

What's on in September 2017:

All Events take place at Fulham Good Neighbour Service, Rosaline Hall, 70 Rosaline Road, London, SW6 7QT unless otherwise indicated.

Silver Club at THE HOLLYWOOD ARMS £5 (1st Tuesday of the month)

Next monthly meeting on Tuesday, 5th September 2017 between 12PM and 3PM at Hollywood Arms, 45 Hollywood Road, London, SW10 9HX

The owners welcome us to a tasty lunch for only £5 and the Fulham and Chelsea Women's Institute members bake fantastic cakes. There are only 30 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

Please book only one out of the two Silver Clubs in any given month so that more people over 60 can benefit.

Silver Club at THE WHITE HORSE £5 (3rd Tuesday of the month)

Next monthly meeting on Tuesday, 19th September 2017 between 12PM and 3PM at The White Horse, 1-3 Parsons Green, London, SW6 4UL.

The owners welcome us to a tasty lunch for only £5 and Le Pain Quotidien offers some tasty cakes. There are only 25 places and attendance needs to be pre-booked by contacting us on 020 7385 8850.

Art Group (Tuesdays) FREE Every Tuesday 11AM—12PM

FREE weekly drop-in art group for over 60 year olds. We look at nature in art and experiment with drawing and painting techniques in a friendly and relaxed environment.

Fulham Carers (Wednesdays) FREE Every Wednesday 10AM—12PM

Supportive group for local older (mainly but non exclusively) carers and ex-carers.

Fulham Lunch Club (Wednesdays) FREE Every Wednesday 1PM—4PM

This club is very popular and at full capacity. If you have not attended before, we kindly ask you to join other social groups we run instead.

Wednesday, 6th September —Board Games (1st Wednesday of the month)

Wednesday, 13th September — Meet your local police—Munster SNT

Wednesday, 20th September—Tea Dance at the Town Hall. We have only 20 tickets and you need to book in advance by calling 020 7385 8850.

Wednesday, 27th September —Shared Reading Group Taster

Shared Reading Group (Thursdays) FREE Every Thursday

11AM— 12:30PM

Our Shared Reading group is a place to relax, make new friends and share stories with others every week. You can just drop in, sit down and enjoy listening to a great story or poem — there's no pressure to talk or read.


Chair-Based Exercise Group (Thursdays) FREE Every Thursday 3-4PM

This gentle exercise class is flexible and tailored to your abilities so why not give it a go.

NEW From Oct 2017!!! Fulham Sunday Afternoon Tea FREE 3PM-5PM

Perfect excuse to get out of the house and enjoy a nice cup of tea and cake. If you would like to attend the Silver Sunday Afternoon Tea on Sunday, 1st October 2017 and enjoy the MiA Dancers performance please book on 020 7385 8850.



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|  <p>Fulham Good Neighbours</p> | <p>Fulham Good Neighbour Service Rosaline Hall, 70 Rosaline Road London SW6 7QT Tel. 020 7385 8850 info@fulhamgoodneighbours.org www.fulhamgoodneighbours.org @FuIGdNeighbours</p> |
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President: The Mayor of Hammersmith and Fulham

**Offering practical support and friendship
to older people in Fulham since 1966.**

September 2017

I am a Fulham Good Neighbour Campaign

From this autumn onwards we will encourage local businesses to become a Fulham Good Neighbour and display a sticker showing their support. The aim of the initiative is to ensure that all local older people in need are supported appropriately. If a local business comes across someone in need of help they can then put those individuals in touch with us. Please contact Fulham Good Neighbours if you are a local business or know one that might be willing to take part.



Decorating Project

Last month we were delighted to

welcome Stephen Fay as Decorating Project Co-ordinator. This project serves those local older and disabled residents who are unable to decorate due to e.g. frailty, have no one else to ask for this help; and are unable to pay for a private decorator. Stephen can spend approx. 2-3 days on each decorating task, including time needed to obtain materials. Please contact Stephen on 020 7385 8850 if you need more info.

Fulham Men's Shed

Would you be interested in setting up/or being part of a local men's shed? We would be happy to become a host and support organisation to a group of local men (and women) who might be interested in coming together to create a meeting place, where 'Shedders' can engage in wood work or other activity, or simply in putting the world to rights over a cup of tea. We are calling an **Information Meeting on Tuesday, 26th September 2017 at 6PM** Please come along with your mates who might be interested in taking part and bring your ideas on getting the group going to Rosaline Hall, 70 Rosaline Road, SW6 7QT.



