



NEWSLETTER

 @FulhamGoodNeighbours

 @FulhamGoodNeighbours

 @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



September

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 Decorating & DIY

Sun Sunday Afternoon Tea on alternate Sundays



Art work provided by Sevgi

Welcome to our September 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.

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.



LET'S ALL KEEP SAFE

We ask all visitors to Rosaline Hall to continue to wear a face mask, to sanitise hands regularly and to socially distance.





Fulham

Good Neighbours

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 Alice on the day and rattling a collection tin for the cause.



Click [here](#) to see Barney featured in the campaign 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 the FGN 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.



YOU ARE INVITED TO THE

**VOLUNTEER
INDUCTION AND SAFEGUARDING
TRAINING**

11AM -1PM

**SATURDAY 25th September
2021**

LOCATION TBC



Fulham
Good Neighbours



Please RSVP whether you can make it by emailing

info@fulhamgoodneighbours.org
or calling us at 020 7385 8850

Volunteer Corner –

If you have not yet been inducted, please ensure to RSVP regards the 25th September. 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 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 if required. 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.



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.'

Please follow us on social media – links on front page. It really helps us get noticed by those who might want to attend/volunteer/partner or fund.



Online Security Update - Our Digital Inclusion lead, Lucia, reminds us to remain vigilant around online safety: *'With the rise of how and how often we use technology, the need to keep safe online 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 versions of Windows 11, the next version of the operating system. The rollout of the highly anticipated next version is scheduled to begin late this year, continuing into 2022. Kaspersky, the antivirus software vendor, has flagged up problems after detecting fake installers coming into play when people try out the preview versions. We ask our members to be mindful and if unsure please ask a*

Co-op - 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

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.

Good Neighbour Scheme



Volunteer Charlie Ram is performing with his band, The Angels, raising funds for The Teenage Cancer Trust. Poster to the right:

✉ info@fulhamgoodneighbours.org
 🌐 www.fulhamgoodneighbours.org
 ☎ 020 7385 8850

Rosaline Hall, 70 Rosaline Road
 SW6 7QT

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

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