

# Furzedown Project

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## News

SPRING 2019

*Working with Older People*

Tel: 020 8677 4283

[www.furzedownproject.org](http://www.furzedownproject.org)

91/93 Moyser Road  
SW16 6SJ

# Spring Fair



Friday

5 April

11.30am to 4pm

& Saturday

6 April

10am to 2pm

**THE FURZEDOWN PROJECT**

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Tel: 0208 677 4283

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## EXTRA TIME & SPACE FOR YOGA

It is a long while since we have had extra places in our **Yoga Classes** but we're hoping to solve that to allow new people to join.

I will continue to teach each Tuesday morning but will split the present class into two sessions of 1 hour each. The first class will be from 9.30 to 10.30, and the second from 11.00 to 12.00

The form Yoga I teach is Iyengar Yoga, it does not connect with any religious practice or prayer. It is a very focused form of Yoga which I aim to teach as it was originally taught going back through 4,000 years of history.

If you are wondering **“Is Yoga suitable for me?”** I would say, *“providing you are able to get up and down from the floor the answer is likely to be: Yes”*. If you have any health, or joint problems you can ask for a chat with me, and before making a commitment you can speak to your doctor.

If you do have problems getting up and down from the floor Sandra's Thursday morning exercises classes are a better option for you. Should you decide to join one of my Yoga classes, you can expect to practice asanas, these are slow and precise exercises which have a deep effect giving you more stretch and strength. Gradually over time this helps the body to refocus and relax, you will also learn to improve and control your breathing.

We teach basic moves with precision, not ones to tie you in knots! You should wear comfortable leisure gear, we work in bare feet, and provide floor mats.

**Gwen Race**



## FITNESS & FUN

We also have spaces in our class on Friday from 10 -11am

New comers always welcomed just come along & try it out.



## **FUND RAISING MEAL**

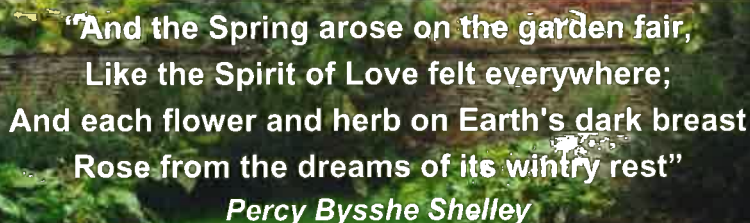
**In Aid of the Furzedown Project  
Enjoy an Evening Out & Support  
The Project**

**A 2 course set menu  
by popular local  
caters - Jusfinefood.  
Pre-order a main & a  
desert from a choice of 3  
dishes each course.  
The cost is £25.00 per head.  
£10 of which is a donation  
to the Project.**

**An popular annual event  
allowing an opportunity to  
enjoy good company, and  
great food, whilst  
supporting the Project  
with its fund raising  
programme. Be sure to  
book early to avoid  
disappointment as  
places are limited.  
Please book at Reception**

**Wednesday  
17th April 2019  
from 6.00pm**

**BINGO** Tuesday & Fridays 2 - 4pm Transport Available  
New Players always welcomed



**"And the Spring arose on the garden fair,  
Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast  
Rose from the dreams of its wintry rest"  
*Percy Bysshe Shelley***



**Local Osteopath Alan Coles** is setting off on another challenging adventure and using it to raise funds for the Furzedown Project. This time Alan is hiking up to the Everest Base Camp in the Himalayan Mountains. Alan will fly to Katmandu then travel on in a light aircraft to the Tenzing-Hillary Airport at Lukla. This has been nominated as the world's most dangerous landing strip. From Lukla he will hike for 8-10 days up to the Base Camp from which



**Local Osteopath Alan Coles**

mountaineers launch their attempts to climb the mountain. The trek will include climbing 8,220 feet to reach Base Camp which lays at 17,600 feet above sea level, so apart from all the hard walking Alan will have to deal with a very thin atmosphere and the perils of altitude sickness. The return trip will take 3 days & take place between 1<sup>st</sup> and 16<sup>th</sup> November.

We will keep you updated and provide opportunities to sponsor Alan when the time comes.

