



# NEWSLETTER

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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

December 1<sup>st</sup> 2021

## Welcome to our December newsletter

— wishing you all a happy Advent. Our projects this month will come with a Christmas theme. Fungai and the Art group will be making cards on the 7th and 14th December. In between that Lucia will be delivering an online Christmas quiz on 10<sup>th</sup>.

Ruth will be hosting the Lunch Club on the 8<sup>th</sup> and 14<sup>th</sup>. City Harvest will visit on the 14<sup>th</sup> too with some additional gifts – especial thanks for their generous donations to the project as always. The last Sunday Tea of the year will be on December 5<sup>th</sup>. We are lucky enough to benefit from partnership

## December

Mon Exercise at 3 pm;  
Gardening

Tues Art at 11 am; Gardening

Wed Lunch Club at 1 pm; Art at 3 pm;  
Decorating & DIY;  
Gardening

Thurs Reading at 11 am;  
Exercise at 2 pm & 3 pm;  
Decorating & DIY;  
Food to the Door

Fri Craft Club at 10 am; Decorating & DIY

Sun Sunday Afternoon Tea on alternate Sundays (just 5<sup>th</sup> this month, returning January 16<sup>th</sup>)



The front page of our 2022 calendar



with Bute House and Fulham Boys Schools again this year. Students will provide our members with personalised letters and cards. Research Partnership will also be

providing us with festive packages for members, which we will hand deliver between the 20<sup>th</sup> and 23<sup>rd</sup>. Please let us know...

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Our 2022 Art Group Calendar is a bargain (suggested donation of) £5. This is a brilliant way of supporting the work that we do. All proceeds will go directly back into funding our projects. Please let us know if you would like to buy any



# Online Holiday Quiz!



On Friday 10th December

11am-12.30pm



Join us on **ZOOM** for a fun morning and a holiday topic quiz, with the traditional rounds: general knowledge, pictures, music and a few Christmas themed facts added in!

Open to all our members and volunteers.

**Booking is essential!**

Please book via Eventbrite or contact Lucia at [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)



(page 1) ...if you would be free and able to support with deliveries and a friendly chat at the doorstep of our older members or those that find it difficult to get out.

The Smile Brigade will also be providing Christmas dinners on the 21<sup>st</sup>, 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> December. Please let us know if you would like to receive a hot/chilled/frozen meal.

## Adopt a Garden



For the latest workshops offered from our partners Nubian

Life click here.

AGM – thank you to all who attended our AGM on November 2<sup>nd</sup>. Our Chair of the Trustees, Robert Fryer, presented the annual report and accounts for 2020/21. Councillor Ben Coleman and Mayor PJ Murphy followed with addresses. Mayor PJ Murphy said, following the meeting:

*It was a real privilege to join you last night. I was massively impressed. You have all had a massive impact on people's lives in a very trying time and at the council we are genuinely thankful.*

*Please let all at FGN know how respected and appreciated they are, you make a real difference to Fulham.*

## 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

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.

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.



**50+ with a business idea..?**  
Advantages of Age are a local social enterprise, launching a free Start up School for Seniors course in January. If you're reading online, you can see their video [here](#) or call Mark on 07973 499379 for more information.

**Support Fulham Good Neighbours go solar [here](#)**

Over 55's mindfulness colouring session  
 Starting Friday 19th November



Every Friday at Shepherd's Bush Library 11:00-12:00

Supplies provided  
 Book in person or over the phone on 0208 753 3842



**Biokinetics** – huge thanks to Simon Maskell, who delivers our Chair Based Exercise project three times weekly online and at Rosaline Hall. Simon delivered a fantastic wellbeing talk earlier in the month to FGN and Parsons Green Sports and Social Club members, as well as biokinetics professionals. Simon is a global authority on 'Biokinetics for health, prevention/rehabilitation, and performance optimization' and kindly awarded all 20+ attendees a free 15 minute consultation, as well as two prizes for a more developed support package. Look out for more similar opportunities from Simon in the new year.

Barney provides a fantastic

Gardening service for those that cannot afford to pay privately and are unable to do the work themselves. For those not eligible, you can access our paid service.

All proceeds go back directly into delivering our projects. His hourly rate is a bargain £30 an hour. You can read more [here](#)



This newsletter is in loving memory of Clive Domm, Rodney Wright-Watson and George Hazelgrove. Above, Clive is pictured with Barbara Windsor, collecting his Team London Volunteering Award in 2016.

Please get in touch if...

You would be interested in free return travel from Rosaline Hall to Sands End Community Centre for a new dance project with Dance West; You would be interested in learning more about Suicide Prevention with Rethink Mental Illness.

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

☎ 020 7385 8850

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.

*giftaid it*

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