

Furzedown Project News

Working With Older People

Winter 2016



91/93 Moyser Road, SW16 6SJ

Tel: 020 8677 4283

www.furzedownproject.org

Winter 2016

Christmas Fayre

Friday

Saturday

25 November

26 November

12-4pm

10-2pm



The Furzedown Project
91-93 Moyser Road SW16 6SJ

Members remember to book early for
The Furzedown Project

Christmas Party

Wednesday 14th December 2016

2.00 - 4.00pm

Mitcham Lane Baptist Church

Ticket - £3.00 (limited number)

Tickets and transport bookings available from
reception or by calling us on 020 8677 4283



The Furzedown Project Trustees invite you
to join them for tea & good company



Hogmanay Tea

Entertainment from John White & Friends

Friday 30th December 2016 2 - 4 pm

Transport available - Please be sure to book early for this fun
event as places are limited - Book at reception

News from the street.....a community treat!

The Furzedown Community Network are holding a Christmas
Market in Moyser Road on Sat 17th December 4-7pm.

The Project's fundraising team will be participating and
hopes you will come along and support them whilst
enjoying the festive fun.



for the over 65s  of Wandsworth

CHRISTMAS DAY

25th December 2016

Christmas Events Marquee, Battersea Park, SW11

For booking & transport request an application from
The Secretary, Rotary Club Battersea Park.
61a Abbotswood Rd., SW16 1AAL Tel: **020 8696 6540**

www.rotarychristmasday.org.uk

Join us on Weds 28th Dec for refreshments, friendship & shopping

Refill your fridge after the Christmas closure

10am – 11.30am

Transport and help with your bags available

Contact Mick or Pauline

020 8677 4283

ST. ALBAN ' S CHURCH

CHRISTMAS DAY LUNCH

1.00pm - 4.00pm

3 Courses with wine £12.00

Book a meal & transport on
020 8769 5415

albanschurch@tiscali.co.uk

 This year Christmas falls on a Sunday which means the Project will be closed for four days in a row as Boxing Day is Mon 26th December and a substitute Bank Holiday is granted on Tues 27th. At New Year there will be a three day break with the Bank Holiday falling on Mon 2nd Jan.

Plan your Festive Timetable

While this is good news for those of us who work or have friends and family to visit it can be a long lonely time if your chances to get out and meet other people are restricted. This makes it more important to plan ahead and make sure you make the most of the opportunities that are available.

This newsletter contains ads for several events that will help you to enjoy the festive season, but you will need book your place and transport in advance. Most notable are the Christmas Day Lunches on offer at St Alban's Church, and The Rotary Club of Battersea. Both of these are hugely enjoyed by our members who attend.

The Project itself will be open on Wednesday 28th December when our Co-op Shop will offer you a chance to restock your fridge, enjoy the company of others, and get a lift home with your shopping bags. On the afternoon of Friday 30th December, The Project Trustees will host the Hogmanay Tea including food, fun and entertainments. Sandra's Thursday Exercise Classes will run as normal throughout the holiday period.

Our Opening Closing Time for the holiday period are:

| | | |
|-------------------------------------|--------|------|
| Saturday 24 th December | Closed | |
| Sunday 25 th December | Closed | |
| Monday 26 th December | Closed | |
| Tuesday 27 th December | Closed | |
| Wednesday 28 th December | | Open |
| Thursday 29 th December | | Open |
| Friday 30 th December | | Open |
| Saturday 31 st December | Closed | |
| Sunday 1 st January 2017 | Closed | |
| Monday 2 nd January | Closed | |
| Tuesday 3 rd January | | Open |





Stories, Saris and Spicy Snacks



Our annual commemoration of Diwali provided the excuse for another joyful celebration of the Festival of Light. Project members dressed in their best saris and came together to share stories about the Vehicles of the Gods and Goddesses.

Sunanda Rajan spoke about Brahma the Creator, Shiva the Destroyer, and Vishnu the Preserver who maintains the Universe. Vishnu observes the world by soaring above on the back of his eagle Garuda and through the eyes of his snake, Sesh Nag. He sees everything and keeps it all in a state of perfect balance.

Following the story telling a lunch of vegetarian snacks and spicy stews was served.



