

Furzedown Project

News

Working With Older People

Winter 2018



91/93 Moyser Road, SW16 6SJ Tel: 020 8677 4283

www.furzedownproject.org

A FURZEDOWN PROJECT FUNDRAISING EVENT

CHRISTMAS

FAYRE

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FAYRE

Fri 30th Nov 12 - 4pm

Sat 1st Dec 10 - 2pm

The Furzedown Project

Working with Older People

91-93 Moyser Rd SW16 6SJ

CHRISTMAS
FAYRE

Members Christmas Party

Members, remember to book early for
The Furzedown Project Christmas Party

Thursday 13th December

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



Bring on the NEW YEAR with A HOGMANAY CELEBRATION

The Board of Trustees
warmly invite all Members to join
them for afternoon tea and festive fun!

Friday 28th December 2- 4pm

This annual invitation by the trustee has
proved really popular with members in
recent years, so don't delay book now at
reception. Transport available.





CHRISTMAS DAY 2018 11am – 5pm

For the over 65's of Wandsworth

At Christmas Events Marquee, Battersea Park, SW11

Enquiries & booking forms by telephone **020 7223 3234**
or online www.rotarychristmasday.org.uk

St Alban's Christmas Day Lunch

1.00 ~ 5.00pm at St Alban's Church, Pretoria Rd, SW16

3 Courses with wine ~ £14

To book call 020 8769 5415

Visit www.stalbanschurch.org.uk or email

streathampark@gmail.com Transport available on request

**Join us on Wednesday 2nd Jan for
refreshments, friendship & shopping**

Replenish your cupboard after Christmas 10am – 11.30am
Transport and help with your bags available

Contact Mick or Pauline

020 8677 4283

FESTIVE NOTES FOR YOUR DIARY

This year Christmas falls on a Tuesday and so the Project will be closed for five consecutive days starting on Saturday 22nd December and running through Boxing Day which is Wednesday 26th December. The New Year Bank Holiday falls on Tuesday 1st January.

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 opportunities 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 has adverts for several events that will help you to enjoy the festive season, but you will need book your place and transport well in advance. Most notable is the Christmas Day Party in Battersea Park organised by the Rotary Club of Battersea. This event is greatly enjoyed by all who attend, please ask for a form if you'd like to book.

The Project will be open again on Monday 31st December for normal activities and Wednesday 2nd January 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 28th December, The Project Trustees will host the Hogmanay Tea including food, fun and entertainments.

Our Opening Closing Time for the holiday period are:

Monday	24th	December	Closed
Tuesday	25th	December	Closed
Wednesday	26th	December	Closed
Thursday	27th	December	Open
Friday	28th	December	Open
Saturday	29th	December	Closed
Sunday	30th	December	Closed
Monday	31st	December	Open
Tuesday	1st	January 19	Closed
Wednesday	2nd	January 19	Open



SUPPORTING THE FURZEDOWN PROJECT FUNDRAISING EFFORTS

Christmas Cards

Designed by Members

Available from Furzedown Project Reception

£5.00

per pack
of 12

Single cards
50p



Thank you for your support

Diwali Celebrations

Join us in our Diwali Celebrations at the Project

Friday 23rd November 2018

From 12 noon onwards there'll be songs, jokes, stories, music and foods to tempt you to be merry.

If you add your name to the list in reception we'll have an idea of how many to expect.

Most of all we look forward to seeing you all on the **23rd November** at the Project.

Friday
23 Nov. 2018
From 12 noon



News from the street...a community treat!

The Furzedown Community Network

are holding their Christmas Market in Moyser Road

Saturday 15th December 4-7pm.

The Project's fundraising team will be participating so we hope you will come along and support them whilst enjoying all the festive fun the market has to offer.

TAKE A LOOK - www.furzedownproject.org

Our team continue to work hard improving and updating our Furzedown Project Website. Always exciting changes and inclusions flourish. It's well worth having a look for yourself. You can make use of the Project computers if you wish and log on and see all the latest news. We look forward to hearing from you with your comments and suggestions.



Festive Greetings to all our Home Visitors

I have noticed just how much our volunteers treat everyone with respect and kindness, no matter what situation befalls. We know how stressful it can be for the people who find themselves in need of the services we provide and your words and actions go a long way towards helping them keep their dignity and sense of independence.

I just want you all to know that your work does not go unnoticed and we thank you so much for the gift of time and effort you gave during 2018 and for being part of the volunteer team. You are highly appreciated.

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 at the Project on

Wednesday 19th December 4-6.30pm

I do hope you will come along. It's a very special event where we look forward to welcoming all volunteers who do such great work on behalf of the Project.

The Home Visiting Scheme certainly would not be a success without your help. The compassion you show to the people we serve is an inspiration for us all.

A Merry Christmas to You and Yours

Clive Brown

Home Visiting Scheme Coordinator



Take a tour of the world-famous Oval, home to Surrey Cricket Club since 1845 and one of England's test match homes since 1880.

OVAL CRICKET GROUND TOUR

Tuesday 27th November 2018 9.30-1.30pm

Travel by Minibus or make your own way by public transport. Bookings & payment can be made at reception. Don't miss this outstanding opportunity - Limited places. **£6.00** (All proceeds to the Surrey Cricket Club nominated Charity)

Swimming resumes Monday 14th January 2019



(10am from the Project or meet at Balham Baths)

Swimmers, would you like this opportunity to join us ?

Non swimmers ? A great time to learn now. For bookings, payment & more information please contact Mick 0208 677 4283

A Proposed Poetry Writers and Readers Group

Do you sometimes try your hand at writing poetry?

And/or

Do you enjoy reading or listening to poetry?

Would you like to share work in progress with members of a small group?

And/or

Would you like to share a favourite poem, or poet, with a small group?

If you answer 'Yes' to any or all of the above, please come along to an inaugural meeting at the Project:

Tuesday 4 December 2018 at 10.30 am

Or contact John with any thoughts, suggestions or queries: jv_sw16@yahoo.co.uk



An invitation to all our wonderful Volunteers...

Volunteers Christmas Buffet

We look forward to the pleasure of your company for our Christmas Buffet featuring delectable Sherry & Mince Pies

Wednesday 19th December 2018

4pm – 6.30pm at the Project

RSVP

Mick, Pauline or Clive



The Furzedown Project Board of Trustees 2018-19

Chair - **Jeremy Weinstein**,
Vice Chair - **Diane Norman**,
Treasurer - **Mike Richards**

**John Farebrother, Gill Mires, Gwen Race,
Ilaben Patel, Ann Harris, Jane Fisher,
Rosemary Scott and Elvette Bryan,**
Co-opted - **Robyn Lynch and Varada Rajan,**

**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

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

Thank You



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 3.00-4.00pm
Reading, Photography, Radio, Poetry Groups	10.00/10.30-12.00pm
* Bingo	2.00-4.00pm

WEDNESDAY

* 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
LGBT 50+ Coffee Morning	10.00-12.00pm
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