

MAY NEWSLETTER 2025

Weekly Social Club Schedule

Monday

11:00am – Digital Support: one-on-one help with smartphones, tablets, and computers.

2:00pm – Chair-Based Exercise: Gentle mainly seated workouts designed to improve mobility, flexibility, and wellbeing.

Tuesday

10:15am – Art: Relax and get creative in this friendly group — materials provided.

12:30pm/1:00pm – Silver Lunch: A sociable lunch outing at local favourites like Lillie Langtry, Fulham Fish Bar & Kebab, or Elephant & Barrel.

Wednesday

1:00pm – Wednesday Lunch: Enjoy a simple meal and company - members regularly enjoy talks, workshops, and play games.

Thursday

11:00am – Reading Group: Share stories and lively discussion in this relaxed and thoughtful group.

1:00pm – Choir: Lift your spirits and your voice with tunes from the 60s and 70s.

3:00pm – Chair-Based Exercise: A second weekly session to keep you moving and feeling great.

Friday

11:00am – Textiles Workshop: Try your hand at sewing, or crafting in this creative and sociable session.

For any enquiry contact staff on 020 73850 8850.

President: The Mayor of
Hammersmith & Fulham



May 1st 2025

Services

Gardening

Free support with lawn care, hedge trimming, and pruning. Eligibility criteria:

- Are unable to manage their garden due to age or disability
- Have no one else available to assist
- Cannot afford a private gardening service
- To ensure fairness, there must be a 12-month gap between visits.

Decorating & Minor Repairs

Free support with painting, decorating, and minor home repairs. **Rules above apply.**

Befriending

Regular befriending through weekly phone calls or in-person home visits from a trusted volunteer.

Good Neighbour Scheme

Support with medication delivery, access to the community, assistance with correspondence, shopping.

Digital Support

Friendly 1:1 support at home or community centre to help you with learning about your device.

Techy Tea Party!

We were thrilled to host the very first of four **Techy Tea Party workshops** at **Wentworth Court Communal Lounge**, part of our **Switch On Fulham** series – an initiative designed to reach more older and those with disabilities residents through friendly, one-to-one digital support.



This wouldn't have been possible without the Digital Support Grant from **H&F Giving** through the Digital Support Grant, **Good Things Foundation** through their laptops, and **Elsevier** via the facilitating volunteers to support the workshop.

Missed this one? Here are the details for the next workshop:

Where? Sands End Arts & Community Centre, Peterborough Road, Fulham, SW6 3EZ

When? Tuesday, 13th May 2025

Time? 12:00 PM – 3:00 PM

Our friendly volunteers can assist you with:

- ✓ Phone, tablet, laptop, digital enquiry
- ✓ Sending emails & texts
- ✓ Making video calls
- ✓ Online shopping & accessing services
- ✓ Booking GP & NHS appointments
- ✓ Staying safe online



No need to book—just drop in! Whether you need help with the basics or just have a quick question, we'd love to see you.

Gardening Workshop

Our Wednesday Lunch Club members came together rolling up their sleeves and getting their hands dirty to help brighten up our beloved Rosaline Hall with beautiful flower baskets.

Just like these blooms, the vibrancy of our small Fulham community continues to grow. Want to be part of it? Join our social clubs and take part in heartwarming initiatives like this one!

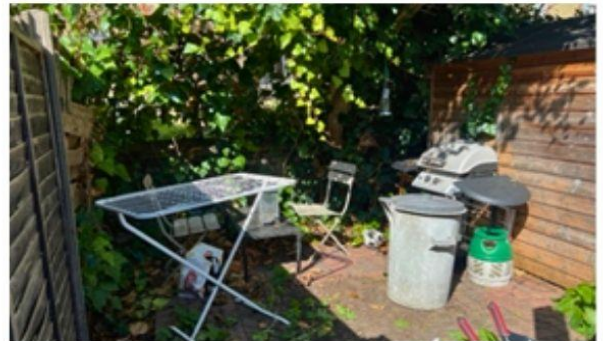


A little help goes a long way...

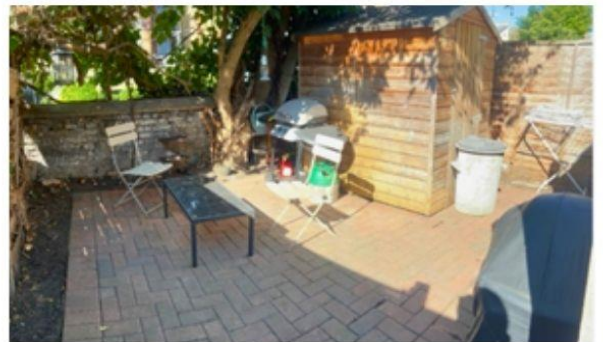
Take a look at the amazing transformation made possible by our **Gardening Service!** Read what a beneficiary had to say:

"I couldn't manage the garden on my own anymore, but thanks to this wonderful service, it's back to looking it's best, and I feel so grateful." **Know someone who could benefit? Get in touch!**

Before



After



Volunteer Corner

FGN offers online Mobile Handling and Ladder Safety Training, contact Steve or Barney for access.

If you are concerned about a beneficiary, please call 020 7385 8850 or if you are unable to reach a staff member call LBHF Adult Social Care on 0800 145 6095 (8.45 to 5pm, Monday to Friday). Outside office hours contact 020 8748 8588, email safeguardingadults@lbhf.gov.uk or

raise a safeguarding alert by completing and sending in this form.

[H&F safeguarding adults at risk concern form \(DOCX, 58.68KB\)](#). In an emergency please call 999.



Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 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.

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