



Fulham
Good Neighbours

September

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

September 1st 2022

Welcome to our September newsletter – in addition to the usual activity, this month sees our Autumn wreath making session on the 19th, and the 3rd *Movement is Medicine* workshop (following osteoporosis & heart health) on *Diabetes Management* on the 26th. You can now view the osteoporosis video presentation on our website or by clicking [here](#). The series has proved incredibly popular with beneficiaries, volunteers and professionals joining us at Rosaline Hall or simultaneously online. Professionals from as far a field as Namibia and South Africa have tuned in! The content is very accessible, while at the same time developing referral pathways and providing CPD to local medical professionals. Book now for the September session!

Academic partnerships – Big thanks to all those supporting our evaluations with Imperial College and UCL. This work is invaluable in supporting FGN to develop the evidence base for our projects, so that we can best develop our work, fundraise into the future, and have a greater impact on more Fulham residents and our local partners.

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|-------|---|
| Mon | <p><u>Online Exercise</u> at 3 pm;
<u>Gardening</u>;
19th – Autumn wreath making at 11 am
26th – <i>Diabetes Management Through Movement</i> at 6 pm</p> |
| Tues | <p><u>Art</u> at 11 am; <u>Gardening</u>;
<u>Silver Club</u> (monthly at <i>White Horse, Kennedys & The Rylston</i>)</p> |
| Wed | <p><u>Lunch Club</u> at 1 pm; <u>Online Art</u> at 3 pm; <u>Decorating & DIY</u>; <u>Gardening</u></p> |
| Thurs | <p><u>Reading</u> at 11 am; <u>Online Exercise</u> at 2 pm & 3 pm; <u>Decorating & DIY</u></p> |
| Fri | <p><u>Craft Club</u> at 11 am; <u>Decorating & DIY</u></p> |
| Sun | <p>Please await a call from us regards <u>Sunday Afternoon Tea</u> in September. It is still TBC at time of writing
please await invite due to C19 situation, but please do enquire if you have not attended a club before.</p> |



Nilay Nagle's flower following the bulb planting workshop

Recruitment – To find out how to apply, please click [here](#).



WE ARE HIRING

JOIN OUR TEAM

VOLUNTEER COORDINATOR

to lead our Good Neighbour Scheme and Befriending projects and support the recruitment of volunteers for all other projects.

- Full-time (part-time will be considered for the right applicant)

See the full Job Description [here](#)

Submit your CV & a personal statement (no more than two sides of A4) at:

JAMIEHILTON@FULHAMGOODNEIGHBOURS.ORG





Fulham
Good Neighbours

On Monday 19th September 11am-12pm
join us on ZOOM for an

AUTUMN WREATH WORKSHOP

Booking is essential! Please contact Lucia at
info@fulhamgoodneighbours.org

Join us live in-person or online on Zoom
for a new wellness series

Movement is Medicine with Simon Maskell

MONDAY 26TH SEPTEMBER 2022 AT 6PM

Presentation Dates and Topics: (Mondays at 18:00)

(Available online and in-house)

- 25-07-22 - Prevention and Management of Osteoporosis – Strong Bones
- 22-08-22 - Cardiovascular Risk Factor Management – Love (with all) your Heart
- 26-09-22 - Diabetes Management through Movement – Burning Fuel
- 24-10-22 - Stroke Prevention and Management – Under Pressure
- 28-11-22 - Management of muscle and joint injuries - The Aches and Pains
- 12-12-22 - How best to stay active in our later years – Ageing Gracefully



BOOK NOW: 020 7385 8850
info@fulhamgoodneighbours.org
www.fulhamgoodneighbours.org

*volunteer support, internet & equipment can be provided

**Booking
Essential**



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

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.

Double your money!- Our volunteer Mark Massouh has kindly decided to take on the challenge of the Dorney Lake Triathlon for FGN. His employer, Salesforce, will kindly match any donation that he receives!!

WORLD SUICIDE PREVENTION DAY



SURVIVORS OF
BEREAVEMENT
BY SUICIDE



City of Westminster

BEREAVEMENT AFTER SUICIDE

A conversation and workshop
to raise awareness and
address gaps in support.



WHERE: Westminster City Hall, Innovation Hub, 17th Floor,
64 Victoria Street, London SW1E 6QP / Online via Eventbrite

WHEN: September 9th 2022, 11:00am -1:00pm

Imperial College
London

Imperial College Healthcare 
NHS Trust

Are **YOU** healthy, a **non-smoker** and
aged between 60 - 75 years?

Are **YOU** interested in helping medical research?

We are looking for **HEALTHY VOLUNTEERS** for a
study of **COMMON COLDS (RSV)**

at Imperial College London – World Leaders in Respiratory Medicine

Travel expenses and remuneration offered (up to £3,000)

Please email us to register your interest or to discuss participation!

Email: flu-rsv-study@imperial.ac.uk

Supporters Scheme Form by Standing Order



Fulham
Good Neighbours

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	<i>Bank /Building Society</i>
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
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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