



Fulham Good Neighbours  
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Registered Charity Nr: 1113752



**President:** The Mayor of Hammersmith and Fulham

## ***Offering practical support and friendship***

### **November 2020**

**Welcome to our November newsletter** — and news of our **2020 AGM**, online for the first time. As ballots are counted north of the Atlantic, join us for a review of 2019/20 on Tuesday **November 3rd** from 6 pm. We'll be done long before BBC coverage of the US election starts... Please be in touch if of interest. The meeting will include brief presentations by the Chair of Trustees, Treasurer and Director.

Please contact the office for a copy of our latest C-19 guidance and risk assessment. National and local C-19 cases unfortunately continue to rise. Mindful of this, and guided by LBH&F, all home visits are suspended.

**Virtual Open Garden Events** - Lucia, Adopt a Garden Project Coordinator updates us below:

*Special thanks to speakers from Fulham Palace and Nubian Life for presenting their magnificent gardens. We were delighted to receive such positive feedback:*

*"Lovely to see young children showing an interest in nature and getting so involved"*

*"The Event was very interesting and (I) truly enjoyed the full virtual experience. I will definitely visit Nubian Life Centre."*

*"I particularly enjoyed the historical aspect... you mentioned the quite incredible use of the colours in the garden to match a coat of arms of one of the bishops. My daily walk in lockdown has been in Bishop's park and Fulham palace. I learnt more about the garden in the talk this morning."*

*"I thoroughly enjoyed the Fulham Palace*

*garden tour. It was so insightful and I learnt so much. I have always loved the walled garden but will now appreciate it so much more applying my new knowledge. Very much looking forward to the next one!"*

Our Adopt a Garden partner Nubian Life will be providing the following sessions in November: **Composting: all about 'hot' and 'cold' composting methods**, Thursday 19th



### **Art Group on display**

- we proudly present our 'Paris Salon' style gallery. Meeting weekly online and in small groups at Rosaline Hall, our Art Group's online gallery has finally found its rightful place on the walls here. Huge thanks to Flora and her talented group! If you would like to view, or would like just to drop in for a tea/coffee please be in touch to arrange a time.

**Craft club** —Tom Cook, long time craft enthusiast, has developed a wealth of creative ideas during C-19 restrictions. He came by the centre last week, laden with ornate boxes, pen holders, pop-up greetings cards and much more. Tom is a former dementia support worker, and a keen attendee at the weekly exercise group. He says

*Its thanks to someone that recommended FGN to me that I went. From the phone call I made to the first time I walked through the door you all listened*



*to me and made me feel welcome.*

*Simon's Exercise Group Class is like a one to one Easy, Fun and Full of Information.*

*If you would be interested in joining a small crafts club at Rosaline Hall, please get in*

*touch.*

(from p1)

November 7pm-8.30pm online via Zoom. Please get in touch with Lucia to register. Nubian Life also provide half hour Saturday sessions at their community garden including **7th November: Growing on your windowsill** – nutritious greens you can grow over winter.

**14th November: Nature art** – making art from autumn's leaves and berries

**21st November: Natural dyeing** – using plants to dye wool and silk

**28th November: Making wall hangings from wool, twigs and natural materials**

Please be in touch if of interest.

### **Steve, our Decorating Co-ordinator**

As guided by our funders at LBHF, FGN is unable to provide support inside the home at this time. As such Steve will be providing a DIY service remotely—he is happy to pick up items for repair in the van or at Rosaline Hall. He can also support with decorating and DIY external to the home. Recent jobs have included connecting a water sprinkler and external shelving. Please be in touch so to access this support.

### **Star Centre health initiative**

Pippa Knap updates us on their *Be Well Series*:

*C-19 has changed everything so let it change the way we view our health. Sarah Green, functional medicine practitioner and eminent nutritional therapist, is here to help! Please join her for an informative talk on our immune systems, our main defense against C-19. Whilst demonstrating a number of recipes, Sarah will give health tips and nutritional advice on how we can give our bodies the best possible support this winter, particularly in relation to managing pre-existing conditions like heart disease,*

*respiratory disease and diabetes.*

The event is from 11—1 pm on 10th November at the Star Cafe of St Andrew's Church on Greyhound Road.



**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.

**Health Watch survey** - on *GP Access Over the Course of the Pandemic*. There will soon be paper copies at Rosaline Hall alongside stamped addressed envelopes. An online version can be found [here](#). Please be in touch if you would like to support their work.



**Ready Tech Go**

provide computers and laptops to local people via local donations. They can clean up any donated technology and

distribute to those in the community in need. V (photographed) was donated a new tablet, which *Will enable him to correspond with the Home Office, pursue his university studies and continue writing his award-winning poems and stories.*

Please be in touch if you would like us to make a referral.

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 11 am - Art Group (invitation only)

Wednesday at 10 am - Carer's Group (invitation only)

Wednesday at 3 pm - Online Art Group

Thursday at 11 am - Reading Group (invitation only)

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

Thursday (all day) - Food Delivery to the door

**AGM** — November 3rd online

**Dance for Dementia**—Dance West provide an exciting new project for those with dementia from the comfort of their own home. They describe their offer below:

*A fun seated dance class for people with dementia and their carers which improves balance, mobility and strength. Led by DanceWest and their amazing team of dedicated and qualified teachers. Classes take place online via Zoom.*

Classes are free of charge and are on Monday from 3 pm to 3.30 pm. To join, please email Florence at [projects@dancewest.co.uk](mailto:projects@dancewest.co.uk) or call 07494 513 079.



**Age UK have launched an online action** so that supporters can email the Transport Secretary calling on him not to cut travel concessions for older Londoners. Please see [here](#). For social media users, please consider supporting their campaign. Below is some suggested text if you wanted to post about it: "The Freedom Pass and 60+ oyster card are a lifeline for many and should not be used as a bargaining chip. Write to the Transport Secretary to call on him not to reduce or remove older Londoners travel concessions <http://bit.ly/SaveTravelConcessions> #Save60plusConcessions"

**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 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.

*giftaid it*

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