Silver Sunday and Fulham Sunday Afternoon Tea

We will be celebrating this year's Silver Sunday with a special Silver Sunday Afternoon Tea on 1st October 2017 and with a trip to the Kensington Palace on 6th October. Both events are free but need to be pre-booked (please contact the office for further information).



Starting from October we will be running a trial of Sunday Afternoon Tea (3PM-5PM). We hope this will be a good excuse for people to get out of the house and meet others over a cup of tea and cake. We would like as many people as possible to benefit and are asking local over 70 year olds to choose between Fulham Lunch Club and Fulham Sunday Afternoon Tea and attend only one of them each week.



ELECTRIC AND GAS SMART METERS Are being rolled out across the UK now. Every household will have the opportunity to upgrade to a smart meter, at no additional cost, by 2020. Everyone will have a chance to decide whether they wish to have a SMART meter installed by their provider and now is probably a good time to think about any pros and cons.

Here are a few points to help you make the right decision for you:

- Smart meters will bring an end to estimated bills and show us how much energy we're using in near real time and in pounds and pence.
- You will receive an in-house display, which shows exactly how much energy you're using, as you use it.
- If you change suppliers your (1st generation) SMART meter will lose its smart features.
- Your SMART meter will be installed by a trained installer at NO EXTRA COST.

- The installer should spend time with you explaining how to operate the in-house display so that you can use it confidently on your own.
- The installation will take approximately 1 hour.
- When you are eligible depends on many factors and your supplier will be in touch when your smart meter is ready to be installed (before 2020).

In the future:

Switching between suppliers will be quicker and easier and you will not need to change your (2nd generation) SMART meter each time you change suppliers.



Support for People with Sight Loss

Central West and North London Vision is a relatively new society supporting people with registered sight-loss in LBHF. We provide information about assistive technology that could benefit people who are visually impaired from the hi-tech like screen reader programmes for computers to the really practical like a liquid level indicator for aiding people when making a cup of tea. We have access to volunteers for social events and arranging visits to places of interest that may include a touch/tactile tour - we recently visited the Victoria and Albert Museum for a tactile tour which those people who attended enjoyed very much. You can contact us on 0208 9950 880.



Our Impact

The mean age of our beneficiaries is just over 80. In July 2017 we conducted a survey with 65 of them and received this feedback:

- 88% report having more social contact as a result of our befriending visits
- 90% report having more social contact as a result of our social clubs
- 85% report getting out more as a result of our help with transporting and escorting
- 93% report being able to use their garden more and feeling more supported or more independent as a result of our help
- 92% report being more independent as a result of being helped with practical tasks (DIY, shopping, errands, etc)

Volunteers Corner

Thank you for all your support over the summer months!!!

Could you promote our services and distribute leaflets for an hour or longer at Munden Street Sheltered Housing, W14 0RH on Wed, 20th Sep 2017 between 1PM and 4PM If so, please get in touch

We are also looking for volunteers who could distribute our newsletter on a monthly basis to residents of local sheltered housing schemes and those who could distribute our leaflets and posters to their GP surgeries. Please get in touch if you could help.

Volunteer Induction— please join us on Friday, 29th September 2017 between 2PM and 5PM if you have not had an induction yet.

We are looking for volunteers who could help us run the popular Fulham Lunch Club (Wednesdays 1PM-4PM) and the Fulham Sunday Afternoon Tea (Sundays 3PM-5PM) which we will start on 1st October 2017.

Please get in touch if you can help us in the office with some basic admin tasks during the week.

Our FREE Services for local older and/or disabled residents who

- Are unable to do the below task
- Don't have anyone to do it for them
- Don't have the means to pay for it privately

- **Good Neighbour Scheme**—practical help at home such as basic DIY, medication collection, escorting to appointments, wheelchair pushing, accompanying shopping or taking care of pets.

- **Gardening** clearances done by our gardener, and **Adopt a Garden Scheme** where volunteers look after a garden close to them on a regular basis.

- Decorating

In addition we offer:

Befriending

Social Clubs (see back page for a full list)

Connections 4th Generation a dedicated project supporting over 85 year olds who have recently been discharged from the Charing Crossing Hospital.

We are always looking for those who might need our help. If you know someone who could benefit from our services, please ask them to contact us.

