

OCTOBER NEWSLETTER 2025

Techy Tea Party

Struggling with using your phone, tablet, or laptop?

Join Fulham Good Neighbours for a welcoming event to celebrate **#GetOnlineWeek** where you can enjoy **tea, coffee, and cakes while getting free, patient digital support!**



Where? Rosaline Hall, 70 Rosaline Rd, SW6 7QT

When? Monday, 20th October 2025

Time? 11:00 AM – 1:00 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.

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



October 2nd 2025

Social Clubs Timetable

Monday

11:00am - Digital Support
2:00pm - Chair-Based Exercise

Tuesday

10:15am - Art
1:00pm - Silver Lunch
(monthly at Eight Bells, The Kennedys, Elephant & Barrel)

Wednesday

1:00pm - Wednesday Lunch,
Silver Lunch (monthly at Lillie Langtry)

Thursday

11:00am - Reading
1:00pm - Choir
3:00pm - Chair-Based Exercise

Friday

11:00am - Textiles Workshop



The BIG H&F Community Christmas Lunch is back!

This year's Big Christmas Lunch will once again return to The Novotel London West on Christmas Day 2025!

The event will run from 11.30am - 3.30pm and guests will receive a two-course Christmas meal, goodie bag and, if required, transport to and from the venue.

To qualify for the lunch you must be:

- a resident of Hammersmith & Fulham
- either 60 or over
- Be referred by a service/charity

If you would like to register for this event and are a beneficiary of Fulham Good Neighbours please reach out to staff members or visit our Digital drop-in on Monday 11:00-1:00pm at Rosaline Hall to complete the registration online.

Deadline: Wednesday 10th December at 10:00am.



Textiles Workshop



Our Textiles Workshop members are proud to present their spring/summer project at our community centre Rosaline Hall, a banner representing Fulham through a variety of textile styles and techniques. Visit Rosaline Hall to see it in person!

A big thank you to Marion and Gotti from Fulham Textiles Studio for leading the sessions and supporting the group throughout the process.

If you know an older friend or family member who would enjoy being part of creative projects like this, connect them with Fulham Good Neighbours.

Christmas Tea Party at the Hurlingham Club

Join us for a festive afternoon tea on Monday 8th December, 2:00–4:00pm at the Hurlingham Club.

Priority will be given to beneficiaries who have not visited before. Places are limited!

To book, please contact Ruth George.

Stay Strong, Steady & Social!

Looking to keep active, prevent falls, and boost your strength in a safe and friendly way?

Join our FREE weekly Chair-Based Exercise Classes led by Jonathan Woollard designed especially for older adults to improve balance and strength.

Classes are fun, gentle, and can be joined online or in-person.

- Mondays at 2:00pm
- Thursdays at 3:00pm

Contact us today to book your spot!



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 raise a safeguarding alert by completing and sending in this form. [H&F safeguarding adults at risk concern form](#) (58.68KB). In an emergency please call 999.



Rah Rah Christmas Performance

Come and enjoy a lively performance by the Rah Rah Theatre Company, 'Dick Whittington' at Rosaline Hall (70 Rosaline Rd, SW6 7QT) on Friday 28th November.

Mince pies and warm drinks will be served from 3:00pm, with the show starting promptly at 3:30pm.

Bring friends, share a laugh, and enjoy an afternoon of music and entertainment!

To book, please contact Ruth George or speak to a staff member.



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.

giftaid it