

JANUARY NEWSLETTER 2026

New Year, New You - Get Moving and Make Connections at Our Social Clubs!

Monday

11:00am – Digital Support: one-on-one help with smartphones, tablets, and computers.

2:00pm – Chair-Based Exercise: Gentle mainly seated workouts designed to improve mobility, flexibility, and wellbeing.

Tuesday

10:15am – Art: Relax and get creative in this friendly group; materials provided.

Wednesday

1:00pm – Wednesday Lunch: Enjoy a simple meal and company; members regularly enjoy talks, workshops, and play games.

Thursday

11:00am – Reading Group: Share stories and lively discussion in this relaxed and thoughtful group.

1:00pm – Choir (term time): Lift your spirits and your voice with tunes from the 60s and 70s.

3:00pm – Chair-Based Exercise: A second weekly session to keep you moving and feeling great.

Friday

11:00am – Textiles Workshop (term time): Try your hand at sewing, or crafting in this creative and sociable session.

Contact staff on 020 73850 8850 to join.

President: The Mayor of
Hammersmith & Fulham



January 2nd 2026

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. **Criteria above apply.**

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.

Digital Support

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

NHS App/PATCHS Workshop

In partnership with **South Fulham PCN**, we will be hosting a workshop so beneficiaries can learn to use the **NHS App/PATCHS**.

There will be a small group of trained volunteers/professionals on the day to support you with any query regarding both platforms.

Booking is not required and you can simply drop in on the day. **There will be tea and cakes to enjoy.** Find more details below!

- When: Monday 26th January 2026
- Where: Rosaline Hall (70 Rosaline Rd, SW6 7QT)
- Time: 11:00am - 1:00pm
- Entry: Free



Christmas Gift Deliveries!

A huge thank you to **Chelsea FC Foundation**, who supported Fulham Good Neighbours via their Christmas Campaign 2025.

Chelsea Football fans generously donated items from a carefully curated list that we provided to them. These included hats, gloves, scarves, socks and other warm clothes, hot water bottles, puzzle books and games.

These thoughtful presents were beautiful wrapped by the Foundation and delivered to Rosaline Hall.

We were pleased to see happy smiles as the gifts were delivered. These were mainly given to our beneficiaries who access services outreach, rather than at Rosaline Hall.

We were also grateful to the Chelsea FC Foundation for hosting 10 Chelsea fans from Fulham Good Neighbours for their Community Christmas Lunch. This was a great opportunity to enjoy the club's hospitality and a fantastic time was had by all.



Christmas Fair 2025

A big thank you to everyone who attended our Christmas Fair in December, and to our talented Art Group members whose beautiful handmade items were sold to raise vital funds in support of Fulham Good Neighbours.

Special thanks to Roopa S Basu, our Art Club facilitator, for bringing everything together and to the Textile Club for decorating the hall with their wonderful wreaths.



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 raise a safeguarding alert by completing and sending in this form.

[H&F safeguarding adults at risk concern form 58.68KB](#)). In an emergency please call 999.



Christmas Festivities at FGN!

A series of Christmas festivities took place at Fulham Good Neighbours, including **Afternoon Tea at The Hurlingham Club**, a **Wednesday Lunch Club Christmas Lunch, Karaoke and Bingo at Rosaline Hall**, and festive lunches across our Silver Lunches sessions. Thank you to Nicky Sansom and Simone George for making it possible.

The atmosphere throughout the season was truly festive. We were delighted with the wonderful turnout at each and every event, making this a memorable and heart-warming Christmas period at Fulham Good Neighbours.



Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 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
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS		
<input type="text"/>		
POST CODE	EMAIL	TELEPHONE NUMBER
<input type="text"/>	<input type="text"/>	<input type="text"/>

REGISTERED CHARITY

1113752

PLEASE RETURN THIS
COMPLETED FORM TO:

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

To the Bank Manager

Standing order mandate

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK

POST CODE

ACCOUNT NAME

ACCOUNT NUMBER

SORT CODE

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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