



**The Furzedown Project
E-Newsletter
April 2022**



Welcome to the second e-newsletter of 2022 from the Furzedown Project. We are now running daily activities through the week at our centre in Moyser Road. The picture above is from our LGBT group, which celebrated their 5th Anniversary on 21/04/2022.

As we move forward, we are looking to introduce a range of new activities. This will include language classes, sport nights animal therapy and many more! these new ideas have come directly from our members, who we have been engaging with over the past few months. If you have any ideas you would like to discuss, please email us on Services@furzedownproject.org . We would be happy to hear from you.

We now have an updated activity list on our [website](#) and increased capacity at our sessions, so would welcome anyone interested in attending. Simply contact us by phone/email to book a place.



TALKS & ACTIVITIES AT THE FURZEDOWN PROJECT

Mitcham Lane

A SPECIAL TALK ABOUT THE HISTORY OF MITCHAM LANE
BY THE STREATHAM SOCIETY

Wednesday 25th May
2pm - 4pm



We are happy to announce the return of our regular talks and presentations at the Furzedown Project.

This session will give a fascinating history of Mitcham Lane, delivered by a local historian from the Streatham Society. As we expect a lot of interest in this event, people can join the session virtually as well as face to face in The Project.

Please contact the Project to learn more and book.

You can come directly to our offices,
call us on **0208 677 4283** or email
services@furzedownproject.org

Or book online today - just scan this QR code



www.furzedownproject.org | 020 8677 4283 | services@furzedownproject.org

THE FURZEDOWN PROJECT'S

Wellbeing Day

Friday 10th June 2022

The Furzedown Project aims to increase people's sense of wellbeing and reduce social isolation - for all people aged 50 and over, across Furzedown and Wandsworth

Our first Wellbeing Open Day will be on Friday 10th June. We will have a variety of workshops and events that address people's emotional and physical wellbeing. Everyone is welcome - we hope to introduce many new people to the work of the Project, and welcome back familiar faces.

ACTIVITIES ON THE DAY WILL INCLUDE:

A workshop led by the charity Mind on supporting emotional wellbeing

Osteopath team showcasing their work

Meditation/Tai Chi

Hypno skills- A set of skills to improve mental wellbeing and reduce anxiety

An overview of the work of the Project, and upcoming projects

Developing a new service looking to offer support to Grandparents

A series of presentations on addressing physical health concerns

An evening disco party with a DJ, drinks and nibbles!

The Furzedown Project, 91-93 Moyser Road, London SW16 6SJ
call 0208 677 4283 or email services@furzedownproject.org

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Please book in advance - £2 contribution per activity, you will not need to be a member to take part (although members will be given priority for bookings). Our evening disco will act as a fundraiser, and we will be asking people to contribute £10. We can also offer a ticket for the whole day/concessions for those who are interested.

Plant Sale at the Furzedown Project



As some of you will already be aware, The Furzedown Project runs 4 fundraising sales during the year. Supported by generous donations, and our outstanding group of volunteers, these events raise much needed income. They also promote the work of the Project within the community and are held at our centre in Moyser Road.

Our next sale is listed below:

Saturday 28th May 10am-2pm- Plant Sale

If you fancy bagging a bargain, or simply want to support our work, feel free to pop down.



Volunteering- Drivers and Escorts

Our minibus has been a key part of the work of the Furzedown Project for many years. Throughout the week, our drivers and escorts collect and return our members, enabling them to participate in our activities. Some of our members simply wouldn't be able to attend the Project without the minibus. As we are hoping to hold more events during the year, we are now on the lookout for more volunteer drivers and escorts for our minibus. This rewarding role can make a real difference to the needs of our members, and we want to make sure we can offer this service more regularly as we move forward.

Full training and support can be provided in this role by our staff team.
Contact us on volunteering@furzedownproject.org/ 0208 677 4286 to find out more.

Tell your Friends.....

We are keen to let as many people as possible know of all the work going on in the Project. If you know anyone who you think might be interested, please forward this newsletter on. We will be sending out a separate hard copy newsletter out to our members in the next few weeks.

[Find Out More](#)



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Our mailing address is:

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