



# NEWSLETTER

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Fulham Good Neighbours, Rosaline Hall, 70 Rosaline Road, SW6 7QT  
020 7385 8850; info@fulhamgoodneighbours.org

President: The Mayor of Hammersmith and Fulham

April 1<sup>st</sup> 2021

## Welcome to our April newsletter –

We hope that you enjoyed a happy Easter weekend. It was great to see some of you at our Easter Quiz (photo below) last week. Many thanks to Lucia for organising in partnership with Priya Loomba at H&F Libraries & Archives. The return of the ‘rule of six’ came into play last week, coinciding with the hottest March day on record. Hopefully some of you managed to get out and enjoy the weather. We’re keen to continue cautiously during this early stage of national lockdown easing. Rosaline Hall will remain closed this month with services continuing as they have been so far in 2021. Please get in touch if you require our support.



## April classes & projects

- Mon *Exercise at 3 pm*
- Tues *Art at 11 am; Gardening*
- Wed *Art at 3 pm*
- Thurs *Exercise at 2 pm & 3 pm; Reading (via telephone) at 11 am; and Food to the Door*



Art work provided by Jane Finan



**Congratulations** – Lucia for completing three years of service for Fulham Good Neighbours this month.

Lucia has driven forward both the *Digital Inclusion* and *Adopt a Garden* projects during her time with us.



## The Green Recovery

- We are committed to supporting the borough to reach their ambitious net zero emissions targets by 2030. The **Green Homes Grant** funds home improvements for homeowners or private tenants to increase energy efficiency. Household income must be below £30,000 and your EPC rating must be E or lower. For further information

please contact Groundwork London on **0300 365 3005**.





## Digital Inclusion -

Lucia updates us below: *the project has run successfully for the last three years and in 2020 it has supported more Fulham residents than ever before. The Covid-19 pandemic, repeated lockdowns, shielding and distancing measures have increased isolation, amplifying need for digital support. Many of those who had never considered using the internet before, requested our support to bridge the digital gap so to...* (continued page 3)

Carer's Network – Igor, Community Development Officer, updates below: *We support unpaid adult carers, including: Carer's Assessments; advice on accessing relevant services; and signposting to local activities and events. Our 'End of Life' project supports carers who are looking after someone at the end stages of life. With 'Carers Found', our new project, we are reaching out to those carers in the wider community who are still to benefit from our support. If you are a carer, or know someone who might be*



*please feel free to contact me on 07588421768. More updates to follow!*

Scams - following an unfortunate experience, a brave neighbour advises below: *In helping a plausible individual, I lost my bank card and neglected to shield my pin number. The following is mostly common sense but is easily overlooked in a panic.*

1. **ACT QUICKLY** – *within 10 minutes purchases were attempted.*

2. **STOP CARD** -

- (i) *Save the number for: **report a lost card.***
- (ii) *Hold on, until reported – they may suggest you call back*
- (iii) *Note: the time of the*

Volunteer Corner – it was great to welcome volunteers at our March induction. If you have not yet been inducted, please get in touch so that we can ensure a convenient future date. Please see our, Volunteer Handbook [here](#) and our Safeguarding policy [here](#). Please always check the website for our latest

*call; the operator's name; and case reference number.*

3. **CHOICE OF PAYMENT CARD** – *If possible, use credit rather than debit card because:*

- (i) *you can restrict your credit limit; and*
- (ii) *you may be able to claim relief under a Section 75 Claim*

4. **POLICE** – *report the crime via 101. There will be delays but persevere.*

*When my call was eventually answered, they could not have been more sympathetic and helpful. I was provided a crime reference number, and asked to report the crime to ACTION FRAUD. I have since received confirmation of the police investigation.*



Photography by Jill Weston

guidance or contact us with any queries. If you are concerned for a beneficiary, please call Jamie, our Director, on 07907 990 841. 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.



(continued from page 2)  
...access medical and community services or connect with family and friends. Digital skills were essential to keeping in touch with others, staying informed, addressing feelings of loneliness, or increasing one's mental and physical wellbeing. One of our learners tells us: "I started using the computer a lot; more than I ever had, since I chose to self-isolate. It's satisfying, I like to look things up, Google them."  
**107 older people in Fulham accessed our Digital Inclusion Project between April 2020 - March 2021, receiving 317 support calls from our Digital Skills volunteers.**

Our Digital Inclusion project now wraps itself around our other projects, allowing for their continued delivery during lockdowns. For example, Our facilitators

utilised digital platforms to deliver both Chair Based Exercise and Art online; and our Gardening projects came to include online Health and Wellbeing sessions and Virtual Open Garden events. We registered a staggering **1,668 online attendances**. Going forward we will look to increase access to digital equipment, maintain our online projects and return to in-person delivery in people's homes and at our community centre when it is safe to do so: "Thank you for the class and opportunity to try something new, that had it not been for FGN, I would not have been included in such an awesome creative event, I am happy and grateful for all the time, effort and consideration put into this workshop. I highly recommend the service, Flora's [Art] classes and this

was so empowering!"  
If you or someone you know need help in accessing the Internet, please contact Lucia at [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org).

### Adopt a Garden

- Our Adopt a Garden project in partnership with Nubian Life continues to offer a range of training and volunteering opportunities. Please click [here](#) for the latest training opportunities from Nubian Life's Josiah Braithwaite Community Garden.



The Lung Theatre's Singing in the Rain project - video can now be seen on their website [here](#). The project celebrates the wisdom and resilience of those born in the 1920s.

## Contact us

- ✉ [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)
- 🌐 [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)
- ☎ 020 7385 8850

Rosaline Hall, 70 Rosaline Road  
SW6 7QT

Registered Charity Nr: 1113752



# 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: 00014669 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