



# 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

May 1<sup>st</sup> 2021

## Welcome to our May newsletter –

Wishing you a happy bank holiday weekend in spite of predicted rains...

We have now started discussions as to opening Rosaline Hall. As was the case in September 2020, this will be with reduced numbers. We're still proceeding very cautiously given a slight increase to local cases in the last week. As conversations develop with staff and project facilitators we will aim to be in touch very soon with an update.

### Barney's Gardening –

Barney and volunteers, Richard and Keith, have gardened 56 gardens this last year. This is a huge achievement, particularly given C-19 restrictions. The project supports those that cannot afford to pay privately; and cannot do the work themselves or through their support network. We are mindful that there are many neighbours (continued page 2)



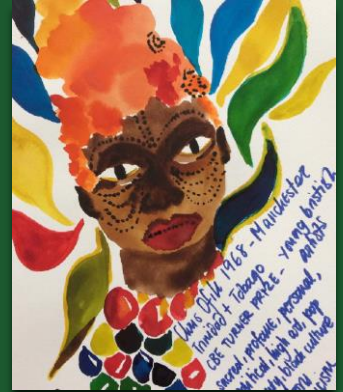
## May classes & projects

Mon *Exercise at 3 pm*

Tues *Art at 11 am;  
Gardening*

Wed *Art at 3 pm*

Thurs *Exercise at 2 pm & 3 pm;  
Reading (via telephone) at 11 am; and Food to the Door*



Art work provided by Dee Coulson

## Bill Vellutini, 1924 –

2021 - Long-time friend of Fulham Good Neighbours, Bill Vellutini, sadly passed away last month. Bill will be remembered by family and friends, inclusive of the FGN community, from here in Fulham and as far as his native Canada; many of us attended his recent funeral. Bill taught locally at Godolphin and Latymer School and will be remembered too by the colleagues and students that he inspired as an English teacher. A niece and nephew shared memories, including a quote from a student of 45 years before – 'one of the most inspirational teachers that I ever had – a kind,

considerate and caring man who encouraged creativity, individualism and daring.' Other reflections included, Bill taking nine pairs of shoes on a one week cruise to Alaska, his love of travel and cooking, and his considerable cheese-cake baking talents.





*hoping that I might be able to volunteer at the Parsons Green Fair but it looks that I will need to wait. The pandemic has certainly not stopped, and it seems that we will need to learn to live with it. I hope that we can all individually and as a society find good ways of doing just that on a daily basis.*



## Parsons Green Fair –

will regretfully be cancelled for a second year. Unfortunately outdoor events in Fulham such as this will not be able to secure the appropriate licence until October at the earliest. Many thanks to Jac Davies, Nicky Sansom and the rest of the committee for all that they have done behind the scenes. The Fair will return on Saturday July 2<sup>nd</sup> 2022.

## The Parsons Green Sports Club's Big Bowls Weekend –

Provides an opportunity for you to try a bowls session for free on the weekend of the 29<sup>th</sup> and 30<sup>th</sup> May. Click [here](#) to sign up. Just type in the club's postcode of SW6 3DP and select the day, which works best for you.



Chris, Director from 2016-20

## Chris Mikata-Pralat

update - *it has been a year since I left FGN and what a year it has been. In my last few weeks, I was busy setting up new ways of operating - running social clubs online, increasing shopping provision and telephone befriending. I then immediately took a role in my local borough - Southwark -*

*working for a local council of voluntary services, supporting our 1,000+ member charities in delivering their covid-19 services.*

*I have often thought about many people connected with FGN (sometimes about their names, sometimes about their faces or about the time we spent together.) It has been strange not being able to revisit, and I was*

*I miss the balcony of our staff office in Rosaline Hall, Charlie (Jac's dog), the social clubs we ran there and in local restaurants, and most of all you: our members, colleagues, volunteers and so I very much look forward to a reunion when this will be permitted. Stay safe and till then"*

## (Continued from page 1...)

– who do not meet this criteria but would benefit from a regular gardening service at a favourable rate. Please do get in touch if this is the case so that Barney can assess your needs. All proceeds will go back into the running of FGN.

## 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 [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 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.



## Adopt a Garden

- Our *Adopt a Garden* project in partnership with Nubian Life continues to offer a range of training and volunteering opportunities. Please click [here](#) for the latest training opportunities from Nubian



Life's Josiah Braithwaite Community Garden.

**Back on Track** – have delivered a series of C-19 sessions to our staff team here at FGN, ranging from *Managing Mood, Uncertainty and Anxiety during C-19* and *Staying Resilient*.

They provide a range of psychological therapies too, free of charge. These include Online Cognitive Behavioural Therapy Programmes; working through modules online at your own pace, supported by your therapist throughout. Therapeutic groups; weekly sessions with the

same group to learn techniques such as Building Self-Esteem, Stress Control and Mindfulness! Individual treatments; via telephone, online and in person.

For more information about Back on Track or if you would like to refer yourself call: 0300 123 1156 or complete an online referral form at:

[www.backontrack.nhs.uk](http://www.backontrack.nhs.uk)

## Joy, the Disability

**Arts Fair** – FGN will be partnering 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 inter-generational workshops guided by a musical professional. Workshops will take place in Fulham (venue TBC) ahead of *Joy*, which takes place in September. No prior

**The Invisible Café** - Fulham Good Neighbour, Roslyn Keiza has recently launched *The Invisible Café*. This new, innovative on-line service provides information and activities for *people with disabilities that are not seen*.



music experience is required. E-Unique's founder, Eugenia, a wheelchair user with cerebral palsy and mild learning difficulties 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 information.

## Contact us

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

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

## 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.

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