

Activities at the Furzedown Project

Tel: 020 8677 4283

91-93 Moyser Rd SW16 6SJ

MONDAY	
Outings (July – Aug)	(Various)
Swim Club	transport >>>> 10.00-12.30pm
Fit & Fitter	9.30-10.15 & 10.15-11.00am
Exercise Therapy	11.00-11.45am
50+ Restart British Bangladeshi Group	1.00-4.00 pm
Monday Get-together	transport >>>> 2.00-4.00 pm
TUESDAY	
Reading & Discussion Group	10.30-11.30am
Yoga	10.00-11.00am & 3.00 – 4.00pm
Bingo	transport >>>> 2.00- 4.00pm
WEDNESDAY	
Co-op Shop, Cards,	transport >>>> 9.30-11.15am
Cinema Club (Streatham Odeon)	11.15am
Craft Class & Friendship Group	transport >>>> 2.00-4.00pm
Singing Group	transport >>>> 2.00-4.00pm
THURSDAY	
Exercise Therapy 9.30 – 10.15	transport >>>> 10.15-11.00am
Computer Support	transport >>>> 10.00-11.00am
Chair Based Exercise	transport >>>> 11.00-11.45am
Bridge & Scrabble	transport >>>> 2.00- 4.00pm
Fusion Exercise	transport >>>> 2.15- 3.15pm
FRIDAY	
Art	10.00 -12.00pm
Fitness & Fun	11.00-12.00pm
Classical Indian Singing & Friendship	12.30-2.00pm
Bingo	transport >>>> 2.00-4.00pm
Library service at all opening times	
Councillors Surgeries 1 st Sat of every month 11.30-12.30 pm	

Furzedown Project

News

Summer
2015



The Furzedown Project

Tel: 0208 677 4283

91/93 Moyser Road SW16 6SJ

www.furzedownproject.org

Alan is Going the Extra Mile for the Project!

Intrepid osteopath and supporter of the Furzedown Project Alan



Coles is undertaking another extreme cycling challenge to raise funds in support of our exercise programme. Alan who runs his practice in Moyser Road is to cycle over 300 miles from Newcastle to London in just 24 hours. Riding overnight and through the day on 22nd and 23rd August, he will pass through the Yorkshire Dales, Lincoln, Cambridgeshire and Hertfordshire before arriving in Central London. Alan is seeking sponsorship from amongst his patients, friends, and Project Members. Sponsorship forms are available on our

Reception and donations can also be made on-line via Local Giving: www.localgiving.com/charity/furzedownproject

All at the Project wish Alan the best of luck and a gentle north westerly wind to speed his progress.

The Annual General Meeting of THE FURZEDOWN PROJECT

will be held on

Wednesday 9th September 2015

2pm - 4pm

**Mitcham Lane Baptist Church,
230 Mitcham Lane SW16**

Transport will be available

MEMBERSHIP RENEWAL



The Annual Subscription for Membership



of the Furzedown Project became due on
1st of June 2015.

The subscription is now **£20.00**

**Membership gives access to our full programme of
Activities, Outings and Events.**

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When joining the Furzedown Project, renewing your membership, or making a donation it is possible to increase the value of your contribution by 25% if you are a UK taxpayer through requesting *gift aid* from the Inland Revenue.

Using *gift aid* means that your **£20.00 membership can be turned into £25.00.** Imagine what a difference that could make to the Project and it doesn't cost you a thing!

So if you're are a Tax Payer please ask at reception to sign a *gift aid* form when you renew your membership, it means

so much!

**Paying by Cheque ?— Please make payable to
The Furzedown Project.**

Membership fees are not levied on clients of the
Home Visiting Scheme.

We thank you for your continued support of the Project



To all our Fundraising Volunteers and Supporters

Many thanks to all who gave their time and helped at this years Spring Fair which was held at the Project in April. The generous contributions of crafts, gifts and time plus all the hard work that went into the preparations on the days certainly proved to be of great value. A total of £802.80 was raised. We offer our thanks to all who supported the Project in this annual fundraising event. **THANK YOU**

....and more thanks

The Plant and Bric-a-Brac Sale in May raised a total of £495.78. Our thanks to all who worked so hard on the day and to the generous supporters who snapped up plants and other goodies. **THANK YOU**

THE HOME VISITING SCHEME

The Project's Home Visiting Scheme provides befriending support to older people in our local area. We are in contact with over 50 individuals who receive regular visits from our volunteers. Just an hour of conversation each week makes life feel so much better for people who don't get out!

