



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

June 1st 2021

Welcome to our June newsletter –

last month has seen the return of our birthday card project, led by Jill Weston, volunteer extraordinaire, and various DIY projects completed by Steve Fay, our Decorating lead. Plans too are unfolding to welcome back our Art group in staggered attendance this month, followed by our Reading group in July. Flora and Avril will be in touch respectively. Our Online offering will continue as usual throughout June.

Coop Local Community Fund

– continue to support our work. This year they have already raised £3,322 for our Good Neighbour Scheme. Coop will continue to generate publicity for FGN and to raise funds until November. Funding is allocated between three local charities with Coop members selecting their chosen charity. Funds are accorded based on each charity's proportion of the votes (continued page 2)



June classes & projects

Mon *Exercise at 3 pm*

Tues *Art at 11 am;
Gardening*

Wed *Art at 3 pm*

Thurs *Exercise at 2 pm & 3 pm;
Reading (via telephone) at 11 am; and Food to the Door*

Art work provided by Mennatallah Khoder



Joy, the Disability Arts Fair

– In May's newsletter we announced FGN's exciting partnership with E-Unique to create and perform a piece of music for Joy. We are looking for those from the FGN community who would like to participate in a series of four workshops

guided by a musical professional. Workshops will take place in Fulham (venue TBC) ahead of Joy, which takes place in September. No prior music experience is required. E-Unique's founder, Eugenia, a wheelchair user with cerebral palsy and mild

learning difficulties says: *'Through these workshops people gain confidence, build self-esteem and learn new skills. Disability does not stop anybody achieving their goals!'*

Please get in touch for further information.





Solar panels at Rosaline Hall –

We have recently received funding from the London Community Energy Fund to enter phase one of this project. Sustainability, our partners, have brilliantly supported us in developing planning applications and build costs thus far.

We will soon launch a crowd funding appeal to support us raise capital costs. Depending on our success LBHF may match fund up to 50% through the Community Infrastructure Levy (CIL). In order to secure funds via CIL, LBHF need to see community commitment – a donation of £2 can do this if supported widely enough.

The Masbro Centre recently ran a similar project and have generated enough green energy to almost wipe out their energy bill entirely within the year! This project has the potential to represent huge savings for FGN over the long term, ensuring a

sustainable future for Rosaline Hall and contributing to LBHF

ambitions of net zero carbon emissions by 2030.



The Parsons Green Sports Club -

Our staff team and Robert Fryer, Chair of Trustees, were kindly hosted by Parsons Green Sports Club last week. They have a tremendous facility and catering, and we would be very keen to take the partnership forward. If you are interested in bowls, croquet or squash please do get in touch. We have spoken of potential clubs and fundraisers, which are dependent on enthusiasm from the community. These opportunities are open to beneficiaries and volunteers alike.

Volunteer Corner –

If you have not yet been inducted, please get in touch so that we can ensure a convenient future date. 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.

(Continued from page 1...) – you can select FGN as a cause by visiting our page here and becoming a Coop member.



La Pizzica on Fulham Road will generously be donating 50 pence of every Margarita sold to FGN. Huge thanks to Gorby, Gianluca and the team. You can see their great menu of Italian cuisine here



Start up for seniors

– if you are over 50 with a business idea, this is the opportunity for you. Please see here for more details on the fully funded, 8 week course.

If you are concerned for a beneficiary, please call Jamie, our Director, on 07907 990 841. 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.



to changes at the same pace or with the same flexibility, and that is no value statement on us, just a reflection on our different temperaments.

You may find yourself conflicted between a sense of excitement and a feeling of caution or even anxiety. The key here is not to naturally assume that because you can exercise greater freedoms, you ought to immediately embrace them. Humans are naturally habitual and routine bound, any change tends to take significant time and energy, even the positive changes. My best advise is to take you time and flex your wings at a pace and level that you are comfortable with.

Don't berate yourself with what others may be doing, equally know that a little discomfort is often a pathway to growth."

Rev Will Van Der Hart is Associate Vicar of St Dionis Parsons Green in Fulham and a Co-Director of Mind and Soul Foundation



National Smile Month – is this month. For one to one oral health advice you

can call Alison Fraser, Oral Health Promoter, on 07917 000 525. She has also kindly shared a link to resources here.



Adopt a Garden

- Our Adopt a Garden project in partnership with Nubian Life continues to offer a range of training and volunteering opportunities. Please click here for the latest training opportunities from Nubian

Life's Josiah Braithwaite Community Garden.

We are also very proud to share Nubian Life's recently launched video here



From the Mind and Soul Foundation

"Many of us will be looking forward to the summer with great expectation. Having experienced so many challenges over the last 14 months, the thought of holidays or socialising with larger groups can seem exciting, (on paper at least.) We also need to be aware of the fact that the discomfort of going into lockdown may be mirrored in the un-locking process. Not everyone adapts

DANCEWEST.

NATIONAL CARERS WEEK
Free, live dance classes for adults with dementia and their carers

To celebrate National Carers Week, DanceWest is holding two free classes for adults with dementia and their carers! Join us for a yoga or dance class, the perfect way to stay fit whilst having fun. Classes will take place live at Bishop Creighton House, Hammersmith.



PROGRAMME DATES AND TIMES

Seated Yoga with Hanna
 Tuesday 8th June 11.00-12.00

Seated Dance with Maria
 Thursday 10th June 11.00-12.00

HOW TO SIGN UP

Free to join
 Email projects@dancewest.co.uk or call 07494513079

Contact us

- ✉ 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.

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