

MARCH NEWSLETTER

Volunteers Social Meeting 2023



Thanks to all 27 volunteers who attended our successful Volunteer's Evening in February. Grace, Rubab, and Barney delivered a presentation about their respective projects, updating attendees on how they can get involved. We urge our volunteers to explore how they can get more involved, e.g. **Befriending, Decorating & DIY, Digital Inclusion, Gardening, Good Neighbour Scheme (shopping, medication pick-up, wheelchair pushing etc.), or Social Club support.** Contact us for further information, and look out for more information on exciting training opportunities over coming months.

Silver Lunch Cub at The Rylston

Our Silver Club Lunch attendees were joined this month by our Chair Based Exercise attendees. Beneficiaries enjoyed a pleasant afternoon with a great meal, fun chats, and the opportunity to meet new faces. Thank you always to the Rylston Pub for facilitating our Silver Lunch Club and for generously catering for our Sunday Afternoon Tea.



President: The Mayor of
Hammersmith & Fulham



March 2nd 2023

Mon - Online Exercise
3:00pm; Choir 3:30pm;
Gardening service

Tues - Art Club
11:00am; Gardening
service; Silver Lunch
Club (monthly at White
Horse, Kennedys & the
Rylston)

Wed - Lunch Club
1:00pm; Online Art Club
3:00pm; Gardening
service; Decorating &
DIY service

Thurs - Reading Club
11:00am; Online
Exercise 2:00pm and
3:00pm; Decorating &
DIY service

Fri - Craft Club 11:00am;
Decorating & DIY service

Sun - Afternoon Tea 5th
and 19th March 3:00pm

Double your money & help us claim an additional £500 from Co-op

Are you looking to donate?

As part of Co-op's Local Community Fund, each donation (up to £250) to our Crowd Fund will be doubled. All funds will be directed towards the running of our Social Clubs, which now run six days a week from Rosaline Hall. Click [here](#) to donate, and let us know if you want to hear more about our Clubs. On 6th March (information on page 4), we officially launch our Choir Club - 12 attended the successful taster session last week, but we are happy to take more!

You can also **select our cause when swiping your Co-op membership card**. Choose us by clicking [here](#) and you can help us make a positive impact in our community every time you swipe your card.



Social Media

Follow us on our social media platforms to stay updated on any news, events, and activities happening at Fulham Good Neighbours!

 [@Fulhamgoodneighbours](#)

 [@Fulhamgoodneighbours](#)

 [@FulGdNeighbours](#)

 [@Fulham Good Neighbours Service](#)

Gift Aid

We invite you to complete a Gift Aid Declaration form if you are a UK tax payer and have kindly donated to us in the last year. **This allows us to claim 25p on every £1 you donate.** Forms are available at Rosaline Hall or we can post/email to you directly. Thank you to David Nicholson, gift aid supporter, for noticing the error of information on this, included in our January Newsletter.

4 Marathons in 4 Countries for HOPE

Simon is aiming to complete 4 marathons in 4 countries of the United Kingdom over the next 3 months. Funds raised will contribute to the care and rehabilitation of Tim Morris following a stroke, and to costs of making the challenge possible. Tim is a much loved member of our Chair Based Exercise classes. Funds will also be offered to Fulham Good Neighbours to enhance and extend our exercise classes online and in person to more members of our community. Simon is running also in support of Joshua Patterson, an ultra-endurance athlete, and client of his. Josh is hoping to run a world record of 76 marathons in 76 cities in 76 days.

Click [here](#) to donate.



AgeUK

Mind the Digital Gap – Age UK London's digital inclusion campaign!

Thank you to Sharon Tynan for visiting Fulham Good Neighbours' Wednesday Lunch Club in January and relating the critical issues and barriers facing the older and disabled population of London when accessing essential services online. Thank you to our beneficiaries **Unithia Charles** and **Celia Field** who joined AgeUK H&F to meet Councillor Amanda Lloyd-Harris who is on the Hammersmith & Fulham council committee for Health and Adult Social Care Policy and Accountability in taking a stand. Read more about the campaign [here](#).



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.**



Thank you Fulham BID

16 FGN staff, volunteers, & partners have been trained in Emergency First Aid for free since 2022, including seven in January and five in February 2023.

The Fulham BID also invites you to attend the Violence Against Women & Girls conference presented by The Met on Thursday 9th March. This is a FREE breakfast event at 8am to 10am. Sign up [here](#).



Dementia Awareness Training

We will be running a training session **for volunteers and staff on the 11th of April** between 2.00-3.30pm in partnership with the H&F Dementia Strategy group. **On the 26th of April we will run an awareness session for beneficiaries at our Lunch Club.** To sign up contact us.

'Adopt a Garden' project presentation at Fulham Palace

Following our award at the International Congress for Healthy City Design, Imperial College will present the successful research at Fulham Palace on the 19th of April from 1 pm. The Adopt a Garden project is a partnership between Fulham Good Neighbours & Nubian Life Resource Centre Ltd, horticultural support for all ages. To sign up contact us.

Fulham Good Neighbours invites you to

CHOIR CLUB

In partnership with

THE RHYTHM STUDIO

ACADEMY OF MUSIC

A new community choir for older & disabled residents, & FGN volunteers or those interested in volunteering.

We look forward to welcoming you to join us to hum & sing pop classics, & your suggestions!

EVERY MONDAY AT 3:30PM

ROSALINE HALL

70 ROSALINE RD, SW6 7QT



CONTACT US

 020 7385 8850

 info@fulhamgoodneighbours.org

 www.fulhamgoodneighbours.org

 70 Rosaline Road, London, SW6 7QT

[@Fulhamgoodneighbours](https://www.instagram.com/Fulhamgoodneighbours)



[@Fulhamgoodneighbours](https://www.facebook.com/Fulhamgoodneighbours)



[@FulGdNeighbours](https://www.twitter.com/FulGdNeighbours)

