



# January NEWSLETTER



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

President: The Mayor of Hammersmith and Fulham

January 1<sup>st</sup> 2021

## Welcome to our January newsletter

We hope that you enjoyed a happy festive break! Now, for 2022...

**£5,278 to go!!** - we are excited to announce the final push for our solar panel crowd fundraiser. The project will reduce our carbon footprint (1 tonne CO2e pa) and generate energy (3,942 kwh pa). Over the longer term, it will save us almost £11,500 in energy bills, which will be re-invested in our community projects. If we can raise £5,278 in 20 days, LBHF will potentially donate the remaining funds. Please consider donating by cheque, cash, phone or

- Mon Online Exercise at 3 pm; Gardening
- Tues Art at 11 am (scheduled for return on 11<sup>th</sup>)\*; Gardening
- Wed Online Art at 3 pm; Decorating & DIY; Gardening
- Thurs Reading at 11 am (scheduled for return on 6<sup>th</sup>)\*; Online Exercise at 2 pm & 3 pm; Decorating & DIY; Food to the Door
- Fri Craft Club at 10 am (scheduled for return on 7<sup>th</sup>)\*; Decorating & DIY
- Sun Sunday Afternoon Tea – scheduled for return on 16<sup>th</sup>\*;



\*please await confirmation due to C19 situation

online [here](#). Please spread the word amongst friends, family and colleagues. Special thanks for recent donations to: Tom Cook, Angela Turner, Maria Moroni, Jen Whittle, Robert Fryer, Sara Morgenstern, Jean Rogers, Olivera Milosevic, Bob Ward, Anne McEvoy, Emily Tulloh and Chris Mikata-Pralat.



2022 Art Group Calendar - is a bargain £5! This is a brilliant way of supporting the work that we do and rewarding the Group's fantastic efforts. You can pay by cash, cheque or phone and we will deliver too.



## Did you know..?

10 million adults in the UK cannot connect to internet or use a computer in any way. It's not uncommon and it's not too late - please be in touch should you be interested in learning something new in 2022.

We can provide equipment loan, internet, and support in your home, and can start from as simple as turning a computer on. If you ever wondered how to get started with computers now is your chance.



## Adopt a Garden



For the latest workshops offered from our partners *Nubian Life* click [here](#). In partnership with Nubian Life and Imperial College London, we are excited to announce that we will be delivering an external evaluation of the project in 2022.



## Ride London 2022

We have places available for Ride London on Sunday 29<sup>th</sup> May. It is a 100 mile cycle ride from Victoria Embankment to Tower Bridge. If you, family, friends or colleagues are interested in raising funds for FGN in this way, please be in touch! Please also be in touch should you be interested in raising funds for us in other ways too. Bob Ward kindly donated his penny jar recently, while Barney Valentine and Alice Schroeder ran the London Marathon. We would certainly support

## 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

**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.

anyone wishing to help our work in this way, or at the Fulham Half Marathon in April.



Both our runners captured in the same frame!

## Biokinetics talk

The video for Simon's November talk will soon be available. We are just awaiting the return of final consent forms. Below, Simon is ready for the pre-Christmas edition of his online exercise class.



Please let us know if you would like to attend the class or would like to know more.

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.



# An FGN Christmas

Generous supporters, Research Partnership, provided Christmas packages for some of our members as well as a £2,500 donation to our work in 2022! Pupils from Bute House and Fulham Boys School hand made and wrote Christmas messages for our neighbours too. Feedback from the community included:

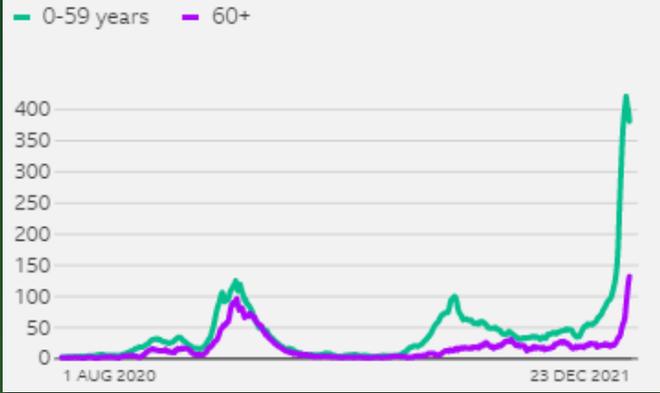
*Having just moved to Rosaline Road, my family and I are delighted to know that the team truly practice what they preach*

And *I love the work you do for us in Fulham it's truly a lifeline and I can not thank you enough for continuing to keep open for us.*

## Coronavirus

Sadly, the virus rates in the Borough are again considerably above the (very high)

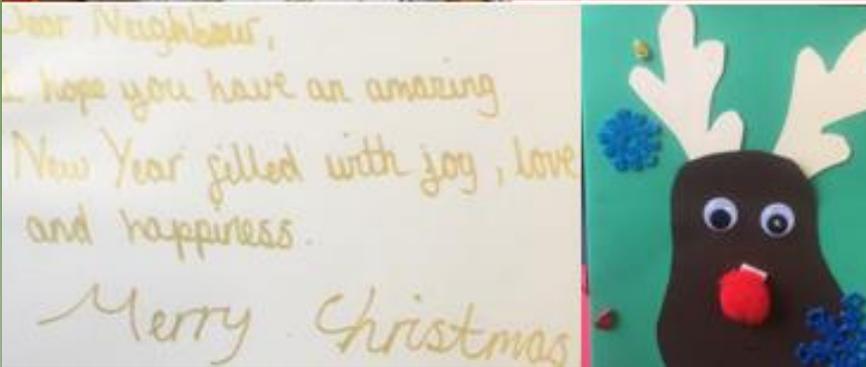
Seven-day average of daily cases per 100,000



national average. The large part of these cases are of under 59's (graph above), however the virus is spreading in all age groups. The Borough's rate of infection was over twice as high as the national average in the last week. We continue to see much lower uptake of the vaccine in the Borough too - 62% of over 12s have had a first vaccine versus a national level of over 90%.

We ask for continued patience as we review our activity on a daily basis, according to government guidance and the advice of the local Public Health team. As such, activity may be cancelled at short notice, or may be adjusted to account for latest advice so to keep us all safe.

We look forward to having a thriving Rosaline Hall once again, but remain cautious to ensure activity is always C19 secure.



✉ info@fulhamgoodneighbours.org  
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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.

*giftaid it*

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