

OCTOBER NEWSLETTER

Solar Panel Launch

We celebrated the installation of our solar panels on the **27th September**. The panels were funded by our community here, as well as the **GLA, LBHF, Travis Perkins** and others. Special thanks to a very generous donation too from our supporter **David Nicholson**.

We were projected to save £500 annually on our energy bills, but may well beat that having **already seen our usage fall by 60% on last year!** Thank you to our partners **Sustainability, Power For People, and H&F Climate Change Department** for delivering fantastic presentations.



Techy Tea Party!

We're hosting a 'Techy Tea Party' on the **16th October from 11 am to 1 pm** to help more people get online during **#GETONLINEWEEK**, the UK's largest annual digital inclusion campaign. Drop in for some tea and cakes, and a friendly volunteer/staff member will help and support you with any questions. If you haven't used a computer before, this a great way to start - you can make use of ours laptops.



President: The Mayor of
Hammersmith & Fulham



October 2nd 2023

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
White Horse, 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
15th ONLY at 3:00pm

Upcoming FGN Film!



We are very excited to announce that our FGN film will be released soon, brought to you by Media Trust who have very kindly donated their time and effort to help Fulham Good Neighbours spread the word about the work we do in the community. **A huge thank you to Director, Callum Lloyd-James, Fleur Nieddu and all at Media Trust. Swee, Anette, Jean, Tom, Barbara, Yvonne, Bob and Grace all volunteered their acting skills with fine cameos too.**



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.**



Prizes Giveaway!



Library of Things have teamed up with Petit Miracles, IKEA & Livat to give residents a chance to win prizes and learn the skills needed to get started with upcycling furniture affordably.

Upcycling is a great way to save money and help reduce the amount of waste that ends up in landfill!

You can read more about how to get involved at:

participate.libraryofthings.co.uk/rubbishidea

Opportunities include learning upcycling skills and handy DIY tips at free skillshare events. **H&F residents are invited to reserve a spot at free upcycling sessions at:**

- IKEA Hammersmith, 27th September
- Livat Hammersmith, 14th October

Potatoes!

Thanks to Victoria and Kathy from our Adopt a Garden project for sharing this fantastic photo of Kathy harvesting the potatoes that they planted earlier in the year. The potatoes had originally sprouted by chance in the compost bin. The award-winning Adopt a Garden project matches volunteers with a neighbour who can no longer tend to their garden, volunteer now!



Good to Know Telephone Groups

Independent Age are offering free telephone information groups that are open to people above the age of 65.

Their 'Good to Know telephone groups' invite a different guest speaker each week to discuss issues that matter to older people. Topics include scams, the cost-of-living crisis, social care, benefits and finding new social connections - things that are simply 'Good To Know' about.

You can view their website [here](https://www.independentage.org/get-support/telephone-groups/good-to-know-groups) to read about upcoming events - <https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>.

Helpline: 0800 319 6789



Volunteering opportunities

Interested in expanding your volunteering experience with Fulham Good Neighbours?

See our current volunteering opportunities:

- Gardening
- DIY
- Decorating
- Befriending
- Digital Support
- Social Clubs
- Fundraising



If you are interested, please contact us on info@fulhamgoodneighbours.org or call us at 020 7385 8850.

H&F Patient Reference Group

H&F hosts a Patient Reference Group every two months, come along and discuss your health and care experiences and co-design local services. The agenda and topics for discussions are set by the members of the group. Refreshments are provided.

Next date: 16th November, 2.30-4.30pm at the Irish Cultural Centre. To book or for more information please email: Nhsnwl.hfhcp@nhs.net or call 07768801932.



2023 Annual General Meeting

Please save the date of Tuesday 14th November from 6 pm - presenters TBC.

Food will be provided by our friends at the Ryslton.



Contact us

- ☎ 020 7385 8850
- ✉ info@fulhamgoodneighbours.org
- 🌐 www.fulhamgoodneighbours.org
- 📍 70 Rosaline Rd, London, SW6 7QT

Social Media

- 🐦 [fulgdneighbours](https://twitter.com/fulgdneighbours)
- 📷 [fulhamgoodneighbours](https://www.instagram.com/fulhamgoodneighbours)
- 📘 Fulham Good Neighbours
- 📞 Fulham Good Neighbours Service



Supporters Scheme Form by Standing Order

Your details

TITLE FIRST NAME LAST NAME

ADDRESS

POST CODE EMAIL TELEPHONE NUMBER

REGISTERED CHARITY

1113752

PLEASE RETURN THIS
COMPLETED FORM TO:

**Fulham Good
Neighbours, Rosaline
Hall, 70 Rosaline Rd,
SW6 7QT, London**

To the Bank Manager

Standing order mandate

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK POST CODE

ACCOUNT NAME

ACCOUNT NUMBER SORT CODE

I WOULD LIKE TO SET UP A STANDING ORDER FOR £ TO BE PAID (MONTHLY/YEARLY/OTHER)

STARTING 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 NUMBER: 00014669 ACCOUNT NAME: Fulham Good Neighbour Service SORT CODE: 40 - 52 - 40

SIGNATURE: DATE: / /

Gift Aid declaration (at no extra cost to you)

Gift Aid is a 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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