

SEPTEMBER NEWSLETTER 2024

Pension Credit Talk

Join us for an informative talk focused on Pension Credit by Anne McMahon, Adviser at Citizens Advice on Wednesday the 4th of September. Lunch will start at 1:00pm and the talk at 2:00pm at Rosaline Hall (70 Rosaline Rd, SW6 7QT).

By bringing together the expertise of Citizens Advice and the Fulham Good Neighbours, the talk will provide practical guidance on applying for this benefit, answer questions, and offer personalised advice to attendees. **Lunch will be provided and you must book a seat.**

If you cannot make it to this session, we will be hosting a Pension Credit Digital drop-in session on Monday 23rd of September at 11:00AM at Rosaline Hall. Support with registration will be provided alongside teas and cakes.

citizens
advice

Eastbourne Trip

We spent a beautiful day trip to Eastbourne on the 21st of August with 44 beneficiaries and staff! Again, a massive thank you goes to the Daisy Trust for sponsoring the event! Beneficiaries had a splendid trip.



President: The Mayor of
Hammersmith & Fulham



September 3rd 2024

Social Clubs

Mon - Digital Support
11:00am; Exercise
2:00pm

Tues - Art Club
11:00am; Silver Lunch
Club (monthly at St Peter
Church Hall, Lillie
Langtry, Kennedys, & 8
Bells)

Wed - Lunch Club
1:00pm; Online Art Club
3:00pm

Thurs - Reading Club
11:00am; Choir 1:00pm;
Exercise 3:00pm

Fri - Craft Club 11:00am

Sun - Afternoon Tea 16th
TBC

If you would like to join
our clubs please
contact us on 020 7385
8850.

Gardening Workshop

Fulham Good Neighbours will be hosting Gardening workshops for beneficiaries in the next few weeks at Rosaline Hall.

Spaces will be limited to 15 people only per session so sign up asap!

- **Wednesday 2nd October**

"Planting autumn salads for fresh winter greens"

If planted now autumn salads will grow into fresh greens we can harvest over winter and into next spring. You will be able to take away your own pots planted with autumn salad seeds to grow at home.

Time: 2:00pm - 3:30pm

Location: Rosaline Hall

- **Wednesday 20th November**

"The benefits of growing microgreens"

This workshop will explain how microgreens contain concentrated minerals and vitamins as well as providing great flavour to salads, stir fries, soups and stews. You will be able to take away your own microgreen garden to grow at home.

Time: 2:00pm - 3:30pm

Location: Rosaline Hall

- **Wednesday 27th November**

"Using plants to produce natural dyes for a silk scarf"

This workshop will have hands on activity of dyeing a silk scarf.

Time: 2:00pm - 3:30pm

Location: Rosaline Hall

Contact Ruth to join on 07475 051543.

NHS/PATCHS Digital drop-in

We extend our thanks to South Fulham PCN for their support towards our beneficiaries by helping them sign up for PATCHS, NHS, and other online services.

FGN is committed to enhancing digital literacy within this demographic. Our support is offered through two primary initiatives:

1. One-on-One Digital Support: We pair skilled volunteers with beneficiaries for personalised digital support sessions tailored to individual needs.

2. Digital Drop-In Sessions: Held every Monday, these sessions provide access to internet connectivity and devices, offering a welcoming space for learning and growth.

Contact us if you think we can help you.



Choir Club Announcement

The Choir Club will be officially back on this week on Thursday the 5th of September in partnership with the Rhythm Studio.

The new timing of the Choir is now every THURSDAY between 1:00pm - 2:00pm starting the 5th of September.

The Fulham Horticultural Centenary Show

The Fulham Horticultural Society will be celebrating 100 years of the Fulham Horticultural Show on Saturday 7th of September at St Etheldreda's, 2.30-4.30 pm!

The show is for the community to display their achievements cultivating and crafting in a London borough. It's fun, educational and a lovely way for all to get into gardening, and for others to show their expertise.

From 2.30 - 4.30 the show is open, free to all. There will be tea & homemade cakes and the prizes will be presented at 4pm by our new MP Ben Coleman.

For any enquiries contact
rosecraston@hotmail.com.



Artists' Corner

*"Rain music
Light fingered rain
Tip tapping
Sliding down new leaves
Landing softly into the earth
Movement as the clouds pass
Bearing infinity messages
Pink sand from the Sahara uplifted
Gently sifted
Gossamer thoughts that sail
Emotions thoughts
Wishes
Rain"*

Poem by Nikki Jefferies

If you would like to have your poetry, painting, or any art piece featured in the next newsletter, please get in touch with staff.

Volunteer Corner

Please see our **Handbook** [here](#) & our **Safeguarding** policy [here](#). Please contact us with any queries & ensure to expense your costs so that you are not out of pocket. 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.**



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.

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