

## NEWSLETTER



@FulhamGoodNeighbours

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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

March 1st 2021

### Welcome to our March newsletter

And the first green shoots of Daffodils flowering. Spring! leaping, lambs lockdown easing... Coupled with the vaccine rollout hopefully there is finally some light now on the horizon.

The government's staggered approach sees schools reopen on the 8th; the return of the 'rule of six' from the 29th, announcement and that community centres, such as Rosaline Hall, might be able to open as early as April 12th.

Please see our **April** newsletter for detail on any changes to our services.

#### Coming soon...

So to meet local need for short term mobility aid hire, we will soon be partnering



the with **British** Red Cross on a new Mobility Aids project. More news follow to shortly.



### March classes & projects

Exercise at 3 pm Mon

Tues Art at 11 am; Gardening

Wed Art at 3 pm

Thurs

Art work provided by Yvonne Burke and Exercise at 2 pm & 3 pm;

Reading (via telephone) at 11 am; and Food to the Door





Savitri Srivastava

#### **Anniversaries**

Last month also saw valued staff members reach milestones of our own.

Congratulations to Monique and Ruth for three vears and 29 of service vears respectively. Thanks to both for the dedication **Fulham** our neighbours over combined 32 years!

#### Card payments over the phone

Thanks to Jac's efforts we are now set up so accept phone to payment. This will be of particular value for repayment of shopping bills.

#### Online in 2021!

For those that do not internet have or computers, please get in touch so that we can discuss your needs.

#### Latest project

updates - please click the following links to learn of the latest updates:

Food Door. the Decorating & DIY and Gardening

Befriending, Good Neighbour Scheme, Social Clubs and Parsons

**Green Fair** 

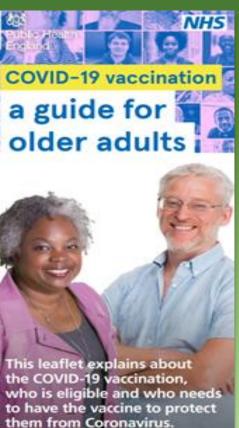
**Digital** Inclusion, **Online Art** and **Online Exercise** 





### Vaccination guide

**England** Health Public have put together a useful all thinas quide on vaccination related. You quide the access available for here. It is download various in languages.



#### Still unsure?

Get in touch – we have good relationships with H&F council and can arrange for a panel of medical experts to join us for an online Q&A session subject to interest.

# Gardening opportunities

As part of our Adopt a Garden project in partnership with Nubian Life we have various opportunity for you to learn and meet other budding horticulturalists through the

Together' 'Growing 'Herbal and Remedies' online series. You can visit Life Nubian website here learn more about the sessions and their Braithwaite Josiah Community Garden.



Corner - Please

Volunteer see our. Handbook here and our Safeguarding policy here. Please always 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, please call 999.



## Covid-19 Vaccine Transportation

If you are aged 50+ and would like Age UK to arrange free taxi transport to and from your Covid-19 Vaccination appointment within Kensington and Chelsea, Hammersmith and Fulham, Westminister, Hillingdon, Harrow and Brent area, then please get in touch:

ashallon@aukc.org.uk

or please call on: 07947 188 221

and ask for Amy Shallon.

YOU ARE INVITED TO THE

VOLUNTEER
INDUCTION AND SAFEGURADING
TRAINING

11AM -1PM

**SATURDAY 6th March 2021** 

ONLINE SESSION ON ZOOM





Please RSVP whether you can make it by emailing

info@fulhamgoodneighbours.org or calling us at 020 7385 8850



## St Mary's University

Fulham

resident

and

trainee Nutritionist Jane Cramb seeks support for research project: her Could your DNA tell you exactly what to eat? And would you want it to? YOUR answers to an anonymous online questionnaire could help nutritional shape *lf* you're innovations. aged 65 and over. researchers at St Mary's University in Twickenham need your opinions on diet and health, and how personalised nutrition you. To might benefit have your say, please

click this poster below...

#### The Census...

...is coming.

Volunteer Sophia works Rawlings, for Census. She fills us in below: By taking part, you can help to inform decisions for Fulham, on matters such as schools. doctors' surgeries, bike lanes etc.

The information you share affects the life of every single person living in England and Wales.

Census Day is Sunday 21 March. You can fill yours in online as soon as you get your access code in the post. If your household circumstances change on Census Day, you can let The Office for National Statistics (ONS) know.

Your information is protected by law.

For further information or if you need help, you can visit <u>www.census.gov.uk.</u>



#### The Virus

Please find the latest government guidance, as well as details on the 'road map' to the easing of restrictions, **here** 

**Dance Again'** by Turtle Key Arts and Amici **Dance Theatre Company** – a disabled and non-disabled dance group. The idea is for different areas of community to create dance, which would be recorded and bought together online. Please be in touch if you would like to learn more. The project can delivered on doorsteps

or public spaces and would be developed in line with C-19 guidance and restrictions.

## How do you feel about science and YOUR health?

If you are over 65, researchers at St Mary's University want to hear your views on food and lifestyle, and how nutritional innovations could impact your health.

To find out more, <u>click this link:</u> <u>bit.ly/39gu1Wa</u>
Or email, Jane Cramb at <u>183038@live.stmarys.ac.uk</u>









info@fulhamgoodneighbours.org



www.fulhamgoodneighbours.org



020 7385 8850

Rosaline Hall, 70 Rosaline Road SW6 7QT

Registered Charity Nr: 1113752



## 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

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