. The garden was created using a permaculture design, meaning it is ecological and wildlife-friendly growing mainly edible plants. They run gardening clubs and workshops, although they are online at the moment, the centre hopes to open the garden soon.



They are also participating in Capital Growth's Community Harvest program where we are planting extra vegetables to include in the meals the centre is preparing for vulnerable people in the borough. The Nubian Life centre is looking for a few volunteers who would like to participate in the program and learn about vegetable growing. If you would like to get involved as a volunteer or learn details about the online workshops for adults and children go to www.josiahbraithwaitecommunitygarden.org.uk or email Susannah at jbcg@nubianlife.org.uk.

FGNS Supporter Scheme

Our Supporter Scheme was introduced in 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 supporter please fill in and email the form to info@fulhamgoodneighbours.org or post it to us, when it is safe to do so.

We are very grateful to those of you who will do that and realise that not everyone will be able to—rest reassured that our services will continue to be offered to everyone free of charge for as long as we can.

Volunteers' Corner—Thank you for all your help last month!

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. Please do contact us with any questions you may have via 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.

Becoming a FGNS Volunteer - To find out how you can support us, please visit our website www.fulhamgoodneighbours.org or email us at info@fulhamgoodneighbours.org.

How do our beneficiaries feel about receiving regular volunteer support:

"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".

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.

giftaid it

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