



**Fulham**  
Good Neighbours

August

# NEWSLETTER



@FulhamGoodNeighbours



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@FulGdNeighbours

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

President: The Mayor of Hammersmith and Fulham

August 1<sup>st</sup> 2022



Flowers sourced by Margaret Spector for our gardening projects

**Mon** Online Exercise at 3 pm;  
Gardening;  
22<sup>nd</sup> – Cardiovascular Risk  
Factor Management 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 August. It is still TBC at time of writing

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

## Welcome to our August newsletter –

Huge thanks to our 47 volunteers, staff and trustees that supported the running of the Parsons Green Fair. Our sponsors Marston Properties, Strutt & Parker, and Orangetheory also ensured the event was a big success. The day saw a record £21,431 raised. 100+ stalls, live performances, donkey rides, circus acts, fun fair, petting zoo and bungee jump made it an exciting day for all.

Our first ever Art Exhibition saw eight works receive bids of at least £25 each, which included six sales. Jane Finan and Tom Cook's cards sold very well too.



The FGN Art Group Exhibition and Auction

The Adopt a Garden Plant Swap proved popular, as well as Orangetheory's sponsored row.



The Adopt a Garden Plant Swap  
Some of the feedback received by Jac from



The 26.2 mile sponsored row  
**stallholders included:**

*It was a wonderful day filled with so much community spirit and an absolute joy to be a part of.*



*a big THANK YOU for placing me near the bandstand as it was lovely to be able to see both my daughters perform.*

*It was so heartening to see so many people there with such a good neighbourhood vibe. Such a fantastic buzz about the place.*

We shall look forward to welcoming you all back in 2023.

**Double your money!** - our volunteer Mark Massouh has kindly decided to take on the challenge of the Dorney Lake Triathlon for FGN.



Mark will swim, cycle & run to raise funds for our projects.

His employer, Salesforce, will kindly match any donation that he receives. So if you want to donate to FGN, this is an excellent opportunity to have it doubled at no cost to you!

Mark has kindly supported

**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

FGN with invaluable IT consultancy in July too. He continues to support with the Digital Inclusion and Good Neighbour Scheme projects when in Fulham. You can donate to the challenge at [www.justgiving.com/fundraising/mark-massouh](http://www.justgiving.com/fundraising/mark-massouh)

**The Movement is Medicine Wellness Series** – presented by FGN & Simon Maskell (BSc. Hons, BK) kicked off on Monday 25<sup>th</sup> July with a focus on Osteoporosis. An audience of 26 enjoyed the presentation either online or at Rosaline Hall. On August 22<sup>nd</sup>, Simon will present on how best to keep our hearts healthy. You can see the full schedule and booking details on page 3.

**Cuts to local bus services** – proposed cuts will limit our ability to travel within the Borough. This will particularly impact

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.

those with mobility issues. Thanks to Lunch Club and Parsons Green Fair volunteer, Judith Stafford, for highlighting the issue. You can find more information on proposed cuts, and raise any concerns at: [haveyoursay.tfl.gov.uk/busreview](http://haveyoursay.tfl.gov.uk/busreview)



**Adopt a Garden** - Our partners

at Nubian Life continue to offer an engaging schedule of horticultural activity for the whole family. You can read more about August activity here.

**Library of Things**

- set to save residents money, the new community hotspot opened its doors at Hammersmith Livat shopping mall this week. It offers a range of useful household, DIY and gardening items, available to rent from only a few pounds a day.

You can read more about the project at:

**Don't buy! Borrow at H&F's new Library of Things**





# Movement is Medicine

## The Wellness Presentation Series



"It is health that is real wealth, not pieces of gold and silver"  
– Mahatma Gandhi

### Presentation Dates and Topics: (Mondays at 18:00)

*(Available online and in-house)*

- 25-07-22 - Prevention and Management of Osteoporosis – Strong Bones
- 22-08-22 - Cardiovascular Risk Factor Management – Love (with all) your Heart
- 26-09-22 - Diabetes Management through Movement – Burning Fuel
- 24-10-22 - Stroke Prevention and Management – Under Pressure
- 28-11-22 - Management of muscle and joint injuries - The Aches and Pains
- 12-12-22 - How best to stay active in our later years – Ageing Gracefully



**BOOK NOW: 020 7385 8850**  
[info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)  
[www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

\*volunteer support, internet & equipment can be provided

# 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