

SEPTEMBER NEWSLETTER

Eastbourne Trip!



A beautiful sunny day spent in Eastbourne with 50 beneficiaries and staff - huge thanks to the generosity of Daisy Trust for making it happen! One beneficiary said: "I was over the moon: I hadn't been out of London in 15 years!"

Solar Panel installation at Fulham Good Neighbours

We'll finally be celebrating the installation of our solar panels on 27th September from 1:00pm. 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**.

The solar panels will reduce both our carbon footprint, and energy bills so that we can reinvest savings into our projects into the future.

Please join us for food, and talks on local sustainable energy solutions from our partners **Sustainquality** and **Power For People**. Phone, email or let a staff member know if you can make it. We hope to see you there.

President: The Mayor of
Hammersmith & Fulham



September 4th 2023

Mon - Digital Support
11:00am; Exercise
2:00pm; Choir 3:30pm;
Gardening service

Tues - Art Club
11:00am; 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
3rd & 17th at 3:00pm



Butterfly Habitat Workshop!

The ecology team at H&F Council are going to get a moth trap that they can lend out to groups & communities who are interested in undertaking moth surveys in their area.

They have teamed up with the Butterfly Conservation Trust to deliver a habitat workshop for butterflies and moths. Please follow the link for more details, sign up [here](#) for the workshop on 'Butterfly Habitat Management' on Saturday the 30th of September at 10:30am.

There are also opportunities to apply for free hedging trees or bulbs for community green spaces. For further enquiries, email ecology@lbhf.gov.uk.



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.**



Thank you Barney!

Barney and our gardening volunteers have been supporting countless beneficiaries with gardening this spring and summer, by cultivating their green spaces. He has enriched the lives of many in numerous ways.

Read about the impact Barney's support has made in the lives of our beneficiaries:

'They came yesterday and helped me a lot with perfect weeding of my front garden in the communal area of our Sheltered accommodation residential area for elderly people. It was great!! All three are very special, considerate, and kind people.' – Beneficiary, 62 years old.

'Before, the weeds were terribly messy; some grew to almost my waistline. Thanks to him, I can now fully enjoy the garden.' – Beneficiary, 68 years old.

If you are passionate about gardening and would like to enrich the lives of your older and disabled neighbours in Fulham, consider volunteering with Fulham Good Neighbours as a gardening volunteer.



Chair-Based Exercise class



A great exercise session led by Simon, not only has this allowed our beneficiaries to improve their physical health but also given them the opportunity to make new friends along the way.

Benefit from free weekly exercise classes at our community centre or online. Be in touch to sign up today!



Voter ID

All voters now require ID. If you do not have the correct ID, consider the Digital drop-in at FGN on Mondays from 11 am to apply for it.

Fulham Good Neighbours is joining the launch of the #VoterID awareness campaign with @LDN_gov, @shoutout_UK and a big coalition to inform Londoners about changes to voting rights. Find out more at the GLA Democracy Hub by clicking here: <http://registertovote.london> and check the #VoterID resources. #NoVoteNoVoice.

Reading Club

Join our Reading Club, led by Avril, where you can share your passion for books with fellow beneficiaries and partake in conversations with diverse perspectives. This is a group where you can foster new friendships with like-minded beneficiaries and engage in thoughtful conversations. Easy sign up!

Online Art Club

Join our Online Art Club, led by Flora, where beneficiaries develop their skills, learning new techniques in painting, digital art, and other forms through professional tuition set against a backdrop of art history.

The project partners with our community centre art group, but you do not need to attend both. Sign up to the class today, which takes place every Wednesdays online at 3 pm.

Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

📍 70 Rosaline Rd, London, SW6 7QT

Social Media

🐦 [fulgdneighbours](#)

📷 [fulhamgoodneighbours](#)

📘 [Fulham Good Neighbours](#)

🏠 [Fulham Good Neighbours Service](#)

Supporters Scheme Form by Standing Order

Your details

TITLE	FIRST NAME	LAST NAME
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS		
<input type="text"/>		
POST CODE	EMAIL	TELEPHONE NUMBER
<input type="text"/>	<input type="text"/>	<input type="text"/>

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)	
<input type="text"/>	
ADDRESS OF YOUR BANK	POST CODE
<input type="text"/>	<input type="text"/>
ACCOUNT NAME	
<input type="text"/>	
ACCOUNT NUMBER	SORT CODE
<input type="text"/>	<input type="text"/>

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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