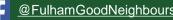


# NEWSLETTER





@FulGdNeighbours

Fulham Good Neighbours, Rosaline Hall, 70 Rosaline Road, SW6 7QT 020 7385 8850; info@fulhamgoodneighbours.org

#### President: The Mayor of Hammersmith and Fulham

#### September 1st 2021

## <u>Welcome to our</u> <u>September</u>

newsletter – August saw our busiest month at Rosaline Hall since March 2020. Following on from the return of Reading, Art and Exercise classes. Ruth George has led the return of our Lunch Club and an imminent return to the Silver Clubs. Momentum has continued online too with Social Clubs being delivered concurrently to online and in-person groups.

We ask all visitors to Rosaline Hall to continue to wear a face mask, maintain social distance and sanitize hands on entry and regularly.

# 

## <u>September</u>

- Mon <u>Exercise</u> at 3 pm; <u>Gardening</u>
- Tues Artat 11 am; Gardening
- Wed <u>Lunch Club</u> at 1 pm; Art at 3 pm; <u>Decorating & DIY;</u> Gardening
- Thurs <u>Reading</u> at 11 am; Exercise at 2 pm & 3 pm; Decorating & DIY; <u>Food to the Door</u>
- Fri Decorating & DIY



Art work provided by Sevgi

Sun <u>Sunday Afternoon Tea</u> on alternate Sundays

Please note that attendance remains invite only at this stage so that we can ensure adequate C-19 secure measures are in place.

We were honored to have Tom Cook present to the Lunch Club over the last





fortnight. Tom is a former decorator and charity worker. He is 'craft potty' and very talented too

Please get in touch if you would be interested in joining a FGN craft club on

either a Monday afternoon or Friday morning.



The Queen's Award for Voluntary Service



## London Marathon-

We reported last month that Barney Valentine and Alice Schroeder will be promoting our work and fundraising for FGN by taking on 26.2 miles in October. If you are reading online you can sponsor Barney by clicking here and you can sponsor Alice here. Alternatively you can send a cheque to Rosaline Hall.

Please get in touch if you would be interested in supporting Barney and the Alice on day and rattling a collection tin for the cause.



Click here to see Barney campaign featured in the video! Barney, pictured above, ran a very rapid half marathon in Wimbledon last month in a time of 1 hour 30 minutes!

## Supporter Scheme –

Jac, updates us: A grateful THANK YOU to our existing donors who champion our work via **FGN** the Supporter Scheme. You can show your support to our work by completing the



Supporters Scheme form and returning it to Rosaline Hall. Call us on 0207 385 8850 and we can post you the form. Alternatively you can find it on the back page of the newsletter or complete it online. The arrangement can be cancelled at any time upon your instruction. Thank you for your generosity.



VOLUNTEER INDUCTION AND SAFEGURADING TRAINING

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YOU ARE INVITED TO THE

11AM -1PM

SATURDAY 25th September 2021



LOCATION TBC



Volunteer Corner —If you have not yet been inducted, please ensure to regards **RSVP** 25<sup>th</sup> the September. Please see our Volunteer Handbook here and our Safeguarding policy Please check the here. website for latest our guidance or contact us with any queries.

Please RSVP whether you can make it by emailing info@fulhamgoodneighbours.org or calling us at 020 7385 8850

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If you are concerned for a beneficiary, please call Jamie, our Director, on 07907 990 841; or our staff team on 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 required. if In an emergency, please call 999.

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.



Online

Update -Our **Digital** Inclusion lead. Lucia, reminds us remain to vigilant online around safety: 'With the rise of how and how often we use technology, the need keep safe online to became one of the Digital Inclusion project's priorities. We want to draw the attention of Microsoft Windows users and those supporting them and ask beneficiaries and volunteers to be on their guard against offers of preview of versions Windows the 11. next version of the operating system. The rollout of the highly anticipated next version is scheduled to begin late this year, continuing into 2022. antivirus Kaspersky, the software vendor. flagged up problems after installers coming into

family member to look at the offer with you or call us on 020 7385 8850 for support from one of our Digital Skills Volunteers.'

<u>Co-op</u> - If you are a Co-op member you can select FGN as your chosen charity here. Please promote far and wide and consider becoming a member if you have not yet. In doing so you can support us raise invaluable funds for our

Good Neighbour Scheme 

Volunteer Charlie Ram is performing with his band, The Angels, raising funds for The Teenage Cancer Trust.

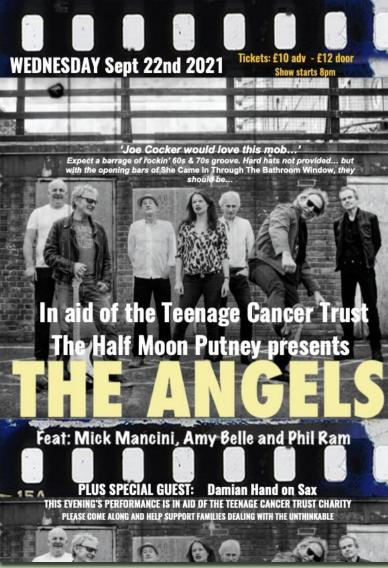
Please follow us on social links media – front on page. It really helps us get noticed by those who might want to

attend/volunteer/partner or fund.

#### Exercise in the Park -



with Open Age. From Chi Gong to Pilates and Dance. Contact Jade Dalton. on 07799 369 741 to find out more.



 $\bowtie$ info@fulhamgoodneighbours.org www.fulhamgoodneighbours.org 020 7385 8850

Rosaline Hall, 70 Rosaline Road SW67QT

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**

| our details  |   |  |   |  |
|--|---|--|---|--|
| Title  | e First Name  |  | Sumame  |  |
| Address  |   |  |   |  |
|  |   |  | Postcode  |  |
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|  |   | erence: SUF<br>ngs Hill Ave<br>1E19 4JQ  | st payment on<br>PPORTERS SCH<br>nue, Kings Hill,         |  |
| Signature  |   | Date                                     |   |  |
| Please increase the<br>I understand<br>at least equal to the | ion<br>of on money donated to UP<br>value of your donation by 2<br>that I must pay an amount<br>amount of tax that all the cl<br>year. I understand that othe | 5% by com<br>of Income T<br>harities and | pleting this Gift A<br>ax and/or Capita<br>CASCs I donate | id Declaration.<br>I Gains Tax in the tax year,<br>to, will reclaim on |