



Fulham
Good Neighbours

April

NEWSLETTER



@FulhamGoodNeighbours



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

President: The Mayor of Hammersmith and Fulham

April 1st 2022

Welcome to our April newsletter

and news of the tremendous success of our team at the LBHF 2022 Civic Awards.

Huge congratulations to Ruth George (Highly Commended, *Lifetime Achievement*), and Monique Newton (Highly Commended, *Community Organiser*). Monique, who delivers our Sunday Afternoon Tea, is also CEO at [The Smile Brigade](#) – a very important partner of

Mon [Online Exercise](#) at 3 pm; [Gardening](#)

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](#); [Food to the Door](#)

Fri [Craft Club](#) at 11 am; [Decorating & DIY](#)

Sun [Sunday Afternoon Tea](#)



Thanks to Jill Weston for the photography

please await invite due to C19 situation, but please do enquire if you have not attended a club before.



ours. She was the winner in the Health & Wellbeing category

too! Simon Maskell was Highly Commended, and FGN were Runner-up in the same category. Thanks to our Exercise group for nominating Simon. You can read more about

Simon Maskell Biokineticist [here](#).

For free, fun, chair-based exercise, please get in touch!

Parsons Green

Fair – is returning on Saturday July 2nd. You can read more about it at our dedicated website:

parsonsgreenfair.org.

Please be in touch if you can volunteer as a steward on the day, or if you live in SW6 and would be able to display an estate agent board advertising the event.



LET'S ALL KEEP SAFE

We ask all visitors to Rosaline Hall to continue to wear a face mask, to sanitise hands regularly and to socially distance.



Silver Clubs 2022

We now have three Silver Clubs back and running. The Rylston and Kennedy's were new partners in February, while we returned to old friends White Horse in March. Ruth George leads the first two and Avril Peyton has kindly taken on the White Horse again. Members receive a three course meal with coffee/tea for £10.



Covid - case numbers are still high in the Borough. Despite national measures having been dropped, we continue to ask all visitors to Rosaline Hall, recipients of a home visit or home visitors to take a lateral flow test (LFT) in advance and only proceed if negative. We can provide

Volunteer Corner - Please see our Volunteer Handbook [here](#) and our Safeguarding policy [here](#). Please check the website for our latest guidance or contact us with any queries. If you are concerned for a beneficiary, please call

LFT's as needed. We aim to remove this guidance at the first opportunity.

Ride London 2022

We have ten riders/fundraisers for Ride London on Sunday 29th May. It is a 100-mile cycle ride from Victoria Embankment to Tower Bridge. The team includes staff members, Barney and Jamie. All funds raised will directly support FGN projects. You can sponsor Jamie [here](#). Barney's page coming soon... You can see an image of the projects, which we will be raising funds for below:



Adopt a Garden is providing an online introduction to



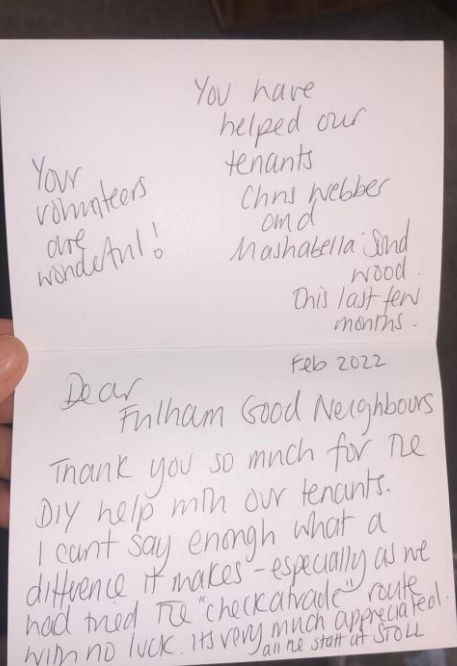
07907 990 841 or 020 7385 8850. If you are concerned, out of hours, please contact LBHF Adult Social Care on 020 8753 4198 - Option 3. They can arrange a welfare check if required. In an emergency, please call 999.

Permaculture on Thursday evenings (fortnightly) 7pm-8.30pm from 24th March, delivered by our partners Nubian Life. The five workshops will introduce you to core ethics, principles and design tools with focus on horticulture and community collaboration. You can sign up to attend by clicking [here](#).

