

Welcome to our February newsletter

A frosty weekend ahead, but the mercury looks to be rising thereafter - fingers crossed! Congratulations to Lucia for 1st prize in the surprise Snowman of the Month competition for January!



Sadly Rosaline Hall remains closed this month, however we will continue to support via providing [Food to the Door](#) in partnership with [The Smile Brigade](#); and our [Gardening](#) project for front gardens (and rear gardens accessible by a side gate.)

Our [Telephone Befriending](#) and [Good Neighbour Service](#) will continue – including



February

Mon	<i>Exercise at 3</i>
Tues	<i>Art at 11; Gardening</i>
Wed	<i>Art at 3</i>
Thurs	<i>Exercise at 2 and 3; Reading (via telephone) at 11; and Food to the Door</i>



Art work provided by Maria Moroni and Pat Dryden

shopping, medication delivery and more – as well as our

[Digital Inclusion](#) and [Adopt a Garden](#) projects.

Three weekly online sessions of our [Chair Based Exercise](#) class with Simon Maskell and two [Art](#) classes with Flora Duley will continue.

Avril Peyton continues our Reading Group with weekly phone calls, while Ruth George does likewise with our Carer's Group.

Please be in touch if you or anyone you know would like support in accessing any of our support and particularly our [online projects](#).

Online in 2021!

We are keen to ensure that our [Digital Inclusion](#) project is as accessible as it possibly can be since 2020 saw many of our Social Clubs go online.

While around 75% of those attending our [Chair Based Exercise](#) and [Art](#) class at Rosaline Hall now attend online, this took time. Volunteers have been pivotal in bringing these clubs to Fulham living rooms. **For those that do not have internet or computers, please get in touch so that we can discuss your needs.**





workshops focused on herbal remedies. 10 free online sessions will run fortnightly on Wednesdays at 8pm from 3rd February – 9th June 2021. To see the full list of their gardening training and events visit the Josiah Braithwaite Community Garden website here. Please get in touch with Susannah on jbcg@nubianlife.org.uk to sign up or call us to find out more.

Be Well workshop

Thanks to Lucia for developing our collaboration with the Star Centre and nutritionist Sarah Green.



She writes:
Join us with special guest

Sarah Green for an online Be Well Workshop on Thursday the 4th February at 11am. Sarah, a fully licenced functional medicine practitioner, will show us how to make a healthy meal, give us nutritional tips and advice on how to deal with the effects of Diabetes, as well as a Q&A at the end. Please call or email to sign up!

Zoe runs health and wellbeing sessions for adults who may need a bit of extra support as well as carers. She will talk to us about the Grow Well project at Ravenscourt Park glasshouse, give us a short virtual tour and teach us about the seeds we can grow from home. Please call or email us to find out more!

We are also excited to promote new opportunities for gardening training with our partners at the Nubian Life Centre who will be facilitating a series of online



Volunteer Handbook here and our Safeguarding policy here.

Please always check the website for our latest guidance or contact us with any queries. If you are concerned for a beneficiary please call Jamie, our Director, on 07907 990 841. 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.



Gardening opportunities

As part of our Adopt a Garden project, Lucia reports on two more exciting opportunities below: On Wednesday 10th February at 10.30 am, we are delighted to invite you to join our Grow from Home virtual open garden session with Zoe Lyall, the School and Community Gardener with Hammersmith Community Gardens Association.

Volunteer corner

Ruth and Lucia will be delivering our first online induction on **Saturday 6th March from 11 am**. Please try to attend if you have not yet been inducted to learn more about the Fulham Good Neighbours community. They also provide essential safeguarding training. Please see our,



Dance for Dementia

Dance West continue their popular project for those



with dementia. They describe their offer below: *A fun seated dance class for people with dementia and their carers which improves balance, mobility and strength. Led by DanceWest and their amazing team of dedicated and qualified teachers, classes take place online via Zoom.*

Classes are free of charge and are on Monday from 2 to 2.30 pm. To join, please call Florence on 07494 513 079 or simply click the link [here](#) at the time of the class.

The Virus

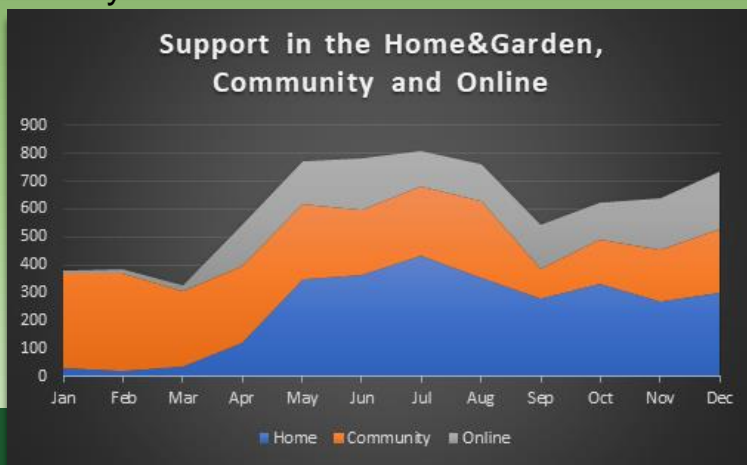
- cases in the borough remain considerably

above average for England. Please find the latest government guidance [here](#)

It has been a long winter already! Please do get in touch if we can be any help at all or if you would like to refer a friend, family member or neighbour.

As you can see from the graph below the way that we have supported the community since the pandemic has shifted from largely being based at our community centre at Rosaline Hall to being based online or in the home by delivering food packages or gardening.

For now the safest way to support the community has changed. We welcome your thoughts and ideas as to how we battle this virus together, and how we can make our projects as accessible as possible for the community.



Fulham Libraries

are closed due to lockdown. Priya from the service updates us: *did you know that you can "borrow" library books online for free?*

We have E-books, Audiobooks, e-Newspapers and e-Magazines, language learning courses and even free access to ancestry.com! You can find out more about the wide range of resources [here](#).

Online materials can be accessed through a computer, tablet or smartphone using your library card number and downloading an app. More instructions can be found on our website.

If you would like this service but would find it difficult to set up yourself, please don't hesitate to get in touch via Lucia.

Contact us

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

☎ 020 7385 8850

Rosaline Hall, 70 Rosaline Road
SW6 7QT

Registered Charity Nr: 1113752



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.

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Thank you Fulham Good Neighbours does not share your details with any third parties