



Fulham
Good Neighbours

July

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

July 1st 2022

Welcome to our July newsletter –

Following Covid cancellation in 2020 & 2021, the Parsons Green Fair returns this month! Huge thanks to Jac Davies, Nicky Sansom & all the Event Management team. Our sponsors Marston Properties, Strutt & Parker, and Orangetheory have made it all possible too. On Saturday 2nd from 11.30 to 5.30, we hope to welcome you there!

The Fair will include: 100+ stalls, selling everything from international cuisine to kaftans and artisan crafts; a host of live performances, donkey rides, circus acts, fun fair, petting zoo, bungee jump and much more.



Mon Online Exercise at 3 pm;
Gardening

Tues Art at 11 am; Gardening,
Silver Club (monthly at
White Horse, Kennedys &
The Rylston)

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

Thurs Reading at 11 am; Online Exercise at 2 pm & 3 pm;
Decorating & DIY

Fri Craft Club at 11 am; Decorating & DIY

Sun Please note there will be no Sunday Afternoon Tea in
July

please await invite due to C19 situation, but please do enquire if you have not attended a club before.



Parsons Green Fair, 2nd July 2022

For the first time, FGN is staging an art exhibition of which all works were created by members of the FGN art group. These will be sold via silent auction with proceeds directly funding FGN's work. Anyone can bid their highest offer for a piece of the art on display, content in the knowledge that their offer will fund our projects. At 4.30 pm

on the day, the highest bidder for each artwork will be notified so that they can collect and pay.

The FGN stall will also feature our new Adopt a Garden plant swap, and sales of greetings cards created by our Craft Club. It will be a font of information about all FGN does.

You can read more about the Fair at:

Parsons
greenfair.org



SJ Dance –

generously donated £255 proceeds from their recent show to FGN. We shall look forward to seeing them perform at the Parsons Green Fair on Saturday at 12.30 pm on the Main Stage.

Full schedule of performers below:

11.30 am - Welcome
Robert Fryer, FGN Chair

11.45 am - London Youth Conservatoire

12.30 pm - SJ Dance School

1.30 pm – Stagecoach Theatre Arts - Fulham

2.00 pm - La Sylvaine School of Dancing

3.00 pm – Thomas' Academy Irish Dancing

3.30 pm - Dancestars

4.00 pm – The Moone School of Ballet

4.30 pm – Stagecoach Theatre Arts – Fulham

5.00 pm – Students from The Rhythm Studio



The Movement is Medicine Wellness Series – will be presented by FGN & Simon Maskell (BSc. Hons, BK). Simon is a medical professional and biokineticist with a private clinic and is the in-house exercise specialist at FGN.

Simon writes: *“It is health that is real wealth, not pieces of gold and silver” – Mahatma Gandhi. Please join our monthly wellness presentations over next six months, which can be attended online or at Rosaline Hall.*

*“We will discuss health & wellbeing from a clinical exercise rehabilitation & prevention perspective. The first of this six-part series will focus on: **The Prevention & Management of Osteoporosis.** This talk will take place on: **Monday the 25-07-22 at 18:00.** Please be in touch if you would like to attend.”*



Defibrillator - we have finally honoured Chris Mikata's (former FGN director) leaving wish for a defibrillator to be in situ at Rosaline Hall. Funding was provided by LBHF. Thanks to Chris for his great idea, and patience while we have sought to make this happen. Defibrillators give a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. The device just needs to be turned on and then it talks the user through the process. You are 3x more likely to survive a sudden cardiac arrest when a defibrillator is used, so it is a big comfort to have one finally at Rosaline Hall.

There will always be a member of staff here when you are at Rosaline Hall; however, it's worth watching this short video [here](#) (just 4 minutes 56 seconds) to familiarise yourself with the machine.

The Jubilee – as mentioned in June, The Rylston Pub put on a fantastic celebration for 41 FGN friends - photo below



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.



You may have seen some of London Climate Action Week already. LBHF have hosted a borough-wide programme of activity including tips on reducing your energy bill, tackling the overuse of plastics, and celebrating biodiversity. Still to come though is...

Wild for Wildlife Festivals at Bishops Park on Sun 3 July, which can still be booked!

Riverside Studies announces the full line-up of shows for the return of its innovative Bitesize Festival. This follows the success of the launch of this initiative in January, which saw nine shows take to Riverside's stage, showcasing work from new and emerging theatre

makers.



As part of this, Josh and Kelly, performing Wildcat's Last Waltz will kindly be collecting donations for FGN.



For more information on how you can get involved with Sustainability Champions, please contact Michelle

on michelleg@upg.org.uk. As a Sustainability Champion you will be offered a workshop, training, and will be connected with local volunteering opportunities. You'll also be given the support to lead your own community projects across areas such as:

- Local food growing and gardening
- Saving money on energy bills
- Repair cafes and swap shops
- Cooking classes
- Tackling air pollution

Adopt a Garden



Our evaluation with Imperial College Centre for Environmental Policy starts this month! Beneficiaries and volunteers will be helpfully supporting with surveys and interviews so that we can evaluate our Social Return on Investment. Our partners at Nubian Life continue to offer an engaging schedule of horticultural activity for the whole family. You can read more about July activity here, which includes their Josiah Braithwaite Community Garden being featured at the London Permaculture Festival on Sunday 24th July 11 am to 6 pm.



Lunch at the JB Community Garden

THE INVISIBLE CAFÉ

- MINDFUL MONDAYS
- START WITH ART
- WRITING FOR WELLBEING
- YOGA FOR YOU
- THE CRAFT OF UPCYCLING

www.theinvisiblecafe.co.uk

Mindful Mondays
Monday 11:00am - 12:00pm

Start with Art
Tuesday 11:00am - 12:30pm

Writing for Wellbeing
Thursday 11:00am - 12:30pm

Yoga for You
Friday 11:00am - 12:00pm

The Craft of UpCycling
Saturday 11:00am - 12:30am

All classes are £4
@245 Hammersmith Road
info@theinvisiblecafe.co.uk

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