

# MARCH NEWSLETTER

The community centre will be closed on Wednesday the 13th of March due to staff training.

## Half-Marathon for Fulham Good Neighbours

Fulham Good Neighbours staff Rubab, Grace, and Barney will be running the Putney & Fulham Half-Marathon 2024 to generate funds for Fulham Good Neighbours. Read about each member's motivation behind undertaking this challenge:

*'Here's to pushing my limits for a cause that is very close to my heart!' - Rubab*

*'This will be my second time running to raise funds for FGN. I saw the impact your donations made last time and am excited to do it again.'* - Grace

*'Can't think of a better cause to run 21km for!' - Barney*

Any funds will be massively appreciated! Click [here](#) to donate.



## We Are Finalist for the Smiley Charity Film Awards!

A big thank you to Media Trust and Callum Lloyd James & team for helping us create our very own FGN 'Enter the Fold' Film. **Our film 'Enter the fold' has been nominated as finalist for the Smiley Charity Film Awards.** Cast your votes by clicking [here](#) and let's bring the trophy to Fulham!

**Voting ends on the 14th of March, please  
cast your votes soon!**

**President: The Mayor of  
Hammersmith & Fulham**



**March 5th 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  
2:00pm and 3:00pm;  
Decorating & DIY service

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

**Sun** - Afternoon Tea on  
3rd and 17th of March



## Wednesday Lunch Club

### 27th March at 2:00pm - Open Mic

Richard Tibbey (beneficiary) will be reading his poetry, and we are keen that anyone else that would like to perform gets the chance too. We're looking for slots of up to 15 minutes. Please be in touch if you would like to sing, dance, act, or anything else within reason. You would be welcome to join us for lunch from 1:00pm, and/or enjoy tea/coffee and cake from 3:00pm too.

### 3rd April at 2:00pm - Fraud Prevention Team

From Tom Conley from the Metropolitan Police

## Volunteer Social - Bowling!

If you are a volunteer, we are planning another social for late April... We are stepping it up a notch and will be going **BOWLING** 🎳

Please click [here](#) to tell us which dates work for you. (3 hours approximately)

## 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.**



## Social Hackathon with UCL

Last month, we welcomed aspiring innovators to join us in addressing the challenge of recruiting and retaining volunteers for our gardening services as a charitable organisation.

In collaboration with UCL, our goal was to team up and devise tailored recruitment strategies that resonate with four key demographics: students, retirees, and individuals working from home.

Their passionate contributions allowed us to craft a range of strategies and initiatives that will aid us in recruiting volunteers and expanding our gardening services to benefit more individuals in Fulham.

We extend our gratitude to UCL for their support in taking this social hackathon to the next level, including providing a generous grant of £500 towards the operational costs associated with implementing the strategies generated during the event.

Additionally, we would like to express our appreciation to **The Rylston Pub** for generously catering the event, ensuring participants were well-fed and energised throughout the day.



## Fulham Good Neighbours Clubs

As spring approaches, we would love to see more and more beneficiaries step out of their homes to enjoy social clubs and activities! See list of all our current social clubs and feel free to join.

### Digital Support (11:00 -1:00pm)

Bring your device or use one of our laptop to learn about essential IT/digital skills.

### Chair-Based Exercise (2:00 - 3:00pm)

Enjoy an age-friendly group exercises to build mobility and strength!

### Art (11:00 - 12:30pm)

Explore different art styles and forms with like-minded artists.

### Choir (2:00 - 3:00pm)

Join a lively gathering of singers each with their unique vocal flair.

### Wednesday Lunch (1:00 - 4:00pm)

Enjoy a starter, meal, and dessert with a group of friends!

### Reading Group (11:00 - 12:30pm)

Share your passion for books, novels, and stories with like-minded readers.

### Chair-Based Exercise (2:00 - 4:00pm)

Enjoy an age-friendly group exercises to build mobility and strength!

### Craft - (11:00 - 12:30pm)

Get creative with exploring new crafting techniques every week!

## Artists' Corner

### *My Shining star* by Avril Peyton

*'Like a star - you might not always  
be able to see - but it's always there*

### *Shining*

*Your smile makes angels dance*

*Life is wonderful, but it will frighten  
you sometimes*

*Jump my darling daughter - you'll  
make it*

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

### Contact us

☎ 020 7385 8850

✉ [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)

🌐 [www.fulhamgoodneighbours.org](http://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.

*giftaid it*