

JUNE NEWSLETTER

Digital Support Club at Rosaline Hall!

We can provide you support with getting the most out of your laptop, phone, or tablet by coming to our **FREE** digital support sessions at Rosaline Hall starting on Monday the 5th of June between 11:00am – 1:00pm. (70 Rosaline Rd, SW6 7QT). You are free to come along for a single session or weekly. You are welcome to bring your own device if you wish to do so, or can use one of the laptop devices provided by Fulham Good Neighbours. Our digital support sessions will be facilitated by a small team of friendly volunteers and staff.



Coronation Lunch at Rylston's!

Thank you to Fulham Broadway BID for generously funding a terrific Silver Lunch at the Rylston Pub for 67 beneficiaries, staff, and volunteers to celebrate the coronation of King Charles on the 2nd of May. Incredible debut performances by FGN Choir, coached by Andrin Hagg and the Rhythm Studio students, brilliantly accompanied the tremendous three-course meal. A big thank you to SW Londoner for providing coverage of the event, read more about it [here](#).



Thank you to Ruth, our Social Clubs Co-ordinator, for facilitating our Silver Lunches and bringing a big smile to our beneficiaries' faces!

THE RHYTHM STUDIO
ACADEMY OF MUSIC

**FULHAM
BROADWAY**
★ BUSINESS IMPROVEMENT DISTRICT ★

President: The Mayor of
Hammersmith & Fulham



June 1st 2023

Mon - Digital Support
11:00am; Exercise
2:00pm; Choir 3:30pm;
Gardening service

Tues - Art Club
11:00am; Gardening
service; Silver Lunch
Club (monthly at White
Horse, Kennedys & the
Rylston)

Wed - Lunch Club
1:00pm; Online Art Club
3:00pm; Gardening
service; Decorating &
DIY service

Thurs - Reading Club
11:00am; Exercise
2:00pm and 3:00pm;
Decorating & DIY service

Fri - Craft Club 11:00am;
Decorating & DIY service

Sun - Afternoon Tea on
the 4th & 18th at 3:00pm

Digital Inclusion

Read about Arseniy's experience as a volunteer for Fulham Good Neighbours.

"I wanted to use my skills to help the elderly...my responsibilities ended up broader than I expected: some of the requests from the beneficiaries are exactly what you'd imagine...but some may feel like an interesting puzzle. For example, I recently got to draw, cut out and put little square stickers with the letters of beneficiary's native alphabet to their keyboard, so they can type in their first language...it is truly rewarding to see how technology that otherwise could be inaccessible to some people improves their everyday life. It's been a remarkable experience so far".

To find out more about becoming a digital inclusion volunteer contact Rubab at rubabbutt@fulhamgoodneighbours.org.

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.**



Dementia-Friendly Tennis

This is an outdoor short tennis session for the elderly at Bishops Park Tennis Club on Monday 5th of June at 2:00pm. (Bishops Avenue, Fulham, Fulham, London, SW6 6DZ). Those with Dementia are warmly welcomed but this class is open to all.

If you are interested, contact Katharine Maurici at 020 7386 3400.



Gardening

Spring is upon us and we need Gardening Volunteers more than ever!

Becoming a Gardening Volunteer is a great way to enjoy the sunny outdoors, learn new skills, meet new people, and share our aim to increase participation in horticultural activities in the community. Tasks are varied and to all levels from digging to planting to watering. You'll be welcomed into a friendly and supportive space. To find out more contact Barney at barneyvalentine@fulhamgoodneighbours.org.

Befriending

As the temperature rises, so do people's desire to get outside! We have had an influx of beneficiaries express interest in having a befriender to go on short walks or to sit outside of a coffee shop and chat. If you can spare an hour a week to spend time with one of our beneficiaries, please do email Grace at gracefabean@fulhamgoodneighbours.org.

PARSONS

GREEN

FAIR

1st
JULY
2023
11.30-5.30

SPONSORED BY



MARSTON
PROPERTIES

SUPPORTING



Fulham
Good Neighbours

FREE ADMISSION

@FulGdNeighbours
@Marstons1895
#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 SINCE 1895

Established in 1895 Marstons have been cherishing the fabric of Fulham ever since, providing characterful spaces to live and work in SW6. We also care about our environment, visit the Tiny Forest on Eel Brook Common, Eelbrook Common Hammersmith & Fulham (earthwatch.org.uk) sponsored by Marstons.

MARSTON
PROPERTIES



LEWIS & CO

JOHN D WOOD & CO.

Handelsbanken

Volunteers' Week

VOLUNTEER FAIR



Tuesday 6th June 1pm - 4pm

Meet new people, get training, skills
and experience, get a reference!



Volunteer Centre
Hammersmith & Fulham

Meet groups such as:

Barons Court Project
Blind Veterans UK
Bishop Creighton House
Carer's Network H&F
Citizens Advice H&F
Fulham Good Neighbours
Healthwatch H&F
Home-Start
Shaw Trust
Cancer Research UK

Join us at

Fulham Good Neighbours
Rosaline Hall
70 Rosaline Road
London SW6 7QT

CONTACT US



020 7385 8850



info@fulhamgoodneighbours.org



www.fulhamgoodneighbours.org



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