



Fulham
Good Neighbours



December



@FulhamGoodNeighbours



@FulhamGoodNeighbours



@FulGdNeighbours

NEWSLETTER

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

President: The Mayor of Hammersmith & Fulham



Welcome to our December newsletter

– we hope to welcome as many of you as possible to our Art Exhibition today, Friday December 2nd. All works have been created by our Art and Craft Clubs, with proceeds from sales raising funds so that we can continue to deliver our projects. Our first exhibition at Parsons Green Fair saw eight of our members become selling artists!

Our Art Club's 2023 Calendar will also be on sale at a price of £6, while prints of works can be produced by request on the day. Originals will be for sale too.

As part of the merriment, starting at 11 am and running to 4 pm at Rosaline Hall, please join us for a mulled wine and mince pie while you peruse the gallery. Our artists and staff will be on hand to answer any questions and facilitate sales.

Full information on page 4.

December 1st 2022

Mon

Online Exercise at 3 pm; Gardening; 5th – online Movement Is Medicine – Aging gracefully at 6 pm; 12th – in-person Movement is Medicine – Aging gracefully at 6 pm

Tues

Art at 11 am; Gardening; Silver Club (monthly at White Horse, Kennedys & The Rylston)

Wed

Lunch Club at 1 pm; Online Art at 3 pm; Decorating & DIY; Gardening; 7th – Volunteer's Evening at 6 pm

Thurs

Reading at 11 am; Online Exercise at 2 pm & 3 pm; Decorating & DIY

Fri

Craft Club at 11 am (EXCEPT 2ND); Decorating & DIY; 2nd - Art Exhibition

Sun

Sunday Afternoon Tea Sunday 4th & 18th at 3 pm to 5 pm



My Friend Robin by Dawn Taylor

Volunteer's Evening

– Our new colleagues, Rubab & Grace, will be hosting a volunteer's evening on Wednesday 7th from 6 pm at Rosaline Hall. Catering will be provided by our friends at the Rylston. This is a great opportunity for volunteers to meet other volunteers and staff and to learn more

about our projects over a festive drink. If you have a friend or family member interested in learning more about volunteering, please let us know and bring them along.



Grace, Barney and Rubab at the Fulham Business Awards Gala last night



FGN research - Adopt a Garden won an international research award in October for our evaluation with **Imperial College London's Centre for Environmental Policy**. The research was

presented at the **Urban Transitions International Congress in Barcelona** earlier in November. **Congratulations to all involved!** To right, Yi Zhang of Imperial College in Barcelona ahead of presentation.



BOOK NOW:
INFO@FULHAMGOODNEIGHBOURS.ORG
0207 385 8850



MOVEMENT IS MEDICINE

WELLNESS PRESENTATION SERIES

05 - 12 - 22 - ONLINE

12 - 12 - 22 - IN-PERSON

(AT ROSALINE HALL, LONDON, SW6 7QT)

AT 18:00 (GMT)

AGEING GRACEFULLY

HOW BEST TO STAY ACTIVE IN OUR LATER YEARS

PRESENTED BY: SIMON MASKELL

(REGISTERED BIOKINETICIST)

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.

WE HOPE TO SEE YOU AT ROSALINE HALL ON THE 7TH FOR VOLUNTEER'S EVENING

Supporter

Scheme – please be in touch if you would like a copy of the application form. We have removed it from the back page this month so to promote the Household Support Fund and Exhibition.

Big H&F Christmas Day

Lunch – is back at the **Novotel hotel, Hammersmith** from 11.30am to 2.30pm with lunch served at 12pm. The day is completely free & includes a two-course meal & mince pies. Free transport can also be provided. Residents, or family & friends of residents, can apply for a free space up until today, **Friday 2 December**. Please click **here** to book your place or volunteer. If you have no access to internet, you can book via FGN.

Fantastic opportunity to influence the future of research in our community – Dr Stephen Orleans-Foli, Consultant Psychiatrist and Clinical Research Lead for Cognitive and Dementia Service is calling for our help!

In his ground-breaking research, Dr Orleans-Foli will explore: *Barriers contributing to poor engagement of ethnic minority populations in UK clinical trials research.*

This work has the potential to influence the development of both treatment and management interventions so that they are suited to each ethnic group rather than generalisation from a predominantly white population. In Dr Orleans-Foli's words: *the effect of medical treatments can vary between people of differing ethnic backgrounds with, for example, some vaccines offering less protection depending upon an individual's ethnicity. Given that the health interventions and medicines are widely used in these common diseases; it is crucial that people from ethnic minority backgrounds are well represented in future clinical*

trials. It is also imperative that those following national guidance for types of medications for diabetes, cardiovascular and cerebrovascular disease know that these are effective and safe for them having been rigorously tested on volunteers from their own communities and ethnic group.

The consequences of under-representation in research can lead to disparities in health outcomes!

If you, friends or family are interested in this research, please let us know so that we can put you in touch.

Please also be in touch if you would like to hear Dr Orleans-Foli present on this work at Rosaline Hall.



Concerned about your energy costs? You're not alone.

Age UK Hammersmith & Fulham is here to help, in partnership with the Fuel Bank Foundation. If you're over 60 and living in Hammersmith & Fulham, we can provide you with up to £200 towards your energy bills through the Household Support Fund. This fund is designed to help vulnerable residents with the costs of essential utilities, and we're committed to doing everything we can to support those who need it most.

For more information, please email info@ageukhf.org.uk or call 0207 386 9085.





FULHAM GOOD NEIGHBOURS' ART EXHIBITION 2022



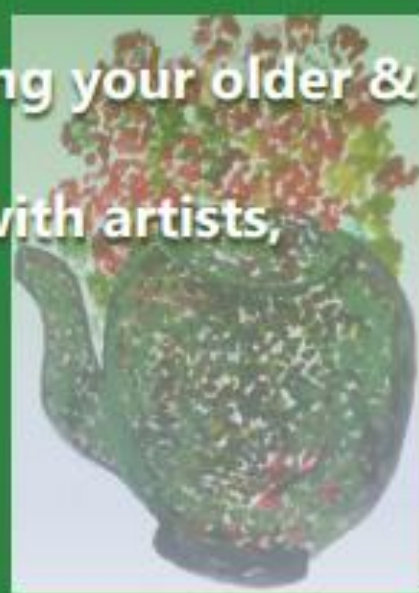
Friday 2nd December



11am - 4pm

Your local charity presents local artists

- Affordable art, cards & calendars in time for Christmas, which
- Fund local projects, supporting your older & disabled neighbours, &
- Enjoy a mulled wine & chat with artists, volunteers & staff



Drop by or book a tour or pre-order 2023 calendars at info@fulhamgoodneighbours.org

Rosaline Hall
70 Rosaline Road
SW6 7QT



Further information on
020 7385 8850 or
info@fulhamgoodneighbours.org
www.fulhamgoodneighbours.org