If you would like to become a home visiting volunteer, receive a home visit, or know someone, who might benefit from company, conversation & friendship, please call **Clive Brown, Home Visiting Coordinator on: 020 8677 4283**

The Home Visiting Scheme is funded by
The Big Lottery



FURZEDOWN VOICES

Presents a Talk & Demonstration on

ALTERNATIVE THERAPIES

with Maxine Rhodes

The Furzedown Project

Wednesday 28th October 2 - 4pm

Not to be missed—please book at reception



SWIM CLUB

Over the past three years we have offered several programmes of swimming lessons at Balham Pool on a Monday morning. These have been greatly enjoyed by members who have attended both as beginners and improvers. We plan to offer an additional set of 10 lessons commencing in September. The lessons cost £4.00 each making a total of £40.00 for the whole set. Swimmers have the option of meeting at the Pool or coming to the Project and travelling in the minibus. If you would like to join the Swim Club please do let us know. **Tel: 020 8677 4283**



*Age 60+ and home alone over the summer?
Join us for Holiday@Home 11-14th August*

*For more details contact:
streatham@home@gmail.com*

or Tel 020 8769 5415



The Mayor and Sylvia Syms handed over the keys to our new minibus and ceremoniously cut the birthday cake proclaiming the Furzedown Project to be 40 Years Young.



Our current Chair of Trustees Moira Harbord made a speech welcoming everybody and proposed a champagne toast to the Project's past glories and continuing success.

more photos on next page

“40 Years Young!”

On Tuesday 19th May 120 members and guests crammed in to the Furzedown Project to attend a celebration of our 40th Year. The Project was formally constituted in 1975 by Dr Norman Levinson, his widow Margery Levinson and son Andrew, both came along to help us mark the anniversary.



Cllr Nicola Nardelli, Frances Appleby and Therese Nolan (both founder members), Cllr Claire Clay and Jackie Collins a former Project Manager.



Other special guests included star actor

Sylvia Syms OBE, the Mayor of Wandsworth



SUMMER OUTINGS PROGRAMME 2015

Our popular programme of Summer Outings is advertised on the centre pages.

Please be advised of the following when booking a trip:

The outings are open to all our members, but please ensure you have renewed your membership for 2015/16.

It is advisable to book early to avoid disappointment.

We will take bookings for one trip per member. You may add your name to the reserve list for further trips and will be notified of seats available in the week before departure.

If you will need assistance during your trip please let us know when booking, we will do our best to meet your needs.

Please check departure details shortly before your trip as times may vary.

Return times to the Project will be approximate: the bus will leave seaside destinations at 4.00pm, but arrival back at the Project may be after 6.00pm

Bookings may be made at reception from 9.30am – 4.30pm and are confirmed by payment.



Do you have any jobs around the house or garden you would like a bit of help with?

CHURCHES ACTION SUNDAY

is coming up (5th July 2015)

You may be able to get the help you require. For further information contact one of the following

St Albans Church — 020 8677 4521

St Pauls Church—020 8769 5117

Mitcham Lane Baptist Church—020 8677 5376

SUMMER OUTINGS PROGRAMME 2015 SUMMER OUTINGS PROGRAMME 2015 SUMMER OUTINGS PROGRAMME

Mon 6th July EASTBOURNE

9.00am from Project
Return departure from Eastbourne 4.00pm
£12.00

Mon 13th July HAMPTON COURT

Gardens with stop for a Pub Lunch & on to
Morden Hall
10am –4pm £8.00

Mon 20th July HASTINGS

9.00am from Project
Return departure from Hastings 4.00pm
£12.00

Wed 29th July SUMMER GARDEN

2-4pm PARTY
5 Faylands Ave. Ticket only event £5.00
No entry before 2pm

Tues 28th July KEW GARDENS

Guided Tour of Botanical Gardens in Discovery Bus
with time to enjoy a leisurely lunch in the café or if you
prefer, your picnic lunch in the gardens
10am –4pm £12.00

Mon 3rd August FULHAM PALACE

Pub Lunch & Battersea Park
10.00am—4pm £8.00

Mon 10th August HORNIMAN

MUSEUM &
Gardens with stop for a Pub Lunch
10am –4pm £8.00

Mon 17th August BRIGHTON

9.00am from Project
Return departure from Hastings 4.00pm
£12.00

Wed 24th August EASTBOURNE

9.00am from Project
Return departure from Eastbourne 4.00pm
£12.00

Remember Members,
Book early to avoid disappointment.
Bookings may be made at reception and are confirmed
upon receipt of payment.
The prices shown excludes lunches or any entrance