Decorating and DIY - If you know of anyone that cannot afford to pay privately for decorating or DIY, please be in touch and Steve will be happy to assess the work.



Some recent feedback from Steve's work in the photo below.



Stolen Collection Tin –
 Our 2022 art calendars were kindly stocked by Gifts on the Green, Parsons Green Sports Club and Bishop’s Park Tea House. Sadly, one collection tin was stolen at G on the G. Please be wary of rogue fundraisers collecting on our behalf!

www.buywithconfidence.gov.uk/ – is our recommended website for researching local tradesman and businesses. It is government and trading standards approved.



For those interested in local history - The Fulham and Hammersmith Historical Society may well be for you. Set up with the aim to ‘foster and encourage the study of local history and archaeology in Hammersmith and Fulham’, you can find out more about membership and their upcoming visits at fhhs.wordpress.com

Gardening projects – Barney and Lucia lead on our two Gardening projects.

Please click here to see how the projects have developed over the last year, including 241 beneficiaries supported across 653 tasks. Brilliant work and a huge credit to Barney, Lucia, Keith, Richard and all our volunteers.

SOME OF OUR WORK

Garden maintenance **Rose pruning** **Garden clearance** **Online workshops**

ACTIVE MINDS

10 Weeks Wellbeing Programme for H&F Adults 18+
 to encourage creativity and conversations.
Please join us - everyone is welcome!

at
Sands End Arts and Community Centre (SEACC)
Peterborough Road, Fulham SW6 3EZ

All activities are free and **dementia friendly**
NO SESSIONS Easter Week 4-18 April

Tuesdays

Yoga & Mindfulness
 by Dancewest
 'DanceWest Studio'
 Start date 22 February
 2-3pm

Thursdays

Singing for Health
 'DanceWest Studio'
 Start date 3 March
 11-12pm and tea

Fridays

Family Histories/ Genealogy
 The 'Small Hall' or meeting room
 Start date 4 March
 11-1pm

Saturdays

Fine Art-Drawing & Painting
 'The Lodge'
 Start date 5 March
 10.30-12.30pm

To sign up for classes, please call 07775784520 or email sportsdevelopment@lbhf.gov.uk

A PLACE OF WELLNESS
 For Black, Asian and Minority Ethnic Groups

Time out for Carers

EMPOWER HEALTH ENERGY

Facilitated by experienced psychotherapist Dee Morrison who is an artist, poet and main carer for her mum who has Dementia.

This 4 week programme could be just what you're looking for! Weekly self care sessions via zoom for Carers who are looking to connect with other Carers in a safe space.

FRIDAY 4TH, 11TH, 18TH AND 25TH MARCH 2022
TIME: 7 - 8.30 PM
REGISTER YOUR INTEREST BY EMAIL TO INFO@NUBIANLIFE.ORG.UK

IN PARTNERSHIP WITH

FUNDED BY

AGEING WELL PROJECT

Supporters Scheme Form by Standing Order

Please return this completed form to:
Fulham Good Neighbours
Rosaline Hall, 70 Rosaline Road, London,
SW6 7QT



Registered Charity Number 1113752

Your details

Title	First Name	Surname
Address		
		Postcode
Telephone number	Email	

Your gift

Standing Order mandate

To the Manager

Name of your bank *Bank / Building Society*

Address of your bank

Postcode

Account No Sort Code

Account name

I would like to set up a standing order for £5 Other £

To be paid Monthly starting with the first payment on / /

and thereafter until further notice. Please quote reference: SUPPORTERS SCHEME

Please pay the above amount to: CAF Bank, 25 Kings Hill Avenue, Kings Hill,
West Malling, ME19 4JQ
Account No: 00014669 Sort Code: 40-52-40

Signature Date

Gift Aid Declaration

Gift Aid is tax relief on money donated to UK charities by people who are UK taxpayers

Please increase the value of your donation by 25% by completing this Gift Aid Declaration.

I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year, at least equal to the amount of tax that all the charities and CASCs I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify and the charity will reclaim 25p of tax on every £1 that I have given.

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Thank you Fulham Good Neighbours does not share your details with any third parties