

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.



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 are 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.

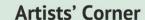
The Fulham Horticultural Centenary Show

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.



"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

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Supporters Scheme Form by Standing Order

TITLE	FIRST NAME	LAST NAME	
ADDRESS			
			REGISTERED CHARITY
POST CODE	EMAIL	TELEPHONE NUMBER	1113752
To the Bank Manager NAME OF YOUR BANK (BANK		Standing order mand	Fulham Good
ADDRESS OF YOUR BANK		POST CODE	Neighbours, Rosaline Hall, 70 Rosaline Rd, SW6 7QT, London
ACCOUNT NAME			
ACCOUNT NUMBER	SORT CODE		
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			(MONTHLY/YEARLY/OTHER) HER NOTICE. PLEASE QUOTE REFERENCE:
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I WOULD LIKE TO SET UP A ST STARTING PAYMENT ON PLEASE PAY THE ABOVE AMO ACCOUNT NUMBER: SIGNATURE:	TANDING ORDER FOR & / / DUNT TO: THE CO OPERA 67309922 ACCOUNT	AND THEREAFTER UNTIL FURTH SUPPORTERS SCHEME TIVE BANK, BUSINESS DIRECT PO BOX 250, S NAME: Fulham Good Neighbour Service DATE:	SORT CODE: 08-92-99
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STARTING PAYMENT ON PLEASE PAY THE ABOVE AMO ACCOUNT NUMBER: SIGNATURE: Gift Aid declaration (a	TANDING ORDER FOR & / / DUNT TO: THE CO OPERA 67309922 ACCOUNT at no extra cost to you) tax relief on money donated to	AND THEREAFTER UNTIL FURTH SUPPORTERS SCHEME TIVE BANK, BUSINESS DIRECT PO BOX 250, S NAME: Fulham Good Neighbour Service DATE:	SORT CODE: 08-92-99 / / rs giftaid it