

## Welcome to our November newsletter

– thanks to all 44 of you who joined our AGM on November 1<sup>st</sup>. It was great to hear from Robert (our Chair) & Nick (Treasurer) as well as our Mayor & FGN President, Emma Apthorp. Keynote speaker, Simon (our Chair Based Exercise lead), presented passionately on the power of regular exercise in promoting positive long term health. He spoke of Biokinetics, founding the Biokinetics Association of the UK, his love for FGN(!) & the *Movement is Medicine (M is M)* wellbeing series (poster on page 2).



Simon, Jamie, Emma & Ben

Emma gave context as to the long standing relationship between FGN & the local Mayor, going

<u>November 1<sup>st</sup> 2022</u>	
Mon	<u>Online Exercise</u> at 3 pm; <u>Gardening</u> ; 14 <sup>th</sup> – online <i>Movement Is Medicine – Aches &amp; pains</i> at 6 pm 28 <sup>th</sup> – in-person <i>Movement is Medicine – Aches &amp; pains</i> at 6 pm
Tues	<u>Art</u> at 11 am; <u>Gardening</u> ; <u>Silver Club</u> (monthly at <u>White Horse, Kennedys &amp; The Rylston</u> )
Wed	<u>Lunch Club</u> at 1 pm; <u>Online Art</u> at 3 pm; <u>Decorating &amp; DIY</u> ; <u>Gardening</u>
Thurs	<u>Reading</u> at 11 am; <u>Online Exercise</u> at 2 pm & 3 pm; <u>Decorating &amp; DIY</u>
Fri	<u>Craft Club</u> at 11 am; <u>Decorating &amp; DIY</u>
Sun	<u>Sunday Afternoon Tea</u> returning on November 20 <sup>th</sup> at 3 pm to 5 pm



Fulham Good Neighbours AGM

back to 1918. She highlighted recent FGN success including our 2022 international award (more later...), the presentation of our work this month in Barcelona & Simon's *M is M* reaching medical professionals as far away as Namibia & South Africa.

Welcome Rubab & Grace – who both started in November. You may well have already met our new staff members at one of our Social Clubs. Rubab



Grace (left) & Rubab in the office will lead on our Digital Inclusion project as well as the growth of our online Social Clubs. Grace will lead our Good Neighbour Scheme & Befriending projects with Ruth continuing to lead our



**Social Clubs.** Barney is now the new lead contact for Adopt a Garden.

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

The research, detailed in last month's newsletter, is presented

at the Urban Transitions International Congress in Barcelona this month.

*Congratulations to all involved!* Simon's Movement is Medicine series reached Scotland (via Namibia & South Africa) this month; & Avril's Reading Group was visited by Ingrid



representing a network of 40 Stockholm libraries!

FGN in the press – Please click on the links below to see FGN featured in: Fulham SW6,

Salus Global, SW Londoner & Urban Village Ldn

Full website addresses available on request. Big thanks to Avril for drafting press releases, & to local journalist Oilly for the brilliant article.

Supporter Scheme – please be in touch if you would like a copy of the application form. We have removed it from the

newsletter this month to promote an important grant on page 3.

Farewell Lucia – This month we also said farewell to esteemed colleague Lucia who has moved on to a



BOOK NOW:

INFO@FULHAMGOODNEIGHBOURS.ORG  
0207 385 8850



## MOVEMENT IS MEDICINE

WELLNESS PRESENTATION SERIES

14 - 11 - 22 - ONLINE

28 - 11 - 22 - IN-PERSON

(AT ROSALINE HALL, LONDON, SW6 7QT)

AT 18:00 (GMT)

### THE ACHES AND PAINS

MANAGEMENT OF MUSCLE AND JOINT INJURIES

PRESENTED BY: SIMON MASKELL

(REGISTERED BOKINETICIST)

## 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.



**fantastic opportunity with Asthma & Lung UK. Friends** gathered at the Rylston to wish her well on the next adventure. Lucia said: *After four & a half years with FGN I am saddened to say farewell to everyone. During my time here I have had the good fortune to meet kind, dedicated & generous people. Their wisdom, creativity & support have sustained & inspired me in my roles as Digital Inclusion & Adopt a Garden Coordinator. It was a privilege to be part of the great FGN family: the staff, volunteers, members & trustees who are committed to the Fulham community &*



*creating a place where neighbours do indeed look after one another. I am happy I could play my part in this work & grateful to all those I met along the way Thank you to you all, I shall miss you & hope to see you at the next Parsons Green Fair.*

## **Sustainable delivery**

— last year we crowd fundraised for solar panels at Rosaline Hall. We are awaiting (still!) preliminary roof works to be completed before installation. However, the cost & energy savings will ultimately be considerable. We continue to deliver our Home & Garden support via our electric van, & compost all garden waste on local gardens. Our efforts have been recognised with an invitation to the All Party Parliamentary Group on Community Energy. The

APPG provides a platform to engage with members of both Westminster Houses to promote community owned & community run renewable energy through briefings, newsletters & events for parliamentarians.

## **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 **Friday 2 December**, or until capacity is reached.

Please click **here** to **book your place or volunteer**. If you have no access to internet, you can book via FGN.

## **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.





# FULHAM GOOD NEIGHBOURS' ART EXHIBITION 2022



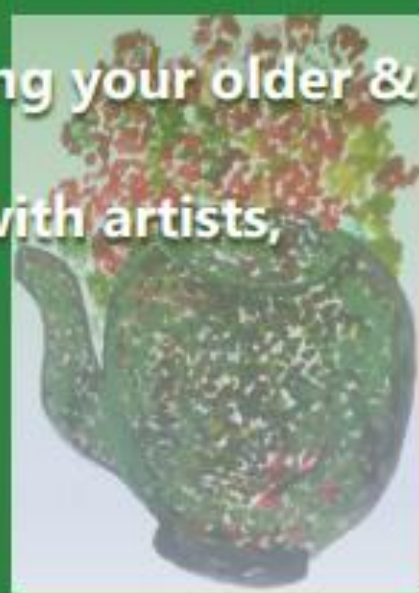
Friday 2<sup>nd</sup> December



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](mailto:info@fulhamgoodneighbours.org)

Rosaline Hall  
70 Rosaline Road  
SW6 7QT



Further information on  
020 7385 8850 or  
[info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)  
[www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

