

JULY NEWSLETTER

Announcement for Chair-Based Exercise attendees!

Starting July, there will no longer be a 2:00pm Chair-Based Exercise class on Thursdays both online and in-person.

See the **NEW TIMINGS** below:

Monday - 2:00pm Online and In-Person

Thursday - 3:00pm Online and In-Person

EastBourne Trip

The trip to EastBourne has been fully booked, beneficiaries on the waiting list will be contacted in case there are any drop-outs by Ruth George.

Welcome to our new CEO Flora Taylor!

Following Jamie Hilton's departure from Fulham Good Neighbours in May 2024, we have now welcomed our new CEO Flora Taylor. Message from CEO Flora Taylor:

'I'm delighted to be joining Fulham Good Neighbours.

Community support has been the focus of my career and, as a local resident and ex volunteer, I've seen first-hand the amazing work that Fulham Good Neighbours carries out.

It's a privilege to join this well-regarded charity and to be working with such a dedicated team of staff, trustees and volunteers.'

President: The Mayor of
Hammersmith & Fulham



July 1st 2024

Social Clubs

Mon - Digital Support

11:00am; Exercise

2:00pm; Gardening
service

Tues - Art Club

11:00am; Choir 2:00pm

Gardening service; Silver
Lunch Club (monthly at
St Peter Church Hall,
Lillie Langtry, Kennedys,
& 8 Bells)

Wed - Lunch Club

1:00pm; Online Art Club

3:00pm; Gardening
service; Decorating &
DIY service

Thurs - Reading Club

11:00am; Exercise

3:00pm; Decorating & DIY
service

Fri - Craft Club 11:00am;

Decorating & DIY service

Sun - Afternoon Tea 21st
July



PARSONS

GREEN

FAIR

**6th
JULY
2024**
11.00-5.30

SPONSORED BY



MARSTON
ESTD 1895 PROPERTIES

SUPPORTING



Fulham
Good Neighbours

FREE ADMISSION

@FulGdNeighbours
#ParsonsGreenFair

Fulham Good Neighbours support older & disabled neighbours in their home & garden, in the community, and with digital support. Let us know if we can support, or if you would like to volunteer!

**We don't charge
for our services.**

020 7385 8850



Fulham
Good Neighbours



**FULHAM GOOD
NEIGHBOURS
SINCE 1895**

For 129 years Marstons has been cherishing the fabric of Fulham, providing characterful spaces in which to live and work in SW6. Our green environment is important to us too, visit the Tiny Forest on Eel Brook Common.
www.tinyforest.earth-watch.org.uk

MARSTON
PROPERTIES



Riverstone

JOHN D WOOD & CO.

Handelsbanken

Volunteers needed for PGF!

Less than a week left before our annual Parsons Green Fair celebration on the 6th of July from 11:00 am - 5:30 pm!

Do not miss out on over 100 stalls, local performers, attractions, and terrific food, with proceeds benefitting Fulham Good Neighbours' work.

We need Marshall/Event Steward

Volunteers to support the running of the Fair, you can choose between the following shifts: 7:00-11:00, 1:45-14:45, or 14:30-18:30. We will need volunteers to support with:

- general directions
- lost property
- directions
- litter picking.

Contact us if you can help at
info@fulhamgoodneighbours.org / 020 7385 8850

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 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.**



Artists' Corner

Time - our most treasured possession
Use it well as we travel along the way
Making use of every long day
We are so lucky to have many things
To occupy our living in strict succession.

Follow your dreams in what you can do
Do it now or possibly never again
Take that exotic holiday or read many books
And do not worry about all the strange looks
When you are doing all that you want to do

We must always be true to ourself
Apologies for the semi plagiarism there
We have so much to offer and to do
Live a full life and enjoy it too
And say this- I will have been there!

Poetry by Jill Weston - Time our most treasured possession

If you would like to have your poetry, painting, or any art piece featured in the next newsletter, please get in touch with staff.

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

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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