



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

August 1st 2021

Welcome to our August newsletter

– August saw our busiest month at Rosaline Hall since March 2020. Avril’s Reading group is now back in full swing, alongside Flora’s Art class. Simon’s Exercise class is now delivered online and at Rosaline Hall concurrently. Both Flora and Simon continue to deliver online versions of their projects too.



August

- Mon** *Exercise at 3 pm; Gardening*
- Tues** *Art at 11 am; Gardening*
- Wed** *Art at 3 pm; DIY*
- Thurs** *Reading at 11 am; Exercise at 2 pm & 3 pm; DIY; Food to the Door*



Art work provided by Nilay Nagle

continue to wear a face mask, maintain social distance and sanitize

hands on entry and regularly. We maintain good airflow with open doors and windows. Please note that attendance is invite only at this stage so

that we can ensure adequate C-19 secure measures are in place.

Volunteer drivers/cyclists

needed! – Please be in touch to find out more or if reading online click here.

The July 19th re-opening of the economy continues to be met with caution at FGN. The Borough has significantly lower vaccination rates for both first and second jabs, and C-19 cases continue to be above the national average. As such we ask all visitors to





London Marathon–

We are very proud to have two runners fundraising for FGN by taking on 26.2 miles in October. Barney, our **Gardening project** lead, recently secured a place via the London Marathon Charitable Trust; and Alice (pictured below), our volunteer, has waited out the C-19 postponements. The pair will be running to raise funds for our projects in the **Home and Garden, Community and at our community centre and Online**. If you are reading online you can sponsor Barney by clicking **here** and you can sponsor Alice **here**. Alternatively you can send a cheque to Rosaline Hall.



Please get in touch if you would be interested in supporting Barney and Alice on the day and rattling a collection tin for the cause.



Barney hard at training

Thanks

Tom - Huge thanks to Tom Cook, who has revamped our birthday cards, ably supporting Jill Weston's project.



Coincidentally Tom and Jill, very generously, were swiftest off the mark in donating to the

Solar Panel's project and **Barney's marathon**, respectively.

Biokinetics - Simon Maskell delivers three chair based exercise classes a week. On **August 10th evening** he will deliver an introduction to volunteers on the importance of preventing slips, trips & falls and much, much more... Timings TBC. Please be in touch to book your place.

Simon has an infectious enthusiasm and comes highly recommended, unanimously!



Volunteer Corner –

If you have not yet been inducted, please get in touch so that we can ensure a convenient future date. 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 Jamie, our Director, on 07907 990 841. 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.

Please note that we ask volunteers to commit to at least one task a month.

This level of support ensures that we can manage the demand for shopping, medication delivery, escorts etc that are requested.



Fulham
Good Neighbours



Adopt a Garden

Please click [here](#) for the latest training opportunities from our partner

Nubian Life's Josiah Braithwaite Community Garden.



Room to Reward

Huge congratulations to Frank Hoey. Frank was deservedly recognised for his tireless support to FGN during the pandemic. *Room to Reward* have kindly awarded Frank with a much deserved hotel stay for his exceptional efforts.



Please follow us on social media – links on front page. It really helps us get noticed by those who might want to attend/volunteer/partner or fund.

Vaccinations

London and LBHF is considerably behind the rest of England with just 57% of adults having had their first vaccine. You can book your first or second vaccine [here](#). You can see details of available walk-ins [here](#)

Kew Gardens

Lucia hosted a popular trip to Kew last week as part of Kew's Community Open Week. Attendees enjoyed a workshop on basil, learning how to grow and cook it to its full potential.



This is just one of many *Adopt a Garden* project additions that Lucia has introduced in the last year.

Gardening volunteer for a local partner

Clive updates us: *Action on Disability* are a Disabled People's Organisation (DPO) led by disabled people, for disabled people. We work to ensure that disabled people have independence, choice and control over their own lives. We are launching a new gardening club. We urgently need a gardener volunteer to lead our gardening group. He or she will be assisted by one of our staff members. We require someone with some gardening experience. We need someone who can commit to a couple of hours once a week. Our plan is for a Tuesday afternoon, between 1pm and 3pm in September 2021.

This newsletter is in memory of

– dear, valued friends of FGN, Myriam Fyfe, Heather Murray and Arlette Hedayatpour.

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Rosaline Hall, 70 Rosaline Road
SW6 7QT

Registered Charity Nr: 1113752



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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