



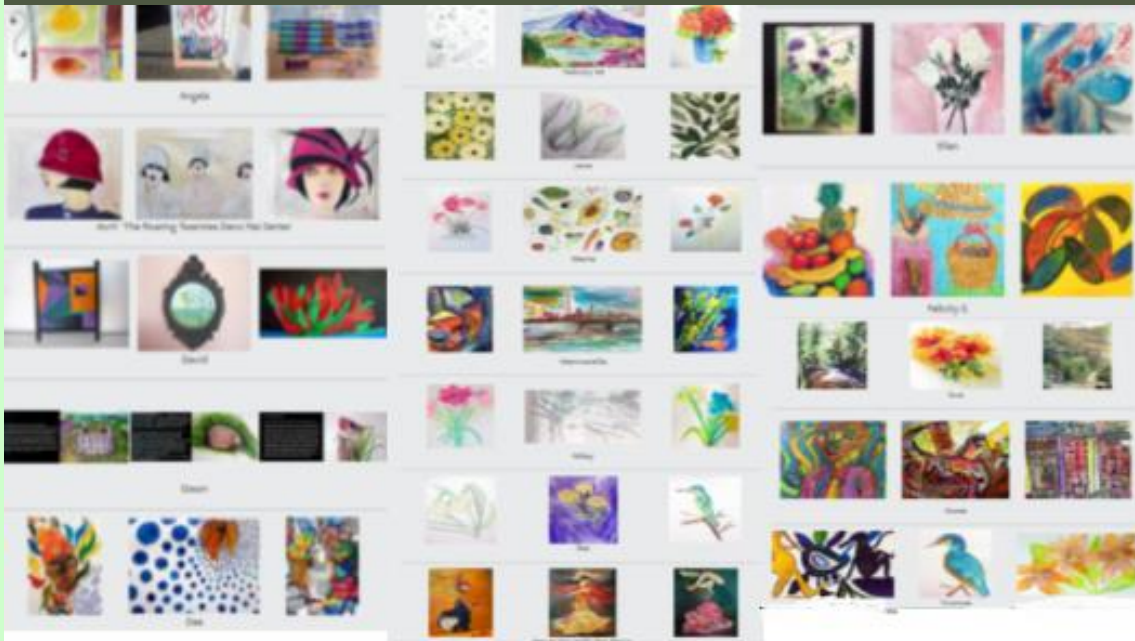
Fulham Good Neighbours
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 @FulhamGoodNeighbours
 Registered Charity Nr: 1113752

President: The Mayor of Hammersmith and Fulham

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

September 2020

Welcome to our September newsletter and news of our Art and Reading Groups returning to Rosaline Hall. [Flora Duley](#) will continue to deliver her online Art session with



an additional weekly slot for members to attend Rosaline Hall on rotation. Avril Peyton's Reading Group have enjoyed weekly phone calls since March; Avril's dulcet tones cheering members with readings from Robert Frost, Lao Tzu and Rudyard Kipling. (TBC p2)

A collection from the **online art gallery** produced by members during lockdown



As many of you will know Monique, our Sunday Afternoon Tea Co-ordinator, is also the founder of **The Smile Brigade**. She has been doing a tremendous job of delivering hot meals and food parcels to the door of Fulham residents. Recent calculations are that 70 FGN beneficiaries are benefitting. As many volunteers start to return to work, Steve has been making use of the van to support deliveries.



Promotion to the Premier League, Walking Football & prizes to be won!

Congratulations to Fulham FC for their promotion win against Brentford. Flying high at 8th in the top flight



(alphabetical order...) until the season starts on Saturday 12th, they offer regular walking football sessions to women from 40+ and men from 50+. Laura Everton, Health Development Officer, reliably confirmed that they have an 85 year old walking swiftly about the turf. For now the sessions are temporarily online:

- Active Tuesdays (11 am -12 pm)
- Catch-Up Thursdays (11 am -12 pm)

You can book up for these [here](#). They are also launching Fulham Team Mates, which includes online coffee mornings, social nights, a pen pal scheme and more.

Please get in touch for more information. FFC have generously donated a FFC shirt for

the first correct answer to be drawn out of a hat: Aleksander Mitrovic was the Championship joint top scorer, but what percentage of total Championship goals did he score in the 2019/20 season? The draw will take place on Wednesday 23rd September, and announced in our October newsletter.



Dementia Action Alliance are assisting the development of a Borough wide Dementia Strategy. This aims to unite local partners across the third, public and private sectors so to best support those living with dementia and their carers. It is essential that those with lived experience have their voices heard. Please get in touch to be involved in this innovative piece of work.



DAA Dementia Action Alliance

Subject to interest, Citizens Advice will deliver a Zoom session on Wills

citizens advice

Hammersmith & Fulham

on 16th September at 2 pm. This will cover:

- Why it is important to have a Will
- How to make a Will
- Where to get help

Please get in touch to sign up to the session. Future Zoom sessions with CAB will include Attendance Allowance and Carer's Allowance

Stuart Downey of TWM Solicitors will also be on hand to answer any questions.

(from first page)

The pertinent selection included Maya Angelou's Still I Rise and Kipling's If. Her sessions will now return to Rosaline Hall with members attending on fortnightly rotation. Please note that attendance at this stage is invite only with no more than six members at any one session.

Plans too are afoot for a return to Sunday Afternoon Tea, which Monique Newton will deliver from the Captain Cook pub. More news to follow.

*Just like moons and like
suns,
With the certainty of tides,
Just like hopes springing
high,
Still I'll rise.*



Please get in touch for further information on the measures that we are taking to minimise risk of infection at this time.

Huge thanks to Marston Properties

Parsons Green Fair supporter Marston Properties generously donated £4,000 to our work this month. With the income lost from the cancellation of the fair this year, this will massively support us in delivering our programmes in the home & garden, community and online. Caroline Marston, Managing Director, kindly said:

It was the least we could do. Well done to everyone for adapting and keeping so much going during lock down.



Fulham Home Library Service

We have forged a great partnership with Fulham Home Library Service.

They are supporting our members, by providing them with new and exciting reading material right at their door! One beneficiary told us: "I got the delivery. I'm so pleased, [it's] so nice. Excellent books, one of them is a bestseller from last year. I'm reading it now." If you enjoy reading and would like to arrange a book delivery, please get in touch.

The service also includes larger print, audiobooks, CD's, DVD's and information requests with a loan period of three weeks.



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 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

Wednesday 16th September 2 pm *Wills* with Citizen Advice (call the office to sign up).

September date TBC Open Garden Event on Zoom.

Open Garden Event on Zoom

Lucia, our Adopt a Garden Project coordinator, is delighted to invite you to our first online Open Garden Event on Zoom.

For this session we will be joined by a special guest from Fulham Palace, who will give us a glimpse of the season there, talk to us about the palace garden and their new walking tour. Please get in touch to book a place for this session. (end of September date TBC)

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