

Welcome to our October newsletter – September saw record numbers at our *Movement is Medicine* wellbeing series. 14 joined us at Rosaline Hall & 22 online, including medical & wellbeing professionals, to hear Gaby Haddow discuss Diabetes Management. Medical professionals & associations have also sought access to our video series (click [here](#) for [osteoporosis](#) & [here](#) for [Cardiovascular Health](#).)

Diabetes Management will be uploaded to the same place shortly.) Huge thanks to [Simon](#) for putting on a tremendous series!

Following the first three sessions, we have decided that combining online & in-person delivery is a little ambitious! As such we will deliver separate online & Rosaline Hall sessions going forward. Please see our advert for Stroke Management & Prevention in October on page 3.

October 1st 2022

- Mon** Online Exercise at 3 pm;
Gardening;
17th – *Online Movement Is Medicine – Strokes* at 6 pm
24th – *in-person Movement Is Medicine – Strokes* at 6 pm
- 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 await a call from us regards Sunday Afternoon Tea in October. It is still TBC at time of writing



AGM – Simon will also be our keynote speaker at our Annual General Meeting on November 1st. Please find an invite on page 2 & RSVP if you would like to attend.

Queen Elizabeth II – please come by Rosaline Hall if you would like to leave a message in the card that our Craft Club will send in celebration & thanks for her life of service. We were all

touched this year to receive a personal reply from the 70th Jubilee card that we sent (also designed & created by our Craft Club); & were honoured in 2019 when awarded the Queen's Award for Voluntary Service.

FGN's fundraiser of 2022 – Mark Massouh raised a massive £3,904. He said: *thanks*





to everyone who donated- it will contribute to the

The Daisy Trust Fair 2022

Monday, 10th October
9am - 5pm

10% of all sales to The Daisy Trust

The Hurlingham Club

The Daisy Trust gives grants to local charities and voluntary organisations serving people in need in Hammersmith and Fulham

Entry £10 at the door or £8 online

www.daisytrust.org



Sponsored by



Amazing work FGN does in the community. Thanks **Salesforce** for doubling up the amount! Huge thanks from us all at FGN.

Sunday Tea – could you (& a friend/family) support us!? We are very keen to get this back up and running asap.

FULHAM GOOD NEIGHBOURS – ANNUAL GENERAL MEETING

At Rosaline Hall
70 Rosaline Road, SW6 7QT

Tuesday, 1st November 2022
6 pm – 7 pm



You are cordially invited to the Annual General Meeting
of Fulham Good Neighbours

including:

Guest speaker Simon Maskell, founder of the *Biokinetics Association of the UK*

Please confirm your attendance by contacting us on
020 7385 8850 or info@fulhamgoodneighbours.org

FGN international

- thanks to all of you who supported our Adopt a Garden evaluation with Imperial College London's Centre for Environmental Policy.

The research found that: participating in AaG considerably improved physical & mental wellbeing, gardening environmental knowledge, & community connectedness. AaG offers holistic environ-

-mental education that is often unavailable at school; intergenerational companionship fostered by AaG

also helped the older people to be more socially engaged.

The research found that 100% FGN participants & built stronger community connection & intergenerational connection. The work will be presented at two international congress'

VOTE FULHAM GOOD NEIGHBOURS FOR

TESCO Community Grants



this autumn: the Healthy City Design International in London; & Urban Transitions Global Summit in Barcelona. Congratulations to Lucia Ciolanel and all involved.

"you are adopting a neighbour, not just their garden"

To get involved with AaG please be in touch. We will host a celebration of the work in spring 2023.

UCL volunteers – we were fortunate to benefit from the research skills of Wing Or and Melissa Amato recently. Thanks to all those involved with the Digital Inclusion evaluation. Over the next few weeks and months, we will take the learning to develop the project; and follow up with all those that have shown an interest in learning more.

Supporter Scheme – please be in touch if you would like a copy of the application form. We have removed it from the newsletter this month to promote an important grant overleaf:



MOVEMENT IS MEDICINE

WELLNESS PRESENTATION SERIES

17 OCTOBER, 22 - ONLINE

24 OCTOBER, 22 - IN-PERSON

AT ROSALINE HALL, LONDON, SW6 7QT

AT 18:00 (BST)

**STROKE MANAGEMENT
& PREVENTION**

PRESENTED BY: SIMON MASKELL

& SPECIAL GUEST: TIMOTHY MORRIS

BOOK NOW:

INFO@FULHAMGOODNEIGHBOURS.ORG
02073858850

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.





Concerned about your energy costs? You're not alone.

Age UK Hammersmith & Fulham is here to help, in partnership with the Fuel Bank Foundation. If you're over 60 and living in Hammersmith & Fulham, we can provide you with up to £200 towards your energy bills through the Household Support Fund. This fund is designed to help vulnerable residents with the costs of essential utilities, and we're committed to doing everything we can to support those who need it most.

For more information, please email info@ageukhf.org.uk or call 0207 386 9085.

We're here to help, so please don't hesitate to get in touch.