



# FEBRUARY NEWSLETTER

The Wednesday Lunch Club is cancelled for the 21st of February due to staff training at Rosaline Hall.

## Mental Health First Aid Trained!

A huge thank you to Sarah Clark and Higgins Partnerships for facilitating 14 members of staff and volunteers with training in Mental Health First Aid. Thanks also to Mariola and Jonathan for kindly providing the refreshments. Please see page 3 for an opportunity to do this excellent training in February.

Our **Social Clubs** (see listing to right) are all themed around creative activity and exercise (or sharing food!), since these pursuits have been shown to most impact wellbeing, particularly as we age. Please be in touch if you would like to get involved.

Our **Befriending project** is also an excellent opportunity to enjoy a regular 1-to-1 chat or meet up.

We look forward to hearing from you!



**Congratulations** to all involved in the FGN film 'Enter the Fold', which is a finalist in the

Charity Film Awards. There will be a round of public voting, which opens on February 14th, which we will promote on social media. We are also very honoured that Media Trust chose us as their entry to the 2024 Brand Awards!

Huge thanks to Luis Navarro and his team at **Totality** who have generously donated their IT skills and experience to FGN since 2018. The service is exceptional, and FGN's savings over this time have been significant. Luis said: '*my business partner and I attended the London Oratory School in Fulham, making this community particularly close*



President: The Mayor of Hammersmith & Fulham



February 2nd 2024

## Social Clubs

**Mon** - Digital Support 11:00am; Exercise 2:00pm; Gardening service

**Tues** - Art Club 11:00am; Choir 2:00pm Gardening service; Silver Lunch Club (monthly at Lillie Langtry, Kennedys, 8 Bells & 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 on 4th and 18th 3:00pm

to our hearts.

*Our commitment extends beyond a singular act; it represents an ongoing effort to create a lasting impact.*

*Through the provision of continuous, complimentary IT services, we offer FGN the stability and consistency required to seamlessly integrate technology into their operations. This ensures sustained benefits for the elderly community they tirelessly support.'*

While Luis has never once asked for any promotion for Totality, his service is highly recommended by FGN.

## Disability, Equality, & Coproduction Training Course

Action on Disability is offering a 'Disability Equality and Coproduction' course, which covers various topics, including: the history of Disability activism, principles and practices of coproduction, and different perspectives on Disability. They will delve into opportunities for change; the politics of disability; making coproduction a

## 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.**



reality; and involving Disabled People's Organisations.

Please see below for session dates and times:

Session 1: 3rd February 10.45-4 pm

Session 2: 8th February 4-7 pm

Session 3: 15th February 4-7 pm

Session 4: 22nd February 4-7 pm

Session 5: 28th February 4-7 pm

Session 6: 6th March 4-7 pm

Session 7: 13th March 4-7 pm

**The Course will be held on Zoom.** To find out more please email Nikos:

Nikolaos.tzenas@

aod.org.uk.



## Chance to win a £100 Supermarket Voucher!

**Can you help H&F council understand how flooding and heatwaves are affecting our community by completing this 10-20 mins survey?**

The impacts of climate change are already being felt in Hammersmith & Fulham. These include increasingly severe and frequent flooding, heatwaves, and drought, as well as related impacts such as changes to nature. These incidents affect our health, homes, businesses, and local services.

They council are planning for how to manage the impact on our communities and visitors into the future.

To support this they are surveying local residents and organisations on their experiences of severe weather to date.

Please answer the survey [here](#).



## Mental Health First Aid Course

Join this 2-day course on Monday the 19th and Friday the 23rd of February 9:00 am to 5:00 pm at Masbro Centre (87 Masbro Road, W14 0LR).

### Need to know:

- This course is at no cost for staff and volunteers from H&F organisations supporting BAME communities.
- Attendance on both days is required to gain a nationally accredited MHFAider\* certificate.
- Booking is essential.

For more information and booking please contact [tina@upg.org.uk](mailto:tina@upg.org.uk) or 020 7605 0800.



## Dementia Friendly Tennis

Join weekly indoor tennis sessions at Queen's Club which currently take place on Mondays from 1pm-1.45pm - meeting at security on Palliser Road, W14 9EQ at 12.50 pm. Reserve your place at: [info@queensclubfoundation.co.uk](mailto:info@queensclubfoundation.co.uk).



## Dance for Dementia

As part of the Active Minds programme in Hammersmith & Fulham, DanceWest is offering 'Dance for Dementia' classes supported by Active Minds for FREE.

**When:** Tuesdays

**Dates:** Tuesday 16 January - Tuesday 26 March 2024.

**Time:** 10.30-11.30 am.

**Where:** Fulham Pools/Virgin Active, Normand Park, Lillie Road Fulham, SW6 7ST.

**Travel routes:** Buses 74, 190 and 430 stop outside. Car parking pay and display on site (70 spaces).

**How to book:** [info@dancewest.co.uk](mailto:info@dancewest.co.uk) or by telephone 07494513079

## Silver Lunches February

**The Rylston** - Last one will be 6th of February- from 5th March we will be at St Peter's Church Hall, Varna Road-/St Peter's Terrace, SW6 7JS – every first Tuesday of the month

**Lillie Langtry** - 19 Lillie Road, SW6 1UE - every second Wednesday of the month

**The Kennedy** - 609-611 Fulham Road, SW6 5UA - every third Tuesday of the month

**The Eight Bells** – 89 Fulham High Street SW6 3JS - replaces The White Horse - every last Tuesday in the month

### Contact us

☎ 020 7385 8850

✉ [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)

🌐 [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

📍 70 Rosaline Rd, London, SW6 7QT

### Social Media

🐦 [fulgdneighbours](https://twitter.com/fulgdneighbours)

📷 [fulhamgoodneighbours](https://www.instagram.com/fulhamgoodneighbours)

📘 Fulham Good Neighbours

👤 Fulham Good Neighbours Service

# 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

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: Co Operative Bank PLC, Business Direct, PO Box 250, Skelmersdale, WN8 6WT

Account No: 67309922 Sort Code: 08-92-99

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