

## A new year (finally)

Happy new year and welcome to our January newsletter.

This month we will continue to support via providing [Food to the Door](#) in partnership with [The Smile Brigade](#); and our [Gardening](#) project, where possible, for front gardens (and rear gardens accessible by a side gate.)

Rosaline Hall will unfortunately remain closed, however our [Telephone Befriending](#) and [Good Neighbour Service](#) will continue – including shopping, medication collection/delivery and more – as well as our [Digital Inclusion](#) and [Adopt a Garden](#) projects.

We will continue to deliver two weekly online sessions of both our [Chair Based Exercise](#) class with Simon Maskell and our [Art](#) class with Flora Duley. Please be in touch if you would



## January Activity

- Mon *Exercise at 3*
- Tues *Art at 11; Gardening*
- Wed *Art at 3*
- Thurs *Exercise at 2 and 3; Reading (via telephone) at 11; and Food to the Door*

like support in accessing our [online projects](#).

Special thanks to our partners [Wavestone](#) and particularly Pauline Fognini for kindly revamping our newsletter design, as a gift in kind.

Please get in touch with any feedback, which we can consider for future newsletters.

Please let us know if you

would like to purchase a copy of our 2021 calendar (pictured bottom right in the photo below).

## Farewell to 2020!

2020 was difficult for us all with Christmas particularly challenging for many.

Fortunately we were able to deliver approximately 80 Christmas packages to beneficiaries, including soaps, shower gels, hand sanitizers, tissues, chocolate, biscuits, activity packs, and Christmas cards and letters from local schools Bute House and Fulham Boys. Our partner, The Smile Brigade, delivered Christmas dinners to a similar number of our beneficiaries too (and a lot more) across the 24<sup>th</sup> and 25<sup>th</sup>.

On December 11<sup>th</sup> beneficiaries, volunteers and staff also enjoyed a wreath making session, expertly delivered by Caroline Halfpenny, RHS tutor.



The Queen's Award  
for Voluntary Service





**Fulham**  
Good Neighbours

## Digital Inclusion into 2021

Lucia updates us: We hope that 2021 will bring us more opportunities to come together both online and in person (at some point). Last year we did not let the circumstances

keep us apart and we kept in touch remotely via our phones, emails and of course Zoom. We had Online Open Garden Events, an Art Exhibition, online Chair Based Exercise classes and virtual Christmas Wreath making. For many, this way of interacting was new and



it came with some challenges, but our fantastic Digital Volunteers helped over 50 people attend our online social clubs and events. Grace\* learnt how to do online shopping and have things delivered to her door: "I've been ordering food and things on the Internet. I cannot go out for shopping because of health and I can't carry it back, but I managed with the internet so far; waiting for a package all the time, it's like having a present!" During the lockdown Grace kept in touch with the volunteer via phone and learnt how to use Zoom to keep in touch with friends abroad and attend online events. (continued page 3)

## STOP COVID TO PROTECT YOUR FAMILY: GET A TEST AT A SITE NEAR YOU

Please book a test appointment at one of our new local Covid testing centres. They are open until the end of January.

Book your test here:  
[www.lbhf.gov.uk/gettested](http://www.lbhf.gov.uk/gettested)

Covid is still spreading across Hammersmith & Fulham. We can all help stop it by getting a test. This helps identify cases and stop the spread in the home and in the community.

Children under the age of 12 will not be tested at these H&F locations.

**DO NOT come if you have:**

- A high temperature**
- A new continuous cough**
- A loss of (or change) to your sense of taste or smell**

Please call 119 or visit: [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

### Testing dates and locations:

Wednesday 30 December 2020, 12.00 noon to 8.00pm

Thursday 31 December 2020, 9.00am to 4.00pm

Saturday 2 January 2021 to Monday 1 February 2021, 9.00am to 8.00pm



**Hammersmith & Fulham Council**  
145 King Street  
Hammersmith W6 9JT



**Sands End Arts & Community Centre,**  
South Park  
Fulham SW6 3EZ



**Mobile testing units**  
Look out for mobile testing units coming to a neighbourhood near you

We will shortly be adding more testing sites in H&F. Check our website for details.

## Mass testing for COVID-19 – get tested and spread the word

Katharina Herrmann, Adult Social Care, provides the following update: *The council has launched mass testing for COVID-19 across the borough. With infection rates rising, this is extremely important. Please help us share this information. We are aiming for this to be seen as widely as possible, people are encouraged to put it in their windows and everywhere it might get noticed.*

© Hammersmith & Fulham Council, December 2020 (ref 1128st) Images: Google



For more information on Covid-19 and the vaccine roll-out, visit: [www.lbhf.gov.uk/coronavirus](http://www.lbhf.gov.uk/coronavirus)



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# Fulham Good Neighbours

## Hammersmith

### Heroes

Congratulations to our volunteers, Jill Weston and Lyn Hally, nominated as Hammersmith Heroes with Hammersmith BID, recognising local residents who have helped their Community.



