

Furzedown Project News

Summer 2019
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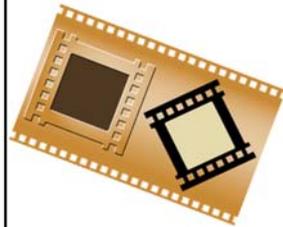
The Furzedown Project 91/93 Moyser Road SW16 6SJ
Tel: 0208 677 4283 www.furzedownproject.org

CELEBRATING PHOTOGRAPHY

This is the subject of an exciting initiative, The Furzedown Project 2020 Calendar

All Members are invited to send in photos you've taken of which you are particularly proud .

12 will be selected for the calendar and there will also be a window display in the Project



Photos can be sent to furzedown@mail.com or submitted in print form, just put in an envelope marked 'CELEBRATING PHOTOGRAPHY' and handed into reception.

For more information contact
jeremy.a.weinstein@btinternet.com



FITNESS & FUN

We have places available in our Friday morning

Fitness & Fun class

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

10 -11am





Furzedown Project's Contract Approved for Renewal

We are delighted to announce that the Project is to be granted a new contract to provide Open Access Day Services for Older People to Wandsworth Council. The new contract will begin in October 2019 and is set to run for three years with the likelihood it will be extended for an additional two years. The contract will pay the Project £57,000 per year which is roughly one third of our annual expenditure. The Board of Trustees and staff look forward to continuing our work and providing range of activities that bring you our members together.

An Outstanding Achievement

Congratulations to our talented member Chris Durne who won a Gold Medal at the world leading RHS Chelsea Flower Show. Chris curated the Federation of British Bonsai Societies display in the Floral Pavilion. The Gold Medal came with a maximum 12 point score and you can't do any better than that. Chris is a regular at Gwen's Tuesday morning Yoga Class and takes charge of our window display on Moyser Road.



A change: Please note that **COMPUTER SUPPORT** sessions at the Project will now be held on Tuesday mornings 10.00am-11.00am and not Thursdays from now on. **All welcome to call in for help or advice.**

You've done it again!

The hard work paid off...thanks to the Fundraising Team of Volunteers and Supporters



A total of £1,200 was raised at the Spring Fair and a further £550 at May's Plant Sale. The Team's extraordinary efforts and the contributions of crafts, gifts and plants have been amazing. Our sincere thanks to all who work so hard and to those who generously support the Project on these occasions.

We hope you find a Summer Outing to enjoy from the programme featured on pages 6 & 7.

When making a booking please be aware that:

The outings are open to all our current members, so please ensure you have renewed your membership for 2019/20

Booking of outings will start on Wed 26th June. It is advisable to book early to avoid disappointment.

We will take bookings for just one trip per member. You may add your name to the reserve list for 2nd & 3rd choice trips and we'll notify if any seats are 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.

Return times to the Project are approximate: we leave seaside destinations at 4.00; arrival back at the Project may be after 6.00pm

Bookings can be made from Wednesday 26th June and are confirmed upon payment.

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

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 do not get out!

Our scheme has gone from strength to strength over the years and we have become a vital part of the community where people are supported through befriending to build confidence and improve quality of life by reducing loneliness.

Of course, this service could not be provided without our valued and committed team of home visitors who give friendship and companionship to their clients. They all truly enhance the lives of their clients.

**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 Annual General Meeting of THE FURZEDOWN PROJECT

will be held on

Thursday 10th October 2019

2pm - 4pm

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

Transport will be available to book

Furzedown Project Members

Eastbourne **Mon 8 July**
9.00am from Project
departure from Eastbourne
4.00pm £12.00

**Horniman's Museum
& Gardens** **Mon 15 July**
with stop for pub lunch
10am –4pm £8.00

Brighton **Mon 21 July**
9.00am from Project
departure from Brighton
4.00pm £12.00

Kew Gardens **Tues 30 July**
with stop for pub lunch
Walk Kew's world famous gardens . Unfortunately
the Discovery Bus is not available this year.
10am – 4pm £8.00

**Summer Garden
Party** **Wed 31st July**
Streatham Park Bowling Club,
Pringle Gardens, SW16: Book your ticket
2 – 4pm £5.00

Summer Outings Programme 2019

Worthing	<u>Mon 5 Aug</u>
9.00am from Project departure from Worthing 4.00pm	£12.00

Richmond Park & Fulham Palace	<u>Mon 12 Aug</u>
with stop for pub lunch 10am – 4pm	£8.00

