

APRIL NEWSLETTER

We hope to see you at our exciting upcoming events, which include: Volunteer's Evening, Fulham Palace, and £1 Silver Club at Rylston pub on May 2nd. Please let us know if you need transport to attend any of our activity.

Dementia Awareness Workshop - 11th April

We will be running a **Dementia Awareness Workshop on the 11th of April from 2:00 pm - 3:30 pm in our community center at Rosaline Hall (70 Rosaline Rd, SW6 7QT)**. The workshop will be delivered by Imperial College Healthcare NHS Trust's Consultant Nurse, **Jo James** & Registered Specialist Nurse & Care Manager **Maddy (Mekedelawit) Alemayehu**. The workshop is open to all, especially those working or volunteering in Fulham, so that we collectively learn how to best support our older community members and those most at risk of dementia. This workshop is delivered in partnership with **Fulham Broadway BID & H&F Dementia Action Alliance**. To RSVP, please contact us.

Fulham Palace - 19th April at 1 pm

Please join us at **Fulham Palace** to celebrate our successful 4-year '**Adopt a Garden**' partnership with **Nubian Life**. The project provides horticultural activity across the Borough for all ages, while promoting inter-generational connections. Learn more of Imperial College London's international- award winning research on the partnership - following Yi Zhang's 2022 presentations at the *International Congress of Healthy City Design and Barcelona's Urban Transitions Global Summit*, she will present to the local community here, alongside **Matt Pottage of the Royal Horticultural Society**. Join us for gardening activity stalls, a tour of Fulham Palace 's Walled Garden & refreshments grown from the Josiah Braithwaite Community Garden. Please contact us to RSVP.

President: The Mayor of Hammersmith & Fulham



April 1st 2023

Mon - Exercise 2:00pm; 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; Exercise 2:00pm and 3:00pm; Decorating & DIY service

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

Sun - Afternoon Tea 2nd and 16th April 3:00pm



Volunteer Induction

We will be holding our next Volunteer Induction on the **18th of April** from **6:00 pm - 8:00 pm**. Whether you have attended an induction before, or are brand new to volunteering with us, we kindly ask that everyone attend. There will be important volunteer updates, a chance for you to meet other volunteers, and opportunity to voice any concerns or questions you may have for us. The event will be catered with food and drinks provided by our partners at the Rylston.

Half-Marathon for Fulham Good Neighbours

Good luck to **Grace and Barney**, ahead of the Fulham half-marathon on April 2nd, raising money for the continued delivery of our projects. Thank you all for your generous donations so far, which total over £700! You can still donate online or at Rosaline Hall.

Click [HERE](#) to donate.

A message: *'We have seen firsthand the overwhelmingly positive impact FGN has on its community and feel strongly about their mission statement: to create an inclusive community where Neighbours look out and care for each other'.*



Silver Club at the Rylston for £1 only!

Fulham Broadway BID is generously funding a **3-course meal for up to 60 beneficiaries for £1 only** in celebration of the King's Coronation on **Tuesday 2nd of May**. **Andrin Haag** from **Rhythm studio** will be leading our very own Choir Club to deliver their first-ever performance too! If you wish to book a seat, please contact us.



Adopt a Garden

Our partners at Nubian Life continue to offer an engaging schedule of horticultural activity for the whole family. You can read more about April activities [Here](#)



Action on Disability Training

AOD is delivering a 'Disability Equality and Co-production Training Course' for Disabled People who live, work, volunteer, or study in H&F! Training will happen on the 18th and 25th of April between 4:00pm - 7:00pm. To book a seat contact info@aod.org.uk or call [0207 385 2098](tel:02073852098).



London Children's Ballet presents

'Snow White' for £1 invitation



London Children's Ballet will be performing with a new version of Snow White, with choreography by Gavin McCaig, Northern Ballet.

Call 020 8969 1555 to book and let them know that you are from Fulham Good Neighbours to secure your £1 subsidised ticket. The subsidised performance is at the Peacock Theatre (WC2A 2HT) on Thursday 13th April at 1pm.

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.**



The 'New Normal' Training

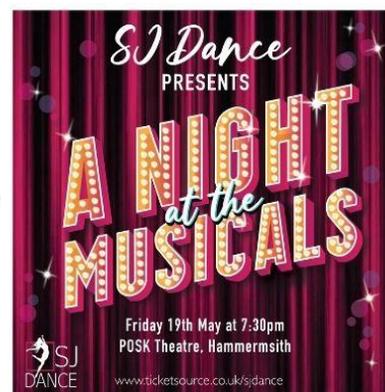
Learning to provide peer mental support

Fulham Good Neighbours is partnering with **The New Normal** to deliver a FREE 10-week training course. The course will equip the local workforce & volunteers with the knowledge & tools to create & deliver peer support groups so as to tackle isolation, loneliness, grief, etc. while fostering a sense of community & shared experience. Training will take place at Rosaline Hall, SW6 7QT, 70 Rosaline Rd every Friday in the afternoon, exact **timings and start date to be confirmed very soon. Please be in touch to book your place.**



SJ Dance

SJ Dance are generously raising funds for Fulham Good Neighbours again this year via programme sales at ***A Night at the Musicals!*** This is an all-singing, all-dancing variety show, featuring songs from musicals spanning the generations, with Tap, Jazz, Ballet and Singing. The talented cast will perform at the **POSK Theatre, Hammersmith, on Friday 19th May**. Click [here](#) to buy tickets.



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

CONTACT US

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