



NEWSLETTER

@FulhamGoodNeighbours

@FulGdNeighbours

June 1st 2021

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

President: The Mayor of Hammersmith and Fulham

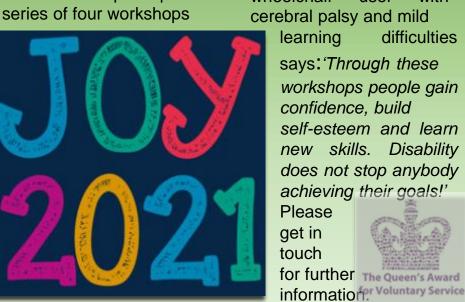
Welcome to our June newsletter

last month has seen the return of our birthday card project, led by Jill Weston, volunteer extraordinaire, and DIY various projects completed by Steve Fay, our Decorating lead. Plans too are unfolding to welcome back our Art group in staggered attendance this followed month. by our Reading group in July. Flora and Avril will be in touch respectively. Our Online offering will continue as usual throughout June.

Coop Local Community Fund continue to support our work. This year they have already £3,322 raised for our Good Neighbour Scheme. continue Coop will to generate publicity for FGN and to raise funds until Funding November. is allocated between three local charities with Coop members selecting their chosen charity. Funds are accorded based on each charity's proportion of the votes (continued page 2)

	<u>une classes</u> د projects	Art work provided	
Mon	Exercise at 3 pm	by Mennatallah Khoder	
Tues	<i>Art</i> at 11 am; <i>Gardening</i>	Throad	
Wed	Art at 3 pm		
Thurs	<i>Exercise</i> at 2 pm & <i>Reading</i> (via telep		am; and Food to the Door

Joy, the Disability Arts Fair – In May's newsletter announced we exciting FGN's partnership with E-Unique to create and perform a piece of music for Joy. We are looking for those from the FGN community who would like to participate in a series of four workshops



guided by а musical professional. Workshops will take place in Fulham (venue TBC) ahead of Joy, which takes place in September. No prior music experience is required. E-Unique's founder. Eugenia, а wheelchair user with cerebral palsy and mild

> difficulties learning says:'Through these workshops people gain confidence, build self-esteem and learn new skills. Disability does not stop anybody achieving their goals!' Please

> get in touch for further The Queen's Award





<u>Solar panels at</u> <u>Rosaline Hall –</u>

We have recently received funding from the London Community Energy Fund to enter phase one of this project. Sustainquality, our brilliantly partners, have supported us in developing planning applications and build costs thus far.

We will soon launch a crowd funding appeal to support us raise capital costs. Depending on our success LBHF may match fund up to 50% through the Community Infrastructure Levy (CIL). In order to secure funds via CIL, LBHF need to see community commitment – a donation of £2 can do this if supported widely enough.

The Masbro Centre recently ran a similar project and have generated enough green energy to almost wipe out their energy bill entirely within the year! This project has the potential to represent huge savings for FGN over the long

term, ensuring a

sustainable future for Rosaline Hall and contributing to LBHF



ambitions of net zero carbon emissions by 2030.



<u>The Parsons</u> <u>Green Sports</u> <u>Club</u> -

Our staff team and Robert Fryer, Chair of Trustees, kindly hosted were by **Parsons Green Sports** Club last week. They have a tremendous facility and catering, and we would be very keen to take the partnership forward. If you are interested in bowls, croquet or squash please do get in touch. We have spoken of potential clubs and fundraisers, which are dependent on enthusiasm from the community. These opportunities are open to beneficiaries and volunteers alike.

(Continued from page 1...) – you can select FGN as a cause by visiting our page here and

becoming a Coop member.

င်ပ

La Pizzica on

Fulham Road will generously be donating 50 pence of every Margarita sold to FGN. Huge thanks to Gorby, Gianluca and the team. You can see their great menu of Italian cuisine **here**



Start up for seniors – if you are over 50 with a business idea, this is the opportunity for you. Please see <u>here</u> for more details on the fully funded, 8 week course.

Volunteer Corner –

If you have not yet been inducted, please get in touch so that we can ensure a convenient future date. Please see our Volunteer Handbook <u>here</u> and our Safeguarding policy <u>here</u>. Please check the website for our latest guidance or contact us with any queries. If you are concerned for a beneficiary, please call Jamie, our Director, on 07907 990 841. 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, <u>please</u> call 999.



Adopt a Garden

- Our Adopt a Garden project naturally assume that because in partnership with Nubian Life you continues to offer a range of *freedoms*. volunteering immediately training and Please opportunities. click Humans are naturally habitual here for the latest training and routine bound, any change opportunities from Nubian tends to take significant time and



Josiah energy, l ife's **Braithwaite** Community Garden. We are also

very proud to share Nubian Life's recently launched video here From the Mind and Soul Foundation

"Many of us will be looking forward to the summer with great expectation. Having experienced many SO 14 challenges over the last the thought months. 01 holidays or socialising with larger seem We also need to be aware of

Contact us

 \bowtie

()

info@fulhamgoodneighbours.org

www.fulhamgoodneighbours.org

Rosaline Hall, 70 Rosaline Road SW67QT

Registered Charity Nr: 1113752

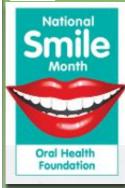
Don't berate yourself with what others may be doing, equally know that a little discomfort is often a pathwav to growth."

Rev Will Van Der Hart is Associate Vicar of St **Dionis Parsons Green** in Fulham and a Co-Director of Mind and **Soul Foundation**



National Month – is this month. For one to one oral health advice you

can call Alison Fraser. Oral Health Promoter, on 07917 000 525. She has also kindly shared a link resources to here.





DANCEWEST.

to changes at the same pace or

with the same flexibility, and that

is no value statement on us, just

You may find yourself conflicted

between a sense of excitement

and a feeling of caution or even

anxiety. The key here is not to

vou

even

changes. My best advise is to

take you time and flex your wings

at a pace and level that you are

exercise

embrace

the

our different

greater

them.

positive

to

ought

reflection on

temperaments.

can

comfortable with.

а

NATIONAL CARERS W Free, live dance classes for adults with dementia and their carers

To celebrate National Carers Week. DanceWest is holding two free classes for adults with dementia and their carers! Join us for a yoga or dance class, the perfect way to stay fit whilst having fun. Classes will take place live at Bishop Creighton House, Hammersmith



PROGRAMME DATES AND TIMES Seated Yoga with Hanna Tuesday 8th June 11.00-12.00

Seated Dance with Maria Thursday 10th June 11.00-12.00

HOW TO SIGN UP Free to join

Email projects@dancewest.co.uk or call 07494513079

020 7385 8850

Supporters Scheme Form by Standing Order

Please return this completed form to: Fulham Good Neighbours Rosaline Hall, 70 Rosaline Road, London, SW6 7QT



Registered Charity Number 1113752

our details					
Title First Name			Sumame		
Address					
	Postcode				
Telephone number	Email	Email			
Your gift To the Manager	Standing	g Order ma	andate		
Name of your bank			Bank /Building Society		
Address of your bank					
			Postcode		
Account No	count No Sort Code				
Account name					
		erence: SUF ngs Hill Ave 1E19 4JQ	st payment on PPORTERS SCH nue, Kings Hill,		
Signature		Date			
Please increase the I understand at least equal to the	ion of on money donated to UP value of your donation by 2 that I must pay an amount amount of tax that all the cl year. I understand that othe	5% by com of Income T harities and	pleting this Gift A ax and/or Capita CASCs I donate	id Declaration. I Gains Tax in the tax year, to, will reclaim on	