

# MAY NEWSLETTER

## Fulham Palace 'Adopt a Garden' Presentation

Thanks to all who joined us at Fulham Palace to celebrate our successful 5-year 'Adopt a Garden' partnership with Nubian Life! The project promotes inter-generational connections via a community garden and garden adoption scheme. Yi Zhang of Imperial College's Environmental Policy Department presented her award-winning research on the partnership, while refreshments grown from the project's community garden were also shared. Matt Pottage, author and curator of RHS Wisley and Sian Harrington, CEO of Fulham Palace, also spoke.



## H&F Civic Honours Award 2023 Winner

Congratulations to all volunteers and staff for our H&F Civic Honours award for '*Contributions to a Safer, Stronger, Kinder Neighbourhood*'. Tom Cook, our volunteer and Craft Club lead, was there to accept the award. Jamie Hilton, Director, said: '*Congratulations to our tremendous FGN community of volunteers and staff who support our older & disabled neighbours. We've been able to grow our projects & team over the last year and to receive external validation via partnerships with Imperial College, UCL, the Healthy City Design Award, and the Urban Transitions Global Summit in Barcelona. Well done all!*'

President: The Mayor of  
Hammersmith & Fulham



May 1st 2023

**Mon** - 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 7th  
and 21st May 3:00pm





## Dementia Awareness and the launch of Memory Cafes in the Borough

Many thanks to those who engaged with our recent Dementia Awareness sessions in partnership with the Dementia Action Alliance. It was brilliant to welcome community members, partner organisations, funders and local business to discuss with experts from the NHS and Home Instead how we can all contribute to making the Borough a more *Dementia Friendly* place to live.



We are also pleased to announce the launch of *Memory Cafes*. If you or a friend/family member are directly or indirectly affected by dementia, this is the ideal place to decompress, and share your experiences. **To sign up call Peggy Coles on 07775 784 520.**

## Interview participants needed for LSE university research

LSE university are keen to talk with anyone aged 65+ with care needs, living in their own home (owned or rented). They are especially interested in participation from anyone with mobility, or mental health needs. Those interviewed will be compensated with £40. **To participate contact Nicola at [n.s.brimblecombe@lse.ac.uk](mailto:n.s.brimblecombe@lse.ac.uk) or call 07354 226 532.**



## Half-Marathon Complete!

**Congratulations to Grace and Barney on completing a half-marathon and raising a total of £1,234 for Fulham Good Neighbours.** A message: *'thank you so much for donating. We far surpassed our original goal of £500 and then our second goal of £1,000 as well. We both finished too! Please see the photo of us below. With immense gratitude, Grace and Barney.'*



## Digital Support

**We will be launching a Digital Inclusion club at Rosaline Hall from June 2023.** FGN continues to deliver digital support for those who wish to improve their digital skills. Here are the ways in which we can help:

- one-to-one support with a volunteer
- laptop loan
- internet connection
- Digital Support Club (beginning June)

Read Fatma's (DI Volunteer) story [here](#):





## Volunteer Induction



Many thanks to everyone who attended our recent Volunteer Induction, and for feeding in to updates on the volunteer handbook and volunteer experience more widely. It's been great to extend our training offer to volunteers in recent months, including: Emergency First Aid, Safeguarding, Movement is Medicine (and age-associated associated health conditions), Dementia Awareness, Peer Support Group Facilitation, Gardening workshops. We are always welcoming for any new suggestions on events/training!



## 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.**



## Health Day 2023!

Attend a **FREE Health Day** on **Wednesday the 17th of May at 10:00am - 2:00pm** at **Bishop Creighton House, 378 Lillie Rd, SW6 7PH**. Meet local organisation and healthcare professionals providing services in H&F and get:

- Advice on health & keeping active
- Mindfulness & Reflexology
- Tips on preventing falls

No booking required.



## Solar Panels at Rosaline Hall

**We are very excited to announce that FGN is now generating solar power!**

Thanks to all who contributed to our crowd fundraiser, and especially to **David Nicholson** for his exceptionally generous support in helping us get over the line! **This is anticipated to save us up to £500 in energy bills annually**, which will be reinvested in our community projects.

## New Exhibition at Fulham Palace: *Resistance*

Fulham Palace have launched their exhibition: **'The Bishop of London, colonialism and transatlantic slavery: resistance'**. The new exhibition was co-curated by Adisa, and showcases the works of participants by examining the systems of physical and spiritual resistance that ultimately led to the ending of the transatlantic traffic in enslaved people and slavery itself in the British Empire. **Call 020 7736 3233 to book a visit at Bishop's Ave, SW6 6EA.**

# 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

## CONTACT US

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