



Fulham
Good Neighbours

February

NEWSLETTER



@FulhamGoodNeighbours



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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

February 1st 2022

Welcome to our February newsletter

in which we very proudly congratulate, our friend and colleague, Ruth George on 30 years of dedicated service to Fulham Good Neighbours. Ruth has been nominated for a Lifetime Achievement Award in this year's Hammersmith and Fulham Civic Honours – a just recognition for her outstanding contribution to the work of the charity and Borough.



Mon Online Exercise at 3 pm;
Gardening

Tues Art at 11 am (returns to Rosaline Hall on 8th);
Gardening, Silver Club (monthly at Kennedys & The Rylston)

Wed Online Art at 3 pm;
Decorating & DIY;
Gardening

Thurs Reading at 11 am (by telephone); Online Exercise at 2 pm & 3 pm; Decorating & DIY; Food to the Door

Fri Craft Club at 10 am; Decorating & DIY

Sun Sunday Afternoon Tea – scheduled for return on 6th;

please await invite due to C19 situation, but please do enquire if you have not attended a club before.



Please do send in your memories and photos of Ruth, which will be passed on. In recent months Ruth has led the return of our social clubs to Rosaline Hall. Today, she launches a new *Silver Club* at The Rylston pub.

that Ruth does for FGN day in day out.

We did it! With your support we raised a massive £21,740 so that Rosaline Hall can run off solar energy into the future. Solar panel installation will generate 4,000 kwh and save 1.2 tonnes of co2e every year! It will see us reinvest £11,500 of energy bill savings back into our local community projects. Huge thanks particularly to our Supporter Scheme donor,

Above left, Ruth is with the *Lunch Club* on a recent trip to Hurlingham Club. We are immensely proud and grateful for everything



LET'S ALL KEEP SAFE

We ask all visitors to Rosaline Hall to continue to wear a face mask, to sanitise hands regularly and to socially distance.



David, for a very generous pledge. Travis Perkins, LBHF, Sustainquality, Solarwatt and Eco Energy Environment Ltd all recognised the project with generous funding too. Planning permission is in place and we hope to start works asap.

Ride London 2022

We have places available for Ride London on Sunday 29th May. It is a 100 mile cycle ride from Victoria Embankment to Tower Bridge.



If you, family, friends or colleagues are interested in raising funds for FGN in this way, please be in touch! We are also keen for entrants in the Fulham Half Marathon – please be in touch!?

Supporter Scheme – Huge thanks to generous Supporter Scheme members who contribute each month to the running of Fulham Good Neighbours. We now have 12 members. If you would like to know more, please get

in touch to pledge from £5 a month.



Adopt a Garden

For the latest workshops offered from our partners Nubian Life click here.



Art Group calendar

Remaining copies can now be purchased at Gifts on the Green, Parsons Green Sports Club and Bishops Park Tea House.

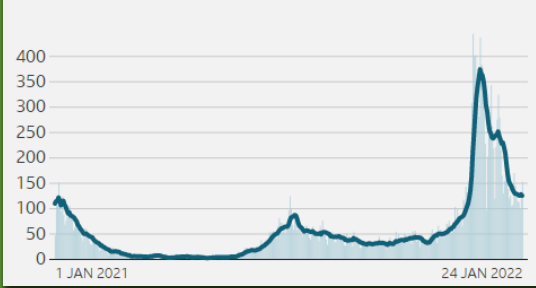
Exercise Class went international - Simon Maskell delivered January classes all the way from Cape Town! Let us know if you would like to know more about Chair Based Exercise.

Volunteer Corner –

Please see our Volunteer Handbook here and our Safeguarding policy here. Please check the website for our latest guidance or contact us with any queries. If you are concerned for a beneficiary, please call

How the case rate has changed in your area

■ Daily cases per 100,000 people
— Seven-day average of daily cases per 100,000 people



Covid - Fortunately, case numbers are falling in the Borough. However, they are still the highest that they have been in over a year. As per our recent communication, we ask all visitors to Rosaline Hall, recipients of a home visit or home visitors to take a lateral flow test (LFT) in advance and only proceed if negative. We can provide LFT's as needed. We aim to remove this guidance at the first opportunity.

Decorating & Gardening volunteers – both Barney and Steve would be interested in more support to grow their respective (continued page 4)

Please see overleaf for invite to our next induction! SATURDAY 5 MARCH



PLANTING FOR SUMMER!

Join us
Monday 28 February 2022
at 12pm

for a FREE online gardening workshop on Zoom, where we plant Summer bulbs! Limited activity packs are available on a first come, first served basis.

To book a place and a pack contact us at info@fulhamgoodneighbours.org or 020 7385 8850



Please join our **Volunteer Induction Training**

The session will be on Zoom (with potential for limited seats at Rosaline Hall) and is open to all FGN volunteers who have not yet completed the training or those who would like a refresher.

We will cover all aspects of volunteering with us, Safeguarding, discuss various roles and answer any questions.

It is also a wonderful opportunity to meet other volunteers!



**Saturday, 5 March
11AM -12.30PM**



Book your place now at:
<https://www.eventbrite.com/preview?eid=252175532807/>

or by emailing us at info@fulhamgoodneighbours.org





projects. If of interest, please be in touch for more information. Gardening takes place Monday to Wednesday and Decorating is Wednesday to Friday.

Press coverage

Over this month and next we will be featured in communications from National Lottery, Urban Village Ldn and the Liberal Democrats.

Surveys



Healthwatch invite you to share your views on their Carer's Project here or email info@healthwatchhf.co.uk

Our partners, Imperial College and LBHF, are conducting a research study to identify ways to tackle social isolation & loneliness in the community setting. An online survey has been launched here



 **Carers Network** invite dementia carers to a free **Caribbean Social Event** with their loved one on **Thursday 17 March** from **12pm-2pm** at **The Beethoven Centre**, Third Avenue W10 4JL ([map](#)). Carers will meet fellow carers and enjoy a delicious Trinidadian meal! Please register by calling

020 8960 3033. Carers can come alone or with their loved one.



The Cinnamon Trust – are

The national charity for the elderly, the terminally ill and their pets. You can find more information here



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Registered Charity Nr: 1113752