## Gardening project

Barney is currently researching the merits of extending our gardening provision to incorporate a trading subsidiary. This would support our ability to generate income. Please be in touch if you would be happy to support him in answering a short survey. Barney has done an excellent job of developing this work over the last year as well as ensuring safe adjustments to the Gardening project itself so to continue through the pandemic.

## Zoom training with Open Age

Vivienne Mitchell provides the details: *Local charity Open Age is offering free*

training on how to download and use Zoom for local residents.

Open Age is a charity that offers activities in three broad categories – Arts, Culture & Social; Learning & Skills, and Physical Activities. Each session is an entry-point into a supportive and resilient community of 4,500 members aged 50 to 104.

Since the onset of the pandemic Open Age has progressively grown its online programme of activities offering more than 130 hours of activity per week to over 1500 people. From dance to drama & singing to Spanish, there is something for everyone. For those who don't have internet access there are a small number of phone groups on offer.

One of Open Age's key activities is training people aged 50 and above in 'How to

Zoom' and to date over 300 have learned to use the software.

Open Age is a membership organisation, and membership is free. Local people can, with their permission, be referred for Zoom training and access to Open Age's activity programme by contacting Vivienne Mitchell, Hammersmith & Fulham Coordinator at [vmitchell@open.org.uk](mailto:vmitchell@open.org.uk) or via telephone at 07824 48 49 84.

(continued from page 2) But many times, especially while having to keep social distancing, it was that personal, friendly voice that made a difference: "The volunteer is very good, he rings every week and has been helping me with a lot of things. He's very sweet and checks in on me." If you or someone you know would benefit from having a friendly

chat and support with technology and digital queries, please contact Lucia on 0207 885 8850.

\*The names in the article have been changed for confidentiality reasons.

# ZOOM FOR YOU

## Are you doubtful, anxious, not sure if it's for you?

### Then join a How to use Zoom session!

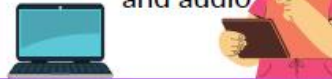
Why should you learn how to use zoom?

It will enable you to:

- Access our range of over 100 weekly online activities
- Catch up with old friends
- Make new friends
- Take on a challenge

To join a session you need:

A laptop, PC, tablet or smartphone with a working camera and audio



We offer small, supportive, tutor-led group sessions specific to your device



Book your session

Bookings@openage.org.uk





**Fulham**  
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## The Star Centre

Our partners, the Star Centre, and nutritionist Sarah Green continue to offer healthy tips and nutritional advice for giving our bodies the best support over the winter months. Please see their poster to the right.

## Congratulations

to Lucia for passing her Prince2 Project Management qualification at Foundation and Practitioner level. Congratulations to Ruth too for successfully completing her first European Computer Driving License module. This has involved a lot of additional study by both of them, massive well done!

## Supporter's Scheme

Fulham Good Neighbour's benefit from the generous support of our supporters and donors. If you would like more information on how you can support please let us know.

Corona virus has changed everything. Let it change the way you view your health.

How do I stay healthy this winter?

By boosting your immune system, your body's main defence against Covid.

Join us and watch Sarah Green prepare a meal while giving healthy tips and nutritional advice about giving your body the best support over the coming months.

It's free, no booking required and a warm welcome is guaranteed.

When: 24 Nov, 15 Dec, 2020  
19 Jan, 9 Feb, 9 March 2021  
10.30am - 12.00pm

Where:  
Star Cafe, St Andrew's Church,  
Star Rd/Greyhound Rd, W14 9SA

OR email  
[starcentrefulham@gmail.com](mailto:starcentrefulham@gmail.com)  
for Zoom access details during lockdown

She talks about managing pre existing conditions like diabetes, heart and respiratory diseases with a great handout I took home and shared.

Sarah Green is one of the first licensed functional medicine practitioners in the UK, Vice-Chair of BANT (British Association for Nutrition & Lifestyle Medicine) and a local resident.



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## Volunteer's Corner

Please see our 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.

## Contact us

✉ [info@fulhamgoodneighbours.org](mailto:info@fulhamgoodneighbours.org)

🌐 [www.fulhamgoodneighbours.org](http://www.fulhamgoodneighbours.org)

☎ 020 7385 8850

Rosaline Hall, 70 Rosaline Road  
SW6 7QT

Registered Charity Nr: 1113752



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