Garson's Farm & Shop	<u>Mon 19 Aug</u>
Pick your own veg & fruit. with stop for pub lunch 10am – 4pm	£8.00

Eastbourne	<u>Mon 2 Sept</u>
9.00am from Project departure from Eastbourne 4.00pm	£12.00

**Bookings may be made from
Wed 26th June and are confirmed upon
receipt of payment.
(The prices shown excludes lunches)
Don't miss out, remember to book early
to avoid disappointment**

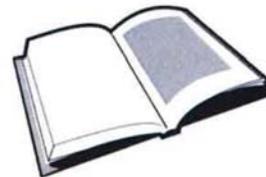
TUESDAYS AT THE PROJECT

WHEN
10-12 pm



WHERE
The Furzedown Project
91-93 Moyser Road SW16 6SJ

TEL: 020 8677 4283



POETRY 
**1ST TUESDAY OF
THE MONTH**

BOOKS 
**2ND TUESDAY OF
THE MONTH**

PHOTO 
**3RD TUESDAY OF
THE MONTH**

RADIO 
**4TH TUESDAY OF
THE MONTH**

**A VARIED
PROGRAMME FOR
YOU TO ENJOY.
INTERESTED?
PLEASE JUST
COME ALONG AND
SEE WHAT IT'S ALL
ABOUT**



A Thank you, to pass on to you!

We have received a letter of thanks for the £39.22 raised
in aid of The Marie Curie March Great Daffodil Appeal

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 mountaineers launch their attempts to climb the mountain. The trek will include climbing 8,220 feet reaching an altitude of 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 trip will take place between 1st and 16th November. If you would like to sponsor Alan on this demanding adventure and support the Project, sponsorship forms are now available to make a pledge. We wish Alan all the best with his challenge and thank him for his commitment to the Project.



Local Osteopath Alan Coles



Travel back in time
this summer for....



a week packed with fun activities, outing & great food –
with a 60s twist - from only £8 per day! (transport available)

Tues 6th – Fri 9th August 2019

at Mitcham Lane Baptist Church

call 020 8769 5415 or email streathampark@gmail.com

Every Wednesday Morning at the Project

Shopping - Conversation - Friendship - Refreshments

Library Books - Computers - Massage Therapies

Gill's Fundraising Table is on the last Wednesday of the month .

Local shops are within easy distance of the Project, and a ride home and help with your bags of shopping. Why not come along and spend time with us? From 9.30am

All most welcome.

Just give Mick or Pauline a call 0208 677 4283



2019 MEMBERS GARDEN PARTY

Wednesday 31st July

2.00 - 4.00pm at

The Streatham Park Bowls Club,

Pringle Gardens SW16 1SH

Tickets £5.00

Available from the Project

Limited numbers, be sure to book early!



Every Tuesday & Friday 2 – 4 pm at the Project.

New Members Welcome

Transport available if needed

. For more information contact us on 0208 677 4283

MEMBERSHIP RENEWAL

**The Annual Subscription for Membership
of the Furzedown Project became due on
1st of June 2019.**

The subscription is £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 you can increase the value by 20% if you are a UK taxpayer through requesting *gift aid*.

Using *gift aid* means that your **£20.00 membership can be turned into £24.00**. 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.

Once again we have kept our sessional activity fees at £2.00
The minibus fare is £1.00 so people using the supported transport service will pay a total of £3.00

Membership Fees are not levied on clients of the Home Visiting Scheme

We appreciate and thank you for your continued support of the Project

ACTIVITIES at the FURZEDOWN PROJECT

MONDAY

Outings July—August (Various)	
* Swim Club (resumes in September)	9.45 -12.00
Fit & Fitter (2 Classes of 45 mins. each)	9.30 -11.00
Exercise Therapy Class	11.00 –11.45
50+ Restart British/Bangladeshi Group	1.00 - 4.00
* Monday Get-together	2.00 -4.00

TUESDAY

Yoga	9.30 -10.30 & 11– 12
Computer Support	10 - 11
Reading & Discussion Group	10.30 -11.30
* Bingo	2.00 -4.00

WEDNESDAY

* Co-op Shop & Coffee Morning	9.30 -11.15
* 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
* Chair Based Exercises	11.00 -11.45
* Bridge & Scrabble Club	2.00 -4.00
* Furzedown Fusion Exercise	2.15 - 3.15

FRIDAY

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

*= Transport is available if needed

Library Service available	Mon-Fri	9.30-4.00
Councillors Surgeries	1 st Saturday of every month	11.30-12.30