



The Furzedown Project Autumn 2022

Welcome to our autumn edition of The Furzedown Project Newsletter

Welcome to the autumn edition of our Furzedown Project newsletter.

As we finally emerge from the sweltering temperatures of this summer, some of our members face an uncertain future for the colder months. We want to ensure we are on hand to support people's wellbeing. If you are concerned by cost of living/energy bills, please contact us.

We can help.

In this issue we will be covering updates on our AGM, new Logo, our Fundraising sale, our final round of Hypno Skills workshops - including FREE sessions - and new things you might want to do on a Friday afternoon.

If you would like to get in touch with us, please contact us on 0208 677 4283/ Services@furzedownproject.org



Hypno Skills

Tuesday 13th September 2pm-3pm

Thursday 22nd September 2:00pm-3:00pm

Hypno Skills is a technique used to improve mental wellbeing. The aim is to achieve a relaxed state of mind, learn how to be more present, enhance the positives and eliminate the negatives. It can treat a range of issues including anxiety, insomnia, fear of the future and stress.

The session will be led by [Kristin Hayward](#) who is a trained Clinical Hypnotherapist with over 20 years' experience.

We are offering a final two FREE sessions online for our members in September. These will be held on zoom, and everyone is welcome.

Simply contact us Services@furzedownproject to book a place.



10am-2pm
Saturday 17th September
Bric-a-Brac Fundraising Sale

Our autumn fundraising sale is soon!

These sales are important for raising funds for the Project and are an opportunity to bag yourself a bargain. We also welcome donations of any good stuff you think might sell.

As with previous sales, this will be held at the Project.

If you have any further queries do let us know, otherwise we look forward to seeing you at the event.



Wednesday 12th October 2pm-4pm
Mitcham Lane Baptist Church, 230 Mitcham
Lane, London, SW16 6NT

The AGM is where we provide an overview of the achievements of the last year, our plans for the year ahead and an opportunity to meet with other members. Similar to previous years, we will also have a guest speaker and refreshments.

You can book yourself a place by calling the office
on 0208 677 4283



Friday 21st October 2pm-4pm

Grandparent forum

What does it mean to be a grandparent in 2022? The needs and responsibilities that Grandparents face have changed over the years. We are therefore looking to develop several sessions to look at these issues/needs of Grandparents within the local community.

This session is being led by Tim Kahn, who has extensive experience of working in education and family support programs. To ascertain what people would require from these sessions, this first session will explore how this group could work moving forward.

Book onto the session to find out more!!



New Logo for the Furzedown Project

The Furzedown Project has used the same logo for several years.

As we look to launch our new strategy, it seems the right time to review how we present ourselves.

Earlier this year we discussed with members what a new logo might look like. Working with a designer, we now have two new logo designs to consider.

In keeping with our commitment to co-production, we want to offer the opportunity to hear your views on the new logos. Please be honest as you like, we want to have the best logo moving forward. You don't have to like either.

We have the logo suggestions to the back of this newsletter with the logo templates, so please let us know your thoughts.

Any queries on this work please contact the Project Director on James.Atkins@furzedownproject.org



Ideas for Friday Afternoon Activity at the Furzedown Project

The Furzedown Project is about increasing wellbeing and reducing social isolation by providing nice things for people to do. We now have a gap on a Friday afternoon for a new gig. Current suggestions for what that might have included:

Movie/Sports afternoon

Language course

BME Book Group

IT Peer Support

This session would normally be 2-4 pm - but it could be longer.

And we would welcome any other ideas. Even if it is something the project hasn't done in the past, we would be happy to investigate it.

Simply email Services@furzedownproject.org with your suggestions. We will aim to get a new activity launched by October 2022.



Big Congratulations to our exercise guru Sandra Shaw, who was recently the cover girl for the Move to Your Mood WAU (We are undefeated) campaign. This campaign provides exercise videos for those with long-term health conditions.

Alongside celebrity Gok Wan, they filmed three physical activity sessions. The aim is to encourage everyone, irrespective of physical ability to become more active. You can view the videos on youtube through the link below:

<https://bit.ly/3CYUcRI>



During the pandemic, we made the decision to suspend our annual membership fee. This was because of the limited activity schedule we had on offer during this time.

As lockdown restrictions have now eased, and our schedule has returned to pre-pandemic levels, we are now asking all members to begin once again paying their membership fee of £20. We have begun taking payments via cash and card in the Project since July. This contribution allows us to continue offering a wide range of activities for our members.

If you haven't yet paid, could we ask that you come into the Project to do so?

Any queries on this then do contact us on Services@furzedownproject.org