

February 💆 NEWSLETTER 💆

@FulhamGoodNeighbours



@FulGdNeighbours

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

President: The Mayor of Hammersmith & Fulham







February 2nd 2023

Mon - <u>Online Exercise</u> at 3 pm; <u>Gardening</u>; NEW Choir - taster session on 20th at 3.30 pm Tues - <u>Art</u> at 11 am; <u>Gardening</u>; <u>Silver Club</u> (monthly at

White Horse, Kennedys &
The Rylston)
Wed - Lunch Club at 1 pm;

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Online Art at 3 pm; <u>Decorating</u>
& <u>DIY</u>; Gardening

Thurs - <u>Reading</u> at 11 am; Online Exercise at 2 pm & 3 pm; Decorating & DIY

Fri - <u>Craft Club</u>at 11 am; Decorating & DIY

Sun - <u>Sunday Afternoon Tea</u> - 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 Cognitive & Dementia Services (CIDS) presented on the need for all ethnic groups to be represented in medical research. Treatment & management of health conditions should generalized from samples

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

Conditions such as Diabetes Cardiovascular Disease disproportionately impact ethnic our 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 & **Nuriyah** Lockeretz. Salawu, Imperial College medical students also presented their **Proiect** Reverse & accompanying video series on diabetes & prevention/ management via exercise & nutrition. Thanks also to the NHS Equalities & **Engagement Team** introducing their work.

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



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

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

Thanks Fulham BID for training 16 **FGN** volunteers. staff. 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 safequarding our capacity of new staff.

<u>Volunteer Corner</u>

Please see our Handbook 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

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.

Adopt a Garden Our

partners |

ADOPT A GARDEN PROJECT

at <u>Nubian Life</u> continue to offer an engaging schedule of horticultural activity for the whole family. You can read more about February activities <u>here</u>.

<u>Art Club</u>

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

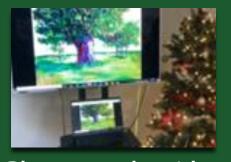
that creative & cultural participation is the most significant factor in wellbeing as we age (Southampton Uni', &

Age UK studied 40indicators!)

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!

<u>Urban Village LDN –</u>
<u>Fulham Social &</u>
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 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 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 Neigbours invites you to

CHOIR TASTER SESSION

In partnership with



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



