



President: The Mayor of
Hammersmith & Fulham



The Queen's Award
for Voluntary Service

October 2026

OCTOBER NEWSLETTER 2026

Fulham Good Neighbours at Daves Road Hub

20 Daves Road, SW6 7EN.
020 7385 8850.

The refurbishment of Rosaline Hall is progressing well. We are expecting to return to the Hall on Monday 16 November.



PLEASE NOTE: OUR HOME REPAIR
/DECORATING SERVICE WILL NOT BE
AVAILABLE OR TAKING BOOKINGS FROM
5-21 OCTOBER 2026.

Social Clubs Timetable

Mondays

NO CLUBS

Tuesdays

10:15am - 12.15pm - Art Club

1pm - 3.30pm - Silver Lunch Club
3 x monthly (Eight Bells,
Kennedy's, NO Mitre lunch in
October)

2pm - 2.45pm - Chair-Based
Exercise (in person or online)

Wednesdays

10.30am - 12 noon - Digital
Support

NO Wednesday Lunch Club
in October

1pm - 3.30pm - Silver Lunch Club
(Lillie Langtry)

Thursdays

11am - 12 noon - Reading Club

2pm - 2.45pm - Chair-Based
Exercise (in person or online)

Fridays

11am - 12.30pm - Textile Club

Chair Based Exercise Club

Fulham Good Neighbours Chair Based Exercise Club takes place twice a weekly, Tuesdays and Thursdays, 2pm - 2.45pm.

Classes focus on basic movements combining stretching, strengthening and breathing, alongside challenging the brain to think about how we move, why we move and the direction we move.

Says Club Consultant Jonathan Woollard: *'Staying active is important at every age, especially as we get older. Regular movement and exercise can help maintain strength, balance, flexibility and independence, while also supporting mental wellbeing and confidence. It's never too late to get moving, and staying active can help older adults continue enjoying the things they love, connecting with others and living a healthier, more active life.'*

'At FGN we take all these things on board with our exercise class in a fun and friendly environment with lots of smiles, laughs and hard work too. Whether it's keeping you mobile to open jars from the cupboard or getting in and out of your chair with ease, all of our movements have a purpose to them.'

Jonathan is trained in Strongfirst Elite, RKC, Flexible Steel, DV8 method.

Join Jonathan's friendly classes which take place in person at Dawes Road Hub or online for those who prefer to do the exercises at home.

Contact the office for further details and let us know in advance, if you'd like to join a class for the first time.



Christmas Tea Party at The Hurlingham Club



Join us for a festive afternoon tea on
Monday 7 December, 2.00pm - 4.00pm
at The Hurlingham Club.

Priority will be given to beneficiaries who
have not visited before. Places are
limited. To book, please contact Ruth
George on 07701 238177 or
ruthgeorge@fulhamgoodneighbours.org

Volunteer Corner

FGN offers online Mobile Handling and
Ladder Safety Training, contact Steve or
Barney for access.

If you are concerned about a beneficiary,
please call 020 7385 8850 or if you are
unable to reach a staff member call
LBHF Adult Social Care on 0800 145
6095 (8.45am - 5pm, Monday to Friday).
Outside office hours contact 020 8748
8588, email
safeguardingadults@lbhf.gov.uk or raise
a safeguarding alert by completing and
sending in this form. [H&F safeguarding
adults at risk concern form \(DOCX,
58.68KB\)](#).

In an emergency please call 999.



Services

Gardening

Free support with garden clearance, lawn care,
hedge trimming, and pruning. Eligibility criteria:

- Are unable to manage their garden,
balcony or outdoor space due to age or
disability
- Have no one else available to assist
- Cannot afford a private gardening service
- To ensure fairness, there is a 12-month
gap between visits.

Minor Home Repairs & Decorating

Free support with small tasks like putting up
shelves, fixing fittings, replacing bulbs, and
minor decorating tasks etc. NOT AVAILABLE
OR TAKING BOOKINGS: 5-21 OCTOBER
2026.

Befriending

Befriending through regular home visits and
telephone calls from a trusted volunteer.
CLOSED TO NEW REFERRALS.

Good Neighbour Scheme

Support with one-off tasks including
prescription collection, assistance with
correspondence, shopping, etc.

Digital Support

Digital drop-in & home visits for 1:1 digital
support.

Contact us

☎ 020 7385 8850

✉ info@fulhamgoodneighbours.org

🌐 www.fulhamgoodneighbours.org

📍 Dawes Road Hub, 20 Dawes Road,
London, SW6 7EN

Social Media

🐦 [fulgdneighbours](#)

📷 [fulhamgoodneighbours](#)

📘 [Fulham Good Neighbours](#)

📺 [Fulham Good Neighbours Service](#)

Support Fulham Good Neighbours

- ☐ Tick here if you would like to make a **standing or one-off donation**.
Complete the form and send it via post, email
(jacdavies@fulhamgoodneighbours.org) or drop it off at Dawes Road Hub.
- ☐ Tick here if you would like to **leave a gift in your will** to help secure FGN's future.
Complete the first section of the form and send it by post or email
(florataylor@fulhamgoodneighbours.org) or drop it off at Dawes Road Hub.

Your details

TITLE

FIRST NAME

LAST NAME

ADDRESS

POST CODE

EMAIL

TELEPHONE NUMBER

To the Bank Manager

NAME OF YOUR BANK (BANK/BUILDING SOCIETY)

ADDRESS OF YOUR BANK

POST CODE

ACCOUNT NAME

ACCOUNT NUMBER

SORT CODE

Standing order mandate

REGISTERED CHARITY

1113752

PLEASE RETURN THIS
COMPLETED FORM TO:

**Fulham Good
Neighbours, Dawes Road
Hub, 20 Dawes Road,
London SW6 7EN**

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:

THE CO OPERATIVE BANK, BUSINESS DIRECT PO BOX 250, SKELMERSDALE, WN86WT

ACCOUNT NUMBER:

67309922

ACCOUNT NAME:

Fulham Good Neighbour Service

SORT CODE:

08-92-99

SIGNATURE:

DATE:

Gift Aid declaration (at no extra cost to you)

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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.