



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

November 1st 2021

Welcome to our November newsletter – the month of the UN Climate Change Conference! Fulham Good Neighbours proudly launches our campaign too to raise funds for solar power at Rosaline Hall.

The installation of solar panels will reduce our carbon footprint into the future, offering projected savings of £11,429. These savings will be reinvested into our projects.

LBHF will match all funds that we raise via our page [here](#). The page details exactly how money will be spent, benefits to FGN and projected savings involved. This project goes alongside



November

Mon Exercise at 3 pm; Gardening

Tues Art at 11 am; Gardening

Wed Lunch Club at 1 pm; Art at 3 pm; Decorating & DIY; Gardening

Thurs Reading at 11 am; Exercise at 2 pm & 3 pm; Decorating & DIY; Food to the Door

Fri Craft Club at 10 am; Decorating & DIY

Sun Sunday Afternoon Tea on alternate Sundays



our recent talks by Emily Tulloh, Climate Emergency Lead at LBHF. Other plans to promote more sustainable working practices include on-site composting for our Gardening projects (– thanks Barney!) and bicycle

As you may know our Gardening and Decorating & DIY projects have made use of our electric van since 2018.

Any comments, donations, and 'likes' to our page are very much appreciated!

deliveries for our Food to the Door project.



Solar energy for Fulham Good Neighbours!

By Fulham Good Neighbours

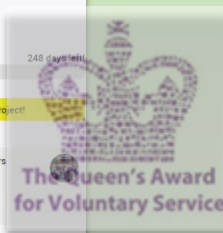
5 backers
£5,152 pledged of £21,586
23%

Back this project!

Fulham Good Neighbours

About me
Fulham Good Neighbours
£3.7k in a donation
with my project

Solar panels at Rosaline Hall will reduce our carbon footprint, promote sustainable energy use into the future and enable us to reinvest energy bill savings in to our community projects!





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AGM – following the advice of Public Health, we will revert to an online AGM on **Tuesday 2nd November from 6 pm.**

Our Chair of the Trustees, Robert Fryer, will present the annual report and accounts for 2020/21. Councillor Ben Coleman and Mayor PJ Murphy will then follow with a brief address each. Please email or call to confirm your attendance.



2022 calendars – you can now pre-order! All donations go directly back into funding our projects.



Did you know..?

10 million adults in the UK cannot connect to internet or use a computer in any way. It's not uncommon and it's not too late - please be in touch should you be interested in learning something new. We can provide equipment loan, internet, and support in your home, and can start from as simple as turning a computer on. If you ever wondered how to get started with computers now is your chance.



Silver Sunday – at the Rylston pub saw 13 of our members enjoy a choice of various roasts, deserts and free flowing coffees and tea. Thanks to Monique for making it happen.

Volunteer Corner – 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

Please note that we ask volunteers to commit to at least one task a month. This level of support ensures that we can manage the demand for shopping, medication delivery, escorts etc that are requested.



The Hurlingham Club – treated 13 of our Lunch Club members to a tour of the grounds and a cream tea. We hope to offer this opportunity again soon. Thanks to Ruth George, Kate Payne and Will Radford for making it such a special day.



Adopt a Garden

For the latest workshops offered from our partners *Nubian Life* click [here](#). **Local resident** and researcher, Nuria Riechenberg, is keen to understand the needs of older Fulham residents better. This will support the

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.



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development of a new app, which is designed to better help families support their loved ones in older age. If you would be interested in taking part in this piece of research, please let us know.

London Marathon –

Huge congratulations once again to Alice and Barney for their tremendous times (3 hour 40, and 3 hour 12, respectively) and successful fundraising.



Both our runners captured in the same frame!

The final total has not yet been totted up, but we're somewhere around £3,500! Hot on the heels of this we are looking for runners for the Putney & Fulham Half Marathon and cyclists for Ride London in 2022. If you, friends or family are interested in supporting us and fundraising for our projects please be in touch.

Craft Club – on Fridays at 10 am - is still taking new members. Please be in touch if of interest.

Yoga – in partnership with Open Age we have been presented with the opportunity for a new club. If you would be interested in yoga on a **Monday morning**, please let us know.

Join us Live On Zoom for a

Wellbeing Talk with Simon Maskell

TUESDAY 9TH NOVEMBER 2021 AT 7PM

**Booking
Essential**



Simon presents 'Biokinetics for health, prevention/rehabilitation, and performance optimization'. He established the Biokinetics Association of the UK in 2021. Biokinetics is scientifically-based physical activity prescription. It is tailored to your needs, whether you are new to exercise, have suffered injury or disease, or are an athlete looking to optimise your performance. Through Simon's work with Fulham Good Neighbours, he has supported 45 members up to thrice weekly over the last four years. Since the C-19 pandemic, Simon simultaneously delivers this project live into homes and at the FGN community centre.

For the Zoom details and to book a place, contact us at info@fulhamgoodneighbours.org

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

☎ 020 7385 8850

Rosaline Hall, 70 Rosaline Road
SW6 7QT

Registered Charity Nr: 1113752



**The Queen's Award
for Voluntary Service**

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