It was a feast good enough to appear on an episode of The Great British Menu.

TAKE A LOOK - www.furzedownproject.org

A dedicated team continue to work hard improving and updating our Furzedown Project Website. Exciting changes and inclusions flourish. It's well worth you having a look for yourself. Please make use of the Project computers if you wish to log on and see what we've done. We would really appreciate your comments and suggestions.



FURZEDOWN VOICES... presents

A Musical Hall Trip around London

with

John White & Friends

Wednesday 30th November 2016

2pm - 4 pm

At The Furzedown Project
Please book at Reception

£2.00



8 for £2.00

Merry Christmas

Again this year we have our very own Christmas cards for sale, with artwork by

Betty Surrey

The cards will be on sale in reception & at the Christmas Fair on 25 & 26 Nov.

Fundraising for the Furzedown Project



Festive Greetings to all our Home Visitors

In recent years our much loved **Sherry & Mince Pie** event has morphed into a more generous **Traditional Christmas Buffet** where all our volunteers and trustees can come together and celebrate the achievements of the past 12 months. This year it will take place

Wednesday 21st December at the Project (see page 10 for details). This is a very special event where we are very keen to see all our of home visitors who do such great work beyond of the confines the Project itself.

We are immensely grateful for the support you give to our members over the Christmas period. This can be a difficult time for many, a time when they miss family and friends and when isolation from the world is most acutely felt.

With warm and heartfelt wishes for the Christmas period, we would like to take this opportunity to thank everyone for their support during 2016. Without your generosity and enthusiasm we would not be able to offer the level of support we do to those affected by loneliness.

We wish you all the best for the coming year **2017** – and we are here if you need our support in any way.

Clive Brown—Home Visiting Coordinator



**ACTION ON
HEARING
LOSS**

**Hearing Aid Clinic at
The Furzedown Project
On last Wednesday of the Month
2.00-3.30pm
Members Transport available if
needed—Please book Tel:020 8677**

Some tips to take you through the winter months

Check that your smoke alarm and carbon monoxide alarms are working. You can ask your Wandsworth WRAP to check your home for fire safety. It's free and you may be eligible to get free smoke alarms fitted.



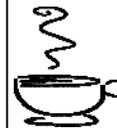
Dress in plenty of layers and make sure you have warm shoes or boots with non-slip soles. Keep a mixture of salt and sand handy to put on steps or paths in icy weather. If you are able, go for a short walk in the middle of the day if its not too cold or at least outside while there is daylight if its safe to do so.



Follow up your GP's invitation for a flu jab, have some simple cold, flu and sore throat remedies available. Ask your local pharmacy if they offer a prescription pick-up and delivery service it may be useful if bad weather is forecast.



Try to eat often and healthily, plus have plenty of warm drinks throughout the day. Keep basic food items in the cupboard or freezer in case it's too cold to go shopping. Keep a torch handy in case you lose power. Keep your radio, mobile phone, laptop or tablet fully charged, so you can use the battery power if there's no electricity. Have a list of emergency numbers by your phone, such as your utility companies, family, friends and neighbours .



More information, advice and help keeping your home warm and safe is available through Wandsworth WRAP who can be contacted free on 0800 118 2327

An invite to all our Volunteers...

Traditional Christmas Buffet

We look forward to the pleasure of your company for our Christmas Buffet featuring

Sherry & Mince Pies

Wednesday 21st December 2016

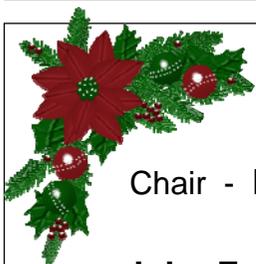
4pm – 6.30pm at the Project

RSVP

Mick, Pauline or Clive



The origins of **Figgy pudding** goes back to medieval England. At that time it was not a dessert, but a method of preserving meats for the winter months.



The Furzedown Project Board of Trustees 2016-17

Chair - **Liz Sines** Vice Chair - **Jeremy Weinstein**
Treasurer - **Varada Rajan**

**John Farebrother, Mike Richards, Gill Mires,
Diane Norman, Therese Nolan, Padmini de Almeida,
Gwen Race Ila Patel.**

Co-opted member - **Robyn Lynch** (Local Solicitor)

The Trustees welcome Members comments and suggestions and would like to take this opportunity to wish you all the compliments of the season.

