



February 2nd 2023

Mon - Online Exercise at 3 pm;
Gardening; NEW Choir - taster session on 20th at 3.30 pm

Tues - Art at 11 am; Gardening; Silver Club (monthly at White Horse, Kennedys & The Rylston)

Wed - Lunch Club at 1 pm; Online Art at 3 pm; Decorating & DIY; Gardening

Thurs - Reading at 11 am; Online Exercise at 2 pm & 3 pm; Decorating & DIY

Fri - Craft Club at 11 am; Decorating & DIY

Sun - Sunday Afternoon Tea - next on the 5th & 19th at 3 pm to 5 pm

'ONE SIZE DOES NOT FIT ALL' in medical research

Thanks to all who attended the *'one size does not fit all'* talks in-person & online. Dr Stephen Orleans-Foli, research lead for Cognitive & Dementia Services (CIDS) presented on the need for all ethnic groups to be represented in medical research. Treatment & management of health conditions should be generalized from samples

representing all ethnic backgrounds so to reduce health inequality. Several FGN members have since stepped forward to participate in Stephen's current research.

Conditions such as Diabetes & Cardiovascular Disease disproportionately impact our ethnic minority communities. As such Simon Maskell tailored his recent *'Movement is Medicine'* sessions to provide a

DON'T MISS!!! Book now
Volunteer's Evening – 7th February from 5 pm
Choir taster session – 20th February from 3.30 pm

reminder on prevention & management of these conditions. His Chair Based Exercise class was also showcased live during the event. Please do get in touch if you



would like to attend future classes.



Yasmin Baker, Lauren Lockeretz, & Nuriyah Salawu, Imperial College medical students also presented their *Project Reverse* & accompanying video series on diabetes & prevention/management via exercise & nutrition. Thanks also to the NHS Equalities & Engagement Team for introducing their work.

For more information on Dr Orleans-Foli's research, & how to get involved, please be in touch.



Volunteer Corner — Please see our Handbook [here](#) & our Safeguarding policy [here](#). Please contact us with any queries & ensure to expense your costs so that you are not out of pocket. If you are concerned for a beneficiary, please call

Presenting our community to partners - In January, Jamie has presented to *Providers of Older People's Services* network, *Cognitive & Dementia Services*, & *Specialist Older Adult Mental Health Services*.

Grace has also scheduled quarterly FGN presentations to new staff at LBHF via their workforce development team. This will provide the opportunity for FGN to work in even closer partnership with the Borough.

Thanks Fulham BID – for training 16 FGN staff, volunteers, & partners in Emergency First Aid for free since 2022, including seven in January 2023. Thanks also to LBHF workforce development team & Jenny Daly for her support in developing our safeguarding capacity of new staff.

Adopt a Garden



Our partners at Nubian Life continue to offer an engaging schedule of horticultural activity for the whole family. You can read more about February activities [here](#).

Art Club –

Congratulations to facilitators Flora Duley & Fungai Marima, trustee Avril Peyton, all Art Club members & Tom Cooke for continuing to generate FGN income. In 2022 they sold 12 art works across two exhibitions, 100 copies of their third annual calendar, & numerous prints & gift cards.

Thanks to SW Londoner & Urban Village LDN for press coverage, & The Daisy Trust for their generous funding. The evidence is clear that creative & cultural participation is the most significant factor in wellbeing as we age (Southampton Uni', & Age UK studied 40 indicators!) This is why we run twice weekly Art



Sessions, weekly Craft & Reading clubs. On the 20th of February, we will also be launching our FGN Choir, in partnership with Rhythm Studio.



Please see the video of our recent Exhibition [here](#) – thanks Olly!

Urban Village LDN – Fulham Social & Networking Event

Save the date! Connect with Fulham residents, businesses, charities, & brands

on March 15th at Sands End Arts & Community Centre (Peterborough Road, SW6 3EZ). FGN is always grateful to be represented, & it is another good opportunity to meet Grace & Rubab.

Sewing Club – our partners Nubian Life are launching a place where you can make or fix clothes & exchange ideas for a more sustainable approach to fabrics & environment. Books, patterns, tools & fabric are provided but you are more than welcome to bring your own as well.

Friday 7.30pm-9pm, fortnightly from February 3rd - contact jbcg@nubianlife.org.uk.

Please note this takes place in Hammersmith.

Volunteer with NHS

Do you wish to participate in a monthly virtual panel for hospitals to review patient information leaflets for cancer services? It is an hour virtual meeting once a month, where you will review draft leaflets, to see whether they are suitably understandable & accessible. People do not have to have any experience with cancer to join. There is also no pressure to join each month. Leaflets are also always sent in advance so people can review at their own pace.



Supporter Scheme

Please be in touch if you would like a copy of the application form.

Concerned about your energy costs? You're not alone.

Age UK Hammersmith & Fulham is here to help, in partnership with the Fuel Bank Foundation. If you're over 60 and living in Hammersmith & Fulham, we can provide you with up to £200 towards your energy bills through the Household Support Fund. This fund is designed to help vulnerable residents with the costs of essential utilities, and we're committed to doing everything we can to support those who need it most.

For more information, please email info@ageukhf.org.uk or call 0207 386 9085.



Fulham Good Neighbours invites you to

CHOIR TASTER SESSION

In partnership with

THE RHYTHM STUDIO

ACADEMY OF MUSIC

A new community choir for older & disabled residents, & FGN volunteers or those interested in volunteering.

We look forward to welcoming you to join us to hum & sing pop classics, & your suggestions!

MONDAY 20TH FEBRUARY AT 3:30PM

ROSALINE HALL

70 ROSALINE RD, SW6 7QT



The Queen's Award
for Voluntary Service



Fulham
Good Neighbours