



Fulham  
Good Neighbours

June

# NEWSLETTER



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

President: The Mayor of Hammersmith and Fulham

June 6<sup>th</sup> 2022



Parsons Green Fair, 2<sup>nd</sup> July 2022

## Welcome to our June newsletter –

a little later this month due to staff leave and the Jubilee. Yesterday, 41 FGN friends celebrated 70 years of HRH at The Rylston Pub with a 3-course lunch, hosted by Ruth George.

Entertainment was provided by Rah Rah Theatre. Ruth said:

*“Food was fantastic, entertainment awesome. It was a wonderful afternoon, thoroughly enjoyed by all”.*

Photos to follow.

## Landlord of the Rylston –

Jonathan, has been very generous in his support to FGN and The Smile Brigade this year. He hosts our new Silver Club, while also having raised a fantastic £1,225 for FGN's projects.



Silver Club visit to the Rylston

Mon Online Exercise at 3 pm;  
Gardening

Tues Art at 11 am; Gardening,  
Silver Club (monthly at  
White Horse, Kennedys &  
The Rylston)

Wed Lunch Club at 1 pm; Online  
Art at 3 pm; Decorating  
& DIY; Gardening

Thurs Reading at 11 am; Online Exercise at 2 pm & 3 pm;  
Decorating & DIY

Fri Craft Club at 11 am; Decorating & DIY

Sun Please note there will be no Sunday Afternoon Tea in  
June

please await invite due to C19 situation, but please do enquire if you have not attended a club before.

1,000 miles  
celebrating 55  
years – Jonathan was one of 10 riders that raised (continued p2)

## Parsons Green Fair –

returns on Saturday July 2<sup>nd</sup>! It's an excellent opportunity to meet neighbours, sample wide ranging cuisine and be wowed by performances and

attractions. 100+ stalls cover all tastes from kaftans to organic dog food and antiques.

Please be in touch to volunteer, or if you live in SW6 and would be able to display an estate agent board advertising the event.

You can read more at



[parsonsgreenfair.org](http://parsonsgreenfair.org)



# Continued from

**p1** - £5,892, smashing the £5k target! Thank you to all the generous donors who enabled this. For those still keen to contribute you can do so at: [www.justgiving.com/campaign/1000milesfor55years](http://www.justgiving.com/campaign/1000milesfor55years) or via cheque, cash or bank transfer.

We needed last minute replacements for three fundraisers who were unfortunately injured during training sessions. Up stepped **Simon Maskell** at the 11<sup>th</sup> hour when it looked like we were down to 9 riders! Simon leads our **Chair Based Exercise project** 3x weekly, mitigating against slips, trips and falls and promoting wellbeing via physical activity. He does this from Rosaline Hall and simultaneously online! Thankfully, the full cohort of riders made it around the course successfully and healthily.



Our lead Gardener Barney (left), was another team member. Our partner Assael Architects provided four



team members too (above). Below, FGN Fundraisers/riders at the finish line!



**Health & wellbeing series** Simon will soon be launching a series of talks,

discussing preventative and rehabilitative approaches to health. Dates are TBC but are likely to be monthly on Monday evenings from mid-July at Rosaline Hall and online. The first topic will concern osteoporosis. More information to follow.

## Mayor's Reception

10 of our most active volunteers represented FGN at Mayor PJ Murphy's celebration of 'outstanding work' at the Grand Hall on 21<sup>st</sup> April. The Mayor's invite was to '*personally thank volunteers*

for their hard work and to celebrate their immeasurable impact' during the pandemic.



Above, our volunteers, Jill and Tom at the event. If you have ever received an FGN birthday card it's from Jill! Tom runs our **Friday morning Craft Club**.

## Thomas' school visit Craft Club

this was part of an intergenerational project in which a card was sent to the Queen for the Jubilee. We hope to have the school visit again soon. Thanks to Tom for all the work that he did to make the session such a success.

## The Hurlingham Club

– huge thanks for another brilliant visit for our members. They enjoyed a presentation, tour of the grounds and a terrific afternoon tea. Big thanks also to our trustees Nicky and Kate, and staff Ruth and Lucia for making it such a successful trip.



## Volunteer Corner –

Please see our Volunteer Handbook [here](#) and our Safeguarding policy [here](#). Please check the website for our latest guidance or contact us with any queries. 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.

## Lucia on Adopt a Garden

*Do you know a Fulham resident aged 75+ who would enjoy a visit and chat from a volunteer as well as a bit of help tidying and maintaining a small/paved*



*garden? Our Adopt a Garden volunteers are here for a friendly chat and help with weeding, planting and tidying up. For more details, please check out our video [here](#).*

## Activity for those with dementia and their carers

- one of our members kindly shared a video to a concert from [Songhaven](#), which you can view [here](#)



Songhaven provide concerts for those with dementia, their partners and carers. The performance features Ben Thapa (tenor), Kieran Rayner (baritone), and Lana Bode (pianist). The video and in person events are provided free.

## Dance for Dementia

- DanceWest are running a five-week block of Dance classes for people living with Dementia and their carers starting on 7th June. They tell us:

*Move to the music in a Lyrical and Contemporary dance class for adults living with Dementia, and their carers, led by DanceWest. Build confidence by learning exercises and fun routines that increase your strength and balance.*



Dance West also shared the following research findings:

*“Dance intervention is an excellent form of physical activity and a non-pharmacological method to provide effective prevention, management, and treatment for dementia patients.”* (Physical Activity and Health [PAAH] Journal, 2021)

*“Regular dancing reduces the risk of dementia by 76%, twice as much as reading”* (New England Journal of Medicine, 2018)

Classes are free and you can read more [here](#), and you can book [here](#).

## Joy Festival 2022

- Is a celebration of local disabled artists. Awa, Assistant Producer tells us more

*I'm excited to say that JOY 2022 is now on sale. We have 4 nights of exciting work at the Lyric Hammersmith – you can book [here](#). We also have a free day of art activities for the whole community on the Lyric Square on the 18th June, a visual art event by This New Ground and a panel event for JOY artists.*



## The Cost of Living Hub

- with energy price hikes, and National Insurance increases, a recent online hub has been launched to support those struggling financially [london.gov.uk/cost-living-hub](https://london.gov.uk/cost-living-hub).

# 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

## Your details

Title	First Name	Surname
Address		
		Postcode
Telephone number	Email	

## Your gift

## Standing Order mandate

To the Manager

Name of your bank *Bank / Building Society*

Address of your bank

Postcode

Account No  Sort Code

Account name

I would like to set up a standing order for  £5  Other  £

To be paid  Monthly  starting with the first payment on  /  /

and thereafter until further notice. Please quote reference: SUPPORTERS SCHEME

Please pay the above amount to: CAF Bank, 25 Kings Hill Avenue, Kings Hill,

West Malling, ME19 4JQ

Account No: 00014669

Sort Code: 40-52-40

Signature  Date

## Gift Aid Declaration

Gift Aid is 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.

*giftaid it*

**Thank you** Fulham Good Neighbours does not share your details with any third parties