With gratitude and thanks we acknowledge the amazing efforts made by our volunteers throughout the year. Their remarkable energy and positivity has meant much to our Members and another successful year for the Project



Ann Ziegler, Barbara Bunby, Colette Murnaghan, Joyce Moses, Liz Sines, Louise LeSage, Pam Carpenter, Tony Buffrey, Ann Harris, Betty Surrey, Pat Sax, Therese Nolan, Diane Norman, Helen Bernhardt, Gwen Race, Bruce Bebington. Alan Stanley, Angela Bradley, Deborah Danso, Georges Isabelle, Graham Loveland, Jackie Dixon, John Farebrother, Mike Richards, Moira Harbord, Patricia Orlando, Peter Clarke, Robert Broad, Roger Tucker, Terry Sines, Sarah Greensmith, George Bryson, Christal Geater, Jacqueline Anderson, Kanta Vadukal, Maureen Sandhu, Olive Savage, Suzanne Richeux, Tara Lehmann, Barbara Bunby, Betty Surrey, Diane Norman, Gillian Mires, Lola Phipps, Kamla Cotter, Vito Ward, Ann Duce, Dave Harbord, Liz Richards, Sue Pearson, Betty Ansley, Claire Clay, Jeremy Weinstein, Julie Mangroo, Kanta Vadukal, Linda Cairns, Lucinda Denning, Lynlea Ward, Neelam Chandra, Padmakar Mishra, Rama Patel, Rosina Wortham, Sunanda Rajan, Suzanne Ellis, Abigail Johnsen, Audrey Silkin, Beverley Martin, Christa-Maria Farouk, Eileen Jarvis, Guy Gozmao, Indumati Patel, Jenefer Spells, Jane Heath, Mary Heraty, Joycelyn Charles, Katya Filipova, Varada Rajan, Padmini de Almeida, Robyn Lynch, Ilaben Patel, Sumita Sandhir, Velma Dennis, Margo Random, Maxine Rhodes, Ann Heywood, Barry Ellis-Daley, Annalisa Florio, Martin Hockey. Angela Baldwin, Jamie Wanstall,



Activities at the Furzedown Project

MONDAY

| | |
|---------------------------------------|---------------|
| * Swim Club | 9.45-12.00pm |
| Fit & Fitter (2 classes of 45 mins) | 9.30-11.00am |
| Exercise Therapy Class | 11.00-11.45am |
| 50+ Restart British/Bangladeshi Group | 1.00-4.00pm |
| * Monday Get-together | 2.00-4.00pm |

TUESDAY

| | |
|----------------------------|---------------|
| Yoga | 10.00-11.00am |
| Yoga | 3.00 -4.00pm |
| Reading & Discussion Group | 10.00-12.00pm |
| * Bingo | 2.00 -4.00pm |

WEDNESDAY

| | |
|--|----------------|
| Cinema Club (Streatham Odeon) | 11.15am |
| * Co-op Shop, & Coffee Morning | 10.00 –11.30am |
| * Craft Class | 2.00 –4.00pm |
| * Singing Class (Twentieth Century Songbook) | 2.00 –4.00pm |

THURSDAY

| | |
|-----------------------------|---------------|
| Exercise Therapy | 9.30 -10.15am |
| * Exercise Therapy | 10.15-11.00am |
| Computer Support | 10.00-11.00am |
| * Chair Based Exercises | 11.00-11.45am |
| * Bridge Club & Scrabble | 2.00 -4.00pm |
| * Furzedown Fusion Exercise | 2.15 - 3.15pm |

FRIDAY

| | |
|---------------------------------------|---------------|
| Art Group | 10.00-12.00pm |
| Fitness & Fun | 11.00-12.00pm |
| Classical Indian Singing | 12.00-2.00pm |
| International Friendship Group | 2.00 -4.00pm |
| * Bingo | 2.00 –4.00pm |
| * = Transport is available if needed, | |

Councillors' Surgeries - 1st Saturday of every month

Library Service available Mon. - Fri. 9.30am - 4.00pm