



Fulham  
Good Neighbours

January

# NEWSLETTER



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@FulGdNeighbours

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

President: The Mayor of Hammersmith & Fulham

## HAPPY NEW YEAR –

we're looking forward to seeing more of you at Rosaline Hall this year. January is a great opportunity to sign up to one of our seven Social Clubs, &/or register your interest in Digital Inclusion support. If you need Gardening, Decorating or DIY help & cannot afford to pay privately, please also keep us in mind. If you would like a regular call, coffee or tea with a friendly neighbour, we can also facilitate that, or if you just need help with a one-off task like an escort to the doctors, medication pick up, or a light bulb change then a call/email to us might do the trick. If we cannot help, we might know who can.



December at the Lillie Langtry

## January 5<sup>th</sup> 2023

- Mon Online Exercise at 3 pm;  
Gardening;  
30<sup>th</sup> – ONE SIZE DOES NOT FIT ALL by Dr Stephen Orleans-Foli & friends
- 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
- Thurs Reading at 11 am; Online Exercise at 2 pm & 3 pm;  
Decorating & DIY
- Fri Craft Club at 11 am; Decorating & DIY
- Sun Sunday Afternoon Tea - next on the 15<sup>th</sup> at 3 pm to 5 pm



Our terrific volunteer Jean at Sunday Afternoon Tea

Good Neighbour Scheme & Befriending are not calendar dependent

## One Size Does Not Fit All!

Dr Stephen Orleans-Foli, Consultant Psychiatrist & Clinical Research Lead for Cognitive and Dementia Service (CIDS) will join us on Monday 30<sup>th</sup> January at Rosaline Hall to present on the need for adequate ethnic minority representation in medical research. If you are of an ethnic minority &/or have a health condition such as Diabetes or Cardiovascular Disease, or have previously suffered a Stroke then this

programme of presentations is for you.

You will also have the opportunity to see our Chair Based Exercise class delivered from 3 pm, meet and hear from the class lead, Simon Maskell (Founder of UK Biokinetics Association) specifically on Diabetes & Heart Health, & meet with trainee Imperial College doctors who have innovatively produced a series of 2-3 minute videos on pre-Diabetes, &



& managing Diabetes through exercise and appropriate nutrition.

## FGN in the press -

Following our Adopt a Garden award, and presentations at the *Urban Transitions Global Summit in Barcelona* & *International Congress of Healthy City Design*, we have received a great deal of favourable press. Please see the graphic below for a whistle stop tour. We can provide links to the full articles of request. Articles have also included promotion of the excellent Art Exhibition delivered by our FGN group with sales

of their original artworks, their 2023 calendar & Craft Club cards & frames totalling £250+. Congratulations to all involved!

FGN also received favourable exposure via the *Movement is Medicine* wellbeing series, which the *British Association of Sport & Exercise Medicine*, & *International Federation of Sports Medicine* have both endorsed.

Our friends at the South West Londoner are currently producing an FGN video, which we hope to share soon.



## Sunday Afternoon

Tea - We are indebted to volunteers Jean & Andy for bringing this back! Jean has struck up a relationship with Iceland for donations too, as well as securing a brand new tea set. She even roped in Grace, Volunteer Coordinator, to perform with her partner!

**Prestigious Award for Fulham Good Neighbours**  
Healthy City Design program recognized by Award of Garden scheme

**HEALTHY CITY DESIGN 2022 AWARDS: THE WINNERS**

**British Association of Sport and Exercise Medicine - BSEM**

**International Federation of Sports Medicine - IFSM**

**Fulham Good Neighbours**



## 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.



Silver Club at the Rylston in December



Left, you can see Noorani hard at work with Grace, our Volunteer Coordinator for Community Projects. Steve & Barney, our Decorating&DIY & Gardening leads then delivered on foot and in the electric van.

*invite you to complete a Gift Aid Declaration form if you are a UK tax payer, which allows us to claim 0.25p on every £1 donated. Forms are available at Rosaline Hall or we can post/email to you directly. Many thanks.*

## **Christmas at**

**FGN** — Research Partnership generously gifted packages to 50 of our beneficiaries. We were grateful also to our volunteer Noorani for kindly wrapping the gifts with FGN additions, and cards/letters designed & written by children at Bute House & Fulham Boys School.

Beneficiaries also enjoyed a trip to the Hurlingham Club early in December – thanks to our trustees, Nicky & Kate, supported by Ruth. Our Art Exhibition was another celebration too, with mulled wine, mince pies & a first look at the FGN tree. We referred many of our beneficiaries to the Big H&F Christmas Day Lunch too.

**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 **ONE SIZE DOES NOT FIT ALL presentation afternoon with Dr Stephen Orleans-Foli & Simon Maskell.**



**FGN Donors** - Jac, our Finance Coordinator, wanted to send: *Huge thanks to all our wonderful donors who have generously & regularly contributed to FGN this year. We would also like to*

**FGN QR Code** – our Treasurer, Nick, suggested that we create a QR code (below). You can scan your camera phone over the code & then click on the link it



generates to take you directly to our website.

## **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](mailto:info@ageukhf.org.uk) or call 0207 386 9085.

# ONE SIZE DOES NOT FIT ALL!

- Why all ethnic groups need representation in health research

presented by

**Dr Stephen Orleans-Foli**



At: 70 Rosaline Rd, SW6 7QT

On: Monday 30th January

From: 3.00pm-5.00pm

**Dr. Stephen Orleans-Foli**  
(Consultant Psychiatrist and Clinical Lead, West London Mental Health NHS Trust)



Health conditions such as Diabetes & Heart Disease disproportionately impact our ethnic minority communities - presented by Simon Maskell, UK Biokinetics Association Founder

**See his award winning Chair Based Exercise programme in action from 3 pm**



Nandine Makdatir, Engagement and Equalities at H&F, Westminster and K&C, presents  
*Improving Access to Health & Wellbeing in H&F*



Yasmin Baker, Nuriyah Salawu & Lauren Lockeretz, Imperial College London, showcase their collection of short pre-Diabetes and Diabetes advice videos

