





E @FulhamGoodNeighbours

EWSLETTER [©] ^{@FulhamGoodNeighbours}

@FulGdNeighbours

December 1st 2021

WISHING YOU A HAPPY NEW

YEAR

FULHAN

GOOD

NEIGHBOURS

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

President: The Mayor of Hammersmith and Fulham

<u>Welcome to our</u> <u>December</u>

newsletter – wishing you all a happy Advent. Our projects this month will with come а Christmas theme. Fungai and the Art group will be making cards on the 7th and 14th December. In between that Lucia will be delivering an online Christmas quiz on 10^{th.}

Ruth will be hosting the Lunch Club on the 8th and 14th. City Harvest will visit on the 14th too with some additional gifts – especial thanks for their generous donations to the project <u>alway</u>s. last as The Sunday Tea of the vear will be on Decemb<u>er 5th.</u> We are lucky enough to benefit from partnership



December

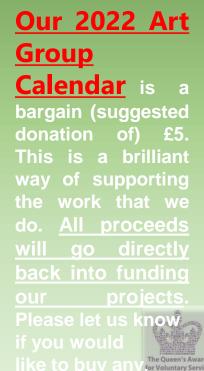
- Mon <u>Exercise</u> at 3 pm; <u>Gardening</u>
- Tues <u>Art</u>at 11 am; Gardening
- Wed <u>Lunch Club</u> at 1 pm; Art at 3 pm; <u>Decorating & DIY;</u> Gardening
- Thurs <u>Reading</u> at 11 am; Exercise at 2 pm & 3 pm; Decorating & DIY; <u>Food to the Door</u>



The front page of our 2022 calendar 🏾 🗨

- Fri <u>Craft Club</u> at 10 am; Decorating & DIY
- Sun <u>Sunday Afternoon Tea</u> on alternate Sundays (just 5th this month, returning January 16th)

with Bute House and Schools Fulham Bovs **Students** again this year. will provide our members with personalised letters Research and cards. Partnership will also be



providing us with festive packages for members, which we will hand deliver between the 20th and 23^{rd.} Please let us know...

Online Holiday Quiz!



On Friday 10th December

11am-12.30pm



Join us on ZOOM for a fun morning and a holiday topic quiz, with the traditional rounds: general knowledge, pictures, music and a few Christmas themed facts added in!

> Open to all our members and volunteers. Booking is essential!

Please book via Eventbrite or contact Lucia at infoefulhamgoodneighbours.org



(page 1) ...if you would be free and able to support with deliveries and a friendly chat at the doorstep of our older members or those that find it difficult to get out.

The Smile Brigade will also be providing Christmas dinners on the 21st, 23rd, 24th and 25th December. Please let us know if you would like to receive a hot/chilled/frozen meal.



workshops offered from from our partners <u>Nubian</u> <u>Life</u>click <u>here</u>.

AGM – thankyou to all who attended our AGM on November 2^{nd.} Our Chair of the Trustees, Robert Fryer, presented the annual report and accounts for 2020/21. Councillor Ben Coleman Mayor PJ Murphy and addresses. followed with Mavor Murphy PJ said. following the meeting:

Volunteer Corner – Please see our Volunteer Handbook <u>here</u> and our Safeguarding policy <u>here</u>. Please check the website for our latest guidance or contact us with any queries. If you are concerned for a beneficiary, please call It was a real privilege to join you last night. I was massively impressed. You have all had a massive impact on people's lives in a very trying time and at the council we are genuinely thankful.

Please let all at FGN know how respected and appreciated they are, you make a real difference to Fulham.

07907 990 841; or 020 7385 8850. 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.

Please note that we ask volunteers to commit to at least one task a month. This level of support ensures that we can manage the demand for shopping, medication delivery, escorts etc that are requested.



ousiness idea..

Advantages of Age are a local social enterprise, launching a free <u>Start up</u> <u>School for Seniors</u> course in January. If you're reading online, you can see their video <u>here</u> or call Mark on 07973 499379 for more information.

Support Fulham Good Neighbours go solar

Over 55's mindfulness colouring session Starting Friday 19th November



Every Friday at Shepherds Bush Library 11:00-12:00

Supplies provided Book in person or over the phone on 0208 753 3842



 \boxtimes

info@fulhamgoodneighbours.org

www.fulhamgoodneighbours.org

020 7385 8850

huge thanks to Simon Maskell, Chair who delivers our Based project Exercise three times weekly online Rosaline Hall. and at Simon delivered a fantastic wellbeing talk earlier in the FGN month to and members, well as as biokinetics professionals. Simon is a global authority

prevention/rehabilitation, and performance optimization' and kindly awarded all 20+ attendees free 15 minute а consultation, as well as two prizes for а more

on 'Biokinetics for health,

developed support package. Look out for more similar opportunities from Simon in the new year.

<u>Barney provides a</u> <u>fantastic</u>

Gardening service for those that afford cannot to and pay privately are unable to do the work themselves. For those not eligible.

SW67QT

All proceeds go back directly into delivering our projects. His hourly rate is a bargain £30 an hour. You can read more here



This newsletter is loving memory of Clive Domm, Rodnev Wright-Watson and George Hazelgrove. Above, Clive is pictured with **Barbara** Windsor. Team collecting his Volunteering London Award in 2016.

<u>Please get in</u> <u>touch if...</u>

You would be interested in free return travel from Rosaline Hall to Sands End Community Centre for a new dance project with Dance West;

You would be interested in learning more about Suicide Prevention with

Rethink Mental Illness

The Queen's Award for Voluntary Service

Registered Charity Nr: 1113752

Rosaline Hall, 70 Rosaline Road

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

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