



JANUARY NEWSLETTER

A Message to our Fulham Good Neighbours...

Wishing you all a very happy new year! We look forward to seeing Neighbours and Volunteers at our community centre asap in 2024. Please let family and friends know about all that we have on offer, as well as our volunteering opportunities (page 2).

We have spaces on our Exercise classes on Mondays and Thursday and our Tuesday Singing Group is very keen for new members too! If you have resolved to better understand a phone or computer, or even just to get started please come along to our Digital Support drop-in on a Monday or just give us a call.

Fulham Good Neighbours Film Launch

We are very excited to announce that we will be launching our FGN Film this Friday on the 5th of January via various communication platforms which you will be notified of.

It is important that we continue to extend our services to every person in need in Fulham and it would mean everything to us if you could share our film to spread the word across your networks.

Community Centre Closing Dates for January

For staff training purposes, Rosaline Hall will be closed for the following dates in the month of January 2024:

- Tuesday 9th of January
- Wednesday 10th of January
- Wednesday 31st of January

For urgent enquiries please contact staff prior to the dates.

**President: The Mayor of
Hammersmith & Fulham**



January 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
& 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
21st of January ONLY



Struggling with the cost of living crisis?

The cost-of-living crisis team at Hammersmith & Fulham council can help you to access support for the cost-of-living crisis. The team can provide guidance and advice on services and support across the council and wider.

You can:

- get a fast response by sending them a message using their [cost-of-living enquiry form](#)
- contact them on their free phone number [0800 917 6994](#). The line is open 8am to 6pm, Monday to Friday
- visit them at 145 King Street in Hammersmith, between 9am and 5pm, Monday to Friday.

Alternatively, you can email them at costoflivingteam@lbhf.gov.uk



Volunteering opportunities

As we embark on a new year, Fulham Good Neighbours invite you to a powerful resolution: Volunteering your time for our older and disabled Neighbours.

Here are the ways in which you can help:

Befriending volunteer: offering friendship and support to alleviate loneliness for 1-2 hours a month.

Digital Support volunteer: enabling your Neighbours to stay independent for longer by teaching and supporting them to navigating and utilise technology effectively for 1-3 hours a month.

Gardening volunteer: enabling your Neighbours to enjoy safer green spaces, fostering community connections through nature for 1-2 times a month either independently or alongside our professional gardener.

Decorating/DIY volunteer: supporting your Neighbours with one-off jobs in their homes for 1-2 times a month.

Social Clubs volunteer: supporting the running of our social clubs at our community centre.

Good Neighbour (Scheme) volunteer: supporting with tasks including shopping, escorting, transportation, errands, etc.

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.**



Social Clubs

Keep active in 2024 by joining our FREE Social Clubs and meeting your Neighbours.

Here is a list of our current social clubs:

Digital Support Club | Monday | 11:00am

Supporting you with learning more about your phone, laptop, or tablet. We also loan equipment as needed.

Chair-Based Exercise | Monday | 2:00pm

Age-friendly exercises routine led by a health professional.

Art Club | Tuesday | 11:00am

Art sessions designed to help you hone your artistic skills, share ideas, and explore new artists and techniques.

Silver Lunch | Tuesday | 1:00pm

Discounted Starter, Main, Cake, and Hot drinks at the Rylston, Lillie Langtry, Kennedys.

Singing Club | Tuesday | 2:00pm

Enjoy singing, build camaraderie, and share the joy of music in a relaxed and welcoming environment. No experience necessary!

Lunch Club | Wednesday | 1:00pm

Free Starter, Lunch, Cake, and Hot drinks at our community centre with a weekly speaker.

Reading Club | Thursday | 11:00am

Share your passion for reading and literature in a group reading session.

Chair-Based Exercise | Thursday | 2:00pm + 3:00pm

Age-friendly exercises routine led by a health professional.

Craft Club | Friday | 11:00am

Enjoy diverse arts and crafts in a group session.

Winter Ready Homes Scheme

Hammersmith & Fulham council can help you cover the cost of measures that will make your home more energy efficient, help you stay warm and save money this winter via their Winter Ready Homes Scheme.

You may be eligible for the scheme if you are:

- over 65
- disabled or have a long-term health condition

Apply for the grant [here](#) or ask us for help in completing the form.



Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

📍 70 Rosaline Rd, London, SW6 7QT

Social Media

🐦 [fulgdneighbours](#)

📷 [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	<i>Bank / Building Society</i>
Address of your bank	
	Postcode
Account No	Sort Code
Account name	

I would like to set up a standing order for £

To be paid 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
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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