

# FEBRUARY NEWSLETTER 2025

## Switch On Fulham!

We're excited to introduce **Switch On Fulham**, a Fulham Good Neighbours Campaign aiming at driving forward our **Digital Inclusion** project and helping older and disabled residents in Fulham in gaining confidence online.

### Are you tech-savvy and eager to make a difference?

We're looking for Digital Champions to volunteer their time and skills. Whether it's guiding someone through their first email, helping them video call loved ones, or teaching online safety, your support can change lives!

### Do you need 1:1 digital support?

If you, or someone you know, could benefit from one-on-one digital support, we're here to help! Whether it's using a smartphone, accessing online services, or staying safe online, our friendly volunteers can assist.

### Get Involved Today!

To volunteer or request support, contact us at [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org) or 020 7385 8850.



## Get Fit for Feb!

An additional Chair-Based Exercise class will now take place on **Fridays at 10 AM**, in addition to the existing sessions on **Mondays at 2 PM** and **Thursdays at 3 PM**. Participants can also join online if they contact us in advance.

The Chair-Based Exercise class is led by qualified instructor **Jonathan Woollard** and focuses on exercises designed to strengthen the body and improve mobility. It promotes overall well-being and helps reduce the risk of slips, trips, and falls.

President: The Mayor of  
Hammersmith & Fulham



February 4th 2025

## Social Clubs

**Mon** - Digital Support  
11:00am; Exercise  
2:00pm

**Tues** - Art Club  
10:00am; Silver Lunch  
Club (monthly at St Peter  
Church Hall, Lillie  
Langtry, Kennedys, &  
Elephant & Barrel)

**Wed** - Lunch Club  
1:00pm

**Thurs** - Reading Club  
11:00am; Choir 1:00pm;  
Exercise 3:00pm

**Fri** - Exercise 10:00am;  
Textiles Workshop  
11:00am

**Sunday Afternoon Tea  
is cancelled until  
further notice**

**If you would like to join  
our clubs please  
contact us on 020 7385  
8850.**

## WLC Workshops

Our beneficiaries had a fantastic time at the **Keeping Healthy in Winter** workshop, delivered by **Susana Hall** from **Nubian Life**.

During the session, they learned how to support their health by making fire cider vinegar, a traditional remedy that combines herbs and spices to boost the immune system.

If you'd like to join our Wednesday Lunch Club, feel free to get in touch!



## Textiles Workshop

**Happening this Friday the 7th of February!**

Beneficiaries will contribute to a large-scale patchwork image, working on their own section through gluing and stitching techniques. Work at your own pace during the weekly sessions, with the final masterpiece coming together just in time for Easter.

There will be teas and cakes during the workshop!

The sessions will initially run for three weeks, if there is a good attendance we will continue up until Easter.



## Gardening - Hear from our beneficiaries!

**See what our beneficiaries have to say about our gardening service:**



*'I am writing just to express my sincerest Gratitude to your wonderful garden workers Barney and Richard!'*

*Under a heavy rain they were recently working heroically in our communal garden in Sheltered housing, helping elderly disabled people in our courtyard to enjoy spring bulbs: daffodils and tulips, as they tidied and weeded our communal garden in a courtyard!*

*Many Grateful thanks to you all for your great job, it was a surprise visit by them in a heavy rain!*



## Remembering Joyce Ashland

We are saddened to share the news of the passing of Joyce Ashland, a former staff member and valued member of the Fulham Good Neighbours community.

Our thoughts are with her family and friends during this time.



## Choir Club

Love to sing? Looking for a fun and welcoming group to join?

**Come along to our Choir Club, held every Thursday at 1:00pm!**

In partnership with **The Rhythm Studio**, our sessions are led by the talented **Andrin Haag**, a multi-instrumentalist and composer with a passion for rhythm and harmony.

You'll enjoy singing timeless classics from **The Beatles, The Monkees, Simon & Garfunkel**, and more!

No need to read music – this is a friendly, all-abilities group where everyone is welcome. We start with fun vocal warm-ups to help you feel confident and improve your singing.

Come and be part of the joy of music!



## Thank you Tom!

Last Friday, we bid a heartfelt farewell to our wonderful Craft Club Volunteer Lead, Thomas Cook. For years, Tom has dedicated his time, talent, and kindness to leading the Craft Club, bringing joy to our beneficiaries, and inspiring learners with new crafting techniques.

His unwavering support has meant so much to us—not only within the Craft Club but also through his contributions to the Parsons Green Fair and Christmas Fair, where his unique handmade cards were always a highlight.

While we will miss him dearly, we wish him all the best in his future endeavors and exciting adventures ahead!



## Volunteer Corner

Please see our **Handbook** [here](#) & our **Safeguarding** policy [here](#). Please contact us with any queries & ensure to expense your costs. If you are **concerned for a beneficiary**, please call the office on 020 7385 8850. If you are concerned, out of hours, please contact **LBHF Adult Social Care** on 0800 145 6095 (8am - 6pm) OR 020 8748 8588 (Mon-Fri). They can arrange a welfare check if required. **In an emergency, please call 999.**



### Contact us

☎ 020 7385 8850

✉ [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)

🌐 [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

📍 70 Rosaline Rd, London, SW6 7QT

### Social Media

🐦 [fulgdneighbours](#)

📷 [fulhamgoodneighbours](#)

📘 Fulham Good Neighbours

🏠 Fulham Good Neighbours Service

# Supporters Scheme Form by Standing Order

## Your details

TITLE

FIRST NAME

LAST NAME

ADDRESS

POST CODE

EMAIL

TELEPHONE NUMBER

REGISTERED CHARITY

**1113752**

PLEASE RETURN THIS  
COMPLETED FORM TO:

**Fulham Good  
Neighbours, Rosaline  
Hall, 70 Rosaline Rd,  
SW6 7QT, London**

## To the Bank Manager

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK

POST CODE

ACCOUNT NAME

ACCOUNT NUMBER

SORT CODE

## Standing order mandate

I WOULD LIKE TO SET UP A STANDING ORDER FOR

£

TO BE PAID

(MONTHLY/YEARLY/OTHER)

STARTING PAYMENT ON

/  /

AND THEREAFTER UNTIL FURTHER NOTICE. PLEASE QUOTE REFERENCE:  
SUPPORTERS SCHEME

PLEASE PAY THE ABOVE AMOUNT TO:

THE CO OPERATIVE BANK, BUSINESS DIRECT PO BOX 250, SKELMERSDALE, WN86WT

ACCOUNT NUMBER:

**67309922**

ACCOUNT NAME:

**Fulham Good Neighbour Service**

SORT CODE:

**08-92-99**

SIGNATURE:

DATE:

/  /

## Gift Aid declaration (at no extra cost to you)

Gift Aid is a 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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