

# FEBRUARY NEWSLETTER 2026

## Upcoming Volunteer Social!

We're starting the year strong by celebrating the incredible people who help us achieve our mission as a charity, our volunteers!

**This event is exclusively for volunteers**, and we'd love you to join us for a relaxed evening of catch-ups, drinks, and fun at **The Mitre**. The first drink is on us, and there'll be food for the table too.

Please let us know if you can make it by contacting our Volunteer Coordinator, Alana Mann, at [alanamann@fulhamgoodneighbours.org](mailto:alanamann@fulhamgoodneighbours.org) or on 07475 051543.

### Event details:

- **Location:** The Mitre, 81 Dawes Road, SW6 7DU
- **Time:** 5:30pm–7:30pm
- **Date:** Thursday 26<sup>th</sup> February 2026

## Silver Lunch at The Mitre

Join us at a new venue for our Silver Lunch, The Mitre (81 Dawes Road, SW6 7DU), taking place on the last Tuesday of every month, starting Tuesday 24<sup>th</sup> February. Enjoy a starter and main course, plus one drink (wine, cider, ale, or soft drink) and tea or coffee served with cake.

### Cost:

- £20 per person
- Members pay £15 (with £5 subsidised by FGN)

Places are limited, so please contact Ruth as soon as possible if you'd like to attend.

President: The Mayor of  
Hammersmith & Fulham



February 2nd 2026

## Social Clubs Timetable

### Monday

11:00am - Digital Support  
2:00pm - Chair-Based Exercise

### Tuesday

10:15am - Art  
1:00pm- Silver Lunch monthly  
at Lillie Langtry, The  
Kennedys, The Mitre

### Wednesday

1:00pm - Wednesday Lunch,  
Silver Lunch (monthly at Lillie  
Langtry)

### Thursday

11:00am - Reading  
1:00pm - Choir  
3:00pm - Chair-Based Exercise

### Friday

11:00am - Textiles Workshop

## NHS App/PATCHS Workshop

Last week we hosted a relaxed, welcoming digital support workshop in partnership with South Fulham Primary Care Network at Rosaline Hall. Residents came along for one-to-one help to learn about the **NHS App** and how to navigate **Patchs Health**.

“I attended the workshop today and wanted to thank you for organising this. It was good to receive some information I was not aware of.”

— Workshop attendee

If you need ongoing digital support, join us at our community centre every Monday, 11:00 am – 1:00 pm at Rosaline Hall (70 Rosaline Rd, SW6 7QT) for friendly one-to-one help.

And for anyone aged 60+ with mobility issues who can't make it in person, we can arrange 1:1 at-home digital support with our volunteers, just ask!



## Online Chair Based exercise Classes

Stay active, improve your wellbeing, and move at your own pace with our online chair-based exercise classes, designed to be gentle, safe, and accessible for all abilities.

These sessions are a great way to keep moving from the comfort of your own home, while also enjoying the social connection of exercising together online. **They also take place at Rosaline Hall at the same time.**

### Why join?

- Gentle exercises suitable for all mobility levels
- Join from home via Zoom
- Friendly, supportive environment
- A chance to stay connected and active

If you're looking for a simple and enjoyable way to stay moving, these classes are a great place to start.

### Weekly Timings

Monday - 2:00pm - 3:00pm  
Thursday - 3:00pm - 4:00pm

Give us a call or email us to sign up!

## Need gardening support?

We currently have gardening support availability in February. Spring is expected to be busy, so please contact us soon if you'd like to secure a place.



# Thank you Waitrose!

Thanks to Waitrose, through their **Community Matters** project, we were delighted to receive a donation of £1,000. A heartfelt thank you to all Fulham residents who supported us by placing their token for us.

As always, these funds will be used to support our day-to-day operations, ensuring we can continue to provide vital practical and wellbeing support to our beneficiaries in Fulham.

Thank you, Waitrose, for your continued support!



## Volunteer Corner

FGN offers online Mobile Handling and Ladder Safety Training, contact Steve or Barney for access.

If you are concerned about a beneficiary, please call 020 7385 8850 or if you are unable to reach a staff member call LBHF Adult Social Care on 0800 145 6095 (8.45 to 5pm, Monday to Friday). Outside office hours contact 020 8748 8588. email [safeguardingadults@lbhf.gov.uk](mailto:safeguardingadults@lbhf.gov.uk) to raise a safeguarding alert by completing and sending in this form.

[H&F safeguarding adults at risk concern form](#)  
In an emergency please call 999.



## Services

### Gardening

Free support with garden clearance, lawn care, hedge trimming, and pruning. Eligibility criteria:

- Are unable to manage their garden, balcony or outdoor space due to age or disability
- Have no one else available to assist
- Cannot afford a private gardening service
- To ensure fairness, there is a 12-month gap between visits.

### Minor Home Repairs

Free support with small tasks like putting up shelves, fixing fittings, replacing bulbs, etc.

### Befriending

Regular befriending through weekly phone calls or in-person home visits from a trusted volunteer.

### Good Neighbour Scheme

Support with domestic tasks, medication delivery, access to the community, assistance with correspondence, shopping, etc.

### Digital Support

Friendly 1:1 support with learning about using computers and smart phones.

### 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](https://twitter.com/fulgdneighbours)  
📷 [fulhamgoodneighbours](https://www.instagram.com/fulhamgoodneighbours/)  
👤 [Fulham Good Neighbours](https://www.facebook.com/FulhamGoodNeighbours)  
👤 [Fulham Good Neighbours Service](https://www.linkedin.com/company/fulham-good-neighbours-service/)

# Supporters Scheme Form by Standing Order

## Your details

TITLE

FIRST NAME

LAST NAME

ADDRESS

REGISTERED CHARITY

POST CODE

EMAIL

TELEPHONE NUMBER

1113752

## To the Bank Manager

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK

## Standing order mandate

POST CODE

ACCOUNT NAME

ACCOUNT NUMBER

SORT CODE

PLEASE RETURN THIS  
COMPLETED FORM TO:

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

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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