



Fulham Good Neighbours
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Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

Offering practical support and friendship

October 2020

Welcome to our October newsletter — last month saw the return of our Art, Reading and Carer's Groups to Rosaline Hall. It has been brilliant to hear voices reverberating again with excited discussions of [Barbara Walker](#) in the Art Group and readings such as Uncle Earnest by [Alan Sillitoe](#).

Thanks to Flora Duley, Avril Peyton and Ruth George, Volunteer Coordinator, for ensuring the safe return of these groups. At present groups are by invitation only allowing for effective *Track and Trace*. We have restricted each session so that attendance is on rotation, providing adequate social distance. Sanitizer pumps are on each desk, at the entrance and outside of the toilet and kitchen. Face masks and gloves are provided. We remain extremely vigilant and mindful that the rate of infection is increasing.

safety queries. Although, helping people with digital skills remotely can be very different to helping them face to face, patience and perseverance remain the key ingredients for success.

In the last six months, we've seen an almost 50% increase in the number of individual contacts between our volunteers and those who they support with digital skills. We were also able to offer online social clubs this year for Chair Based Exercise, Art Classes and Gardening Workshops. These sessions recorded (continued page 2)

Please contact the office for a copy of our latest C-19 guidance and risk assessment. **This newsletter is written prior to Boris Johnson's update on the 30th September; our activities will be adjusted accordingly.**

Digital Inclusion in times of the pandemic - Lucia, Digital Inclusion (& Adopt a Garden) Project Coordinator updates us below:

It's been six months since the C-19 pandemic reached the UK. Since then our Digital Inclusion project remained active on a remote basis. On the phone, email or video calls, our Digital Skills Volunteers are here to help you access online services, communicate with friends and loved ones and support you with any online



Healthwatch— Patricia Kouadio, Patient Experience Manager, of Healthwatch is keen for local people to have their say on the development of local services.

Our role is to hear patients' feedback and experiences of local health and social care services. We also provide information and signposting to local residents. Our aim is to help the services improve and enable local people to have their say in how services are shaped. We are here to represent local residents, in particular, seldom heard communities and those who normally don't have a voice. Please visit our website [here](#)



Smart meters for electricity and gas

Keith Wymer, of Citizens Advice:

Smart Meters for electricity and gas could help you save money. But uptake of among the over-65's is low, so we're carrying out a totally anonymous research project to try to find out why. To find out more information on Smart Meters and to support the survey please call me on 0203 475 4140.

Benefits of Smart Meters include:

- *Control over how much gas & electricity you are using.*
- *No more estimated bills and no-one coming into your home to read the meters.*
- *They're free to install and use!*



Co-op Members — If you or anyone you know is a Co-op Member please encourage them to choose FGN as their cause before **Saturday 24th October**. They can do so by clicking [here](#). Each vote gets us a little more funding! There is still £7,886.51 funding unallocated for our community. It costs £1 to become a member, and you can do so by clicking [here](#).



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. Newly established, they launched as an antidote to digital exclusion in the borough. The consequences of this have been exacerbated by C-19. They are also looking into ways that they can support those who do not have access to the internet. If you are in need of technology or would like to donate please get in touch.



(from first page) *approximately 650 attendances.*

We are enormously proud of what we accomplished together and we recognise that none of this would be possible without the support of our incredible Digital Skills Volunteers. If you know someone who would benefit from the help of our remote support Digital Skills Volunteers please contact info@fulhamgoodneighbours.org

Defend Council Homes policy

LBHF's *Defend Council Homes* policy aims to: *protect resident's interests and ensure that any proposals affecting their homes can't go ahead unless residents have had the opportunity to be fully involved from the very beginning.*

You read more about the policy [here](#) or watch a video from Cllr Lisa Homan, Cabinet Member for Housing, [here](#)

AGM — November 3rd online from 6 pm — Due to the pandemic our AGM will be online via Zoom this year. Invitations will be sent out shortly.

Open Garden Event on Zoom - Lucia, (Digital Inclusion &) Adopt a Garden Project Coordinator updates us below: *Last month we hosted a Virtual Open Garden event, where we were joined by Matt Weston who took us on a Garden-led Walk of Fulham Palace on Zoom. We were delighted to learn from Matt about the fantastic history of the Fulham Palace Garden and tap into his vast knowledge as an apprentice gardener. We learned about fascinating plants like the cinnamon*



wine and the Echium, and delicious Fulham grown apples and vegetables like the Crown Prince pumpkin. A big thank you to Fulham Palace for taking us on the tour and we look



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

forward to organising similar events. In October, we will have our Adopt a Garden partners at Nubian Life, taking us on a virtual tour of their Josiah Braithwaite Community Garden. Booking is essential so please contact Lucia at info@fulhamgoodneighbours.org for more details.

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.

Beneficiary feedback: *"I enjoy everything about it, the volunteer is so cheerful and upbeat as she is at Rosaline Hall prior to lockdown."*

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.

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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