



Fulham  
Good Neighbours

May

# NEWSLETTER



@FulhamGoodNeighbours



@FulhamGoodNeighbours



@FulGdNeighbours

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

President: The Mayor of Hammersmith and Fulham

May 1<sup>st</sup> 2022

Welcome to our May newsletter - On Sunday 29<sup>th</sup>, 10 FGN friends will ride a combined 1,000 miles to raise funds for our projects. You can read more [here](#) and can donate by cheque or cash. Please see [Urban Village Ldn](#) article and [LBHF social media](#) coming soon, promoting our campaign. Many thanks for all kind donations so far, and to our generous anonymous donor last month. Due to a broken arm, we have one rider to replace – we need to do this by midday on the 4<sup>th</sup>. Can you help??

The Jubilee is fast approaching. We will celebrate at [The Rylston Pub](#) with a 3-course lunch on Sunday 5<sup>th</sup> June, 12-3pm, hosted by Monique. Entertainment will be provided by [Rah Rah Theatre](#). Places are limited for this free event



Silver Club visit to the Rylston

- 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; Food to the Door
- Fri Craft Club at 11 am; Decorating & DIY
- Sun Sunday Afternoon Tea



Parsons Green Fair, 2<sup>nd</sup> July 2022

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

so please book asap via phone or email.

Our Craft Club are designing and creating a card for HRH, so please do add a message the next time you are at Rosaline Hall. They will also be hosting children from St Thomas' for an inter-generational project.

Parsons Green Fair – is returning on Saturday July 2<sup>nd</sup>.



You can read more about it at

our dedicated website: [parsonsgreenfair.org](http://parsonsgreenfair.org)  
Please be in touch if you can volunteer as a steward on the day, or if you live in SW6 and would be able to display an estate agent board advertising the event.



## Volunteering

Could you visit/phone an older or housebound person, or help with shopping, or provide basic IT/internet support? You may well do this already, but have a friend or relative that is keen to get involved with our work? We are also keen to recruit new volunteers for our gardening, decorating and DIY support. Please get in touch for more information.



## Mayor's Reception

10 of our most active volunteers represented FGN at Mayor PJ Murphy's celebration of 'outstanding work' at the Grand Hall on 21<sup>st</sup> April.

## 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

The Mayor's invite was to 'personally thank volunteers for their hard work and to celebrate their immeasurable impact' during the pandemic.

## Volunteer training

Please be in touch if you would be interested in attending mental health awareness training. If you have suggestions for other training that would you like to see FGN deliver, please let us know.



## Biokinetics

Simon, our Resident Biokineticist, has been promoting the merits of

SJ Dance's production of *A Night at the Movies* at POSK Theatre will generously donate proceeds from sales of their programme to FGN. You can join them on Friday 27th May at 7.30pm - for one night only! Tickets can be purchased at [ticketsource.co.uk/sjdance](https://ticketsource.co.uk/sjdance) SJ Dance meet on Tuesday evenings at Bishop Creighton House. The troupe is made up of amateur dancers and singers, of all experience levels - and provides a welcoming, supportive environment with opportunities to perform and socialise.

Chair Based Exercise on an international platform over the last few weeks. Huge thanks to him and the group's members for this tremendous exposure!

[biosaletsmove.co.za](https://biosaletsmove.co.za) will provide more information once International Biokinetics week starts on 10<sup>th</sup> May.

Toucan received an unprecedented five offers of investment when they pitched their fundraising app on Dragon's Den on the BBC. FGN has been in partnership with Toucan pre-launch, since 2020. They interviewed our Director Jamie, [here](#).

## Action on

Disability - work for the inclusion, rights and equality of disabled residents in Fulham and beyond. Their work is based on the Social Model of Disability, enabling people to

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.

**action on  
disability**

Life beyond barriers

access opportunities, exercise their rights, make informed choices and live independently. They promote disabled people's rights while influencing policy & practice. They provide Employment, Independent Living, Welfare Benefits Advice and Youth services. They are based at Norman Croft Community Centre on Lillie Road. They also facilitate a fortnightly peer group. For more information: 020 7385 2098 or [aod.org.uk](http://aod.org.uk)



London Children's Ballet will be performing Anne of Green Gables at the Peacock Theatre on Thursday 26<sup>th</sup> May at 1 pm. Please let us know if you would like to go. Tickets are £1 if booked via FGN.

Welcome to Borough to the Listening Place Lucy tells us about their work: every day in the UK, 17 people commit suicide. 50% of these people are not in touch with any services; there

continues to be a huge gap in services for those feeling suicidal. The Listening Place provide free, face-to-face, 100% confidential, ongoing support from the same volunteer trained to engage with suicidal feelings. We contact all referrals within 24 hours, offering an appointment within a week. By opening our new site in Hammersmith, we will provide timely, compassionate support to those who feel that life is no longer worth living [www.listeningplace.org.uk](http://www.listeningplace.org.uk) or 020 3906 7676.



The Cost of Living Hub - with energy price hikes, and National Insurance increases, a recent online hub has been launched to support those struggling financially [london.gov.uk/cost-living-hub](http://london.gov.uk/cost-living-hub).

Rosaline Hall works - during May, we will undergo some roof works, which will include the installation of our solar panels. Huge

thanks once again to all of our generous donors. We do not envisage any interruption to our project delivery. Solar panels will see enormous savings to our energy bills into the future. Following funding from LBHF, we will also take delivery of a defibrillator this month. This was a parting wish from our previous Director, Chris, which we are excited to finally fulfill! Defibrillators save lives, providing essential cover in the case of cardiac arrest prior to the arrival of the ambulance service.

### Evidence base

- Exercise, horticulture and art are excellent for wellbeing, as demonstrated by the Index for wellbeing in Later life. To demonstrate the social benefits of FGN's projects, we are partnering with universities, UCL and Imperial College, on external evaluations. This will enable us to promote the benefits of these activities beyond Fulham influencing the wider charity sector and best demonstrating impact to our funders. We may be in touch for your support!

# 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