### **Christmas Events Raise a total of £2,175.35**

Another successful fundraising event thanks to all the hard work of our ever faithful team of wonderful volunteers. Their endeavours certainly paid off and we are extremely grateful and proud of their achievements. We are also indebted to our Members and the local community for their considerable support of our fund raising efforts.

We thank you, one and all, for your hard work and continued support of the Project's fundraising programme

**To know more about our volunteering programme please contact us at the Project. Tel: 020 8677 4283**

## THE FURZEDOWN PROJECT HOME VISITING SCHEME

### **BRIGHTEN SOMEONE'S DAY**

As we get older, it is easy to become isolated and lonely. Some older people see no-one for days at a time – but that is where you can help.

Befrienders always say they get a lot in return – the sense of being involved locally, the fun of meeting and getting to know someone new, and for many; a new friendship.

### **HOW IT WORKS**

We match volunteer befrienders with older people who have become isolated and are often housebound. We will match you with someone we know you will get on with and introduce you – and to make sure things are going well and offer full support to the person you are befriending in case you find they need extra help.

***It makes a huge difference from a small commitment.***

Could you spend an hour a week; just chatting, taking someone out for a while, watching TV, listening to the radio, having a cup of tea – just being there?

**To become a befriender, contact us at  
homev@furzedownproject.org or call the  
Home Visiting Coordinator on 020 8 677 4283**



## **PLANT SALE**

**Saturday 11th May 2019**

**from 10am**

**At the Furzedown Project**

**Plenty of bargains including house  
& garden plants!**

**Donations of labelled plants welcomed**

# Volunteers Party Invitation

To say thank you for all the extraordinary work you do for the Project we would like to invite you to our Annual Volunteers Party

*“Volunteers are love in motion”*

Wednesday 22<sup>nd</sup> May 2019 6.00 – 8.30pm.

RSVP to Mick, Pauline, Clive Tel: 020 8677 4283



Need Some Help?

**Hannah & Barnaby**

(6 formers from Graveney School)

will be at the Project

Every Tuesday 1.30pm – 2.30pm

to give one to one Advice & Support with

\*SMART PHONES \*TABLETS \*INTERNET

Let us know if you plan to drop in Tel: 020 8677 4283

## Swimming Lessons at Balham Pool

Monday mornings (leave the Project at 10am)

29th April - 22nd July

We are offering a course of 11 swimming lessons with an experienced and friendly tutor in a safe, roped-off area of the pool.

Whatever swimming experience you have, you will be made very welcome. We travel from the Project to the pool in our minibus (or you could meet us there)



Please ask at reception for costs & transport details.

# Activities at the Furzedown Project

## MONDAY

* Swim Club	9.45 -12.00
Fit & Fitter (2 classes of 45 mins)	9.30 -11.00
Exercise Therapy Class	11.00 -11.45
50+ Restart British/Bangladeshi Group	12.30 - 4.00
* Monday Get-together	2.00 - 4.00

## TUESDAY

Yoga	9.30 -10.30 & 11.00 -12.00
Reading & Discussion Groups	10.00 / 10.30 -12.00
* Bingo	2.00 - 4.00

## WEDNESDAY

* Co-op Shop, & Coffee Morning	10.00 -11.30
* Craft Class	2.00 - 4.00
* Singing Class (Twentieth Century Songbook)	2.00 - 4.00

## THURSDAY

Exercise Therapy	9.30 -10.15
* Exercise Therapy	10.15 -11.00
LGBT 50+ Coffee Morning	10.00 -12.00
Computer Support	10.00 -11.00
* Chair Based Exercises	11.00 -11.45
Relaxation Class	12.00 - 1.00
* Bridge Club & Scrabble Club	2.00 - 4.00
* Furzedown Fusion Exercise	2.15 - 3.15

## FRIDAY

Art Group	10.00 -12.00
Fitness & Fun	10.00 -11.00
Classical Indian Singing	12.00 - 2.00
International Friendship Group	2.00 - 4.00
* Bingo	2.00 - 4.00

\* = Transport is available if needed

**Councillors' Surgeries - 1<sup>st</sup> Saturday of every month**

**Library books available Mon. - Fri. 9.30am - 4.00pm**