

Furzedown Project

Furzedown Project

News



**Spring
2017**

SPRING FAYRE

Friday 31st March

12 - 4 pm

Saturday 1st April

10 - 2 pm

- * Gifts both New & Nearly New
- * Crafts
- * Raffles
- * Jewellery
- * Bric a Brac
- * Refreshments

Plenty of
Spring Time
Goodies
& Easter Treats!

The Furzedown Project

91-93 Moyser Rd SW16 6SJ

Tel: 0208 677 4283

Fundraising for the Furzedown Project

FURZEDOWN VOICES

presents

Children's Books & Stories

bring your favourite



A talk by

Diane Norman

31st May 2017 2 - 4 pm

The Furzedown Project

Members transport available

Free Hearing Aid Clinic **ACTION ON HEARING LOSS**
at Furzedown Project

**Last Wednesday of the Month
New Time 10.00am - 12.00pm**

- Information on hearing loss and all services that can help.
- Advice on how to use & clean your hearing aid
- New batteries & new ear-mould tubing

Transport available, please book at reception

Keep in touch with News from the Project

www.furzedownproject.org

Our website is just another way of staying in touch with Project activities. Take a look, its updated every month & you can see at a glance what is going on currently. Computers available at the Project. Check the notice boards in the Project & window displays too for information



Swimming Lessons at Balham Pool

**Monday mornings
(leave the Project at 10am)**

24th April - 3rd July

We are offering a course of 9 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 at the pool if it's easier).

Please ask at reception for costs and transport details.

Well done Team!

The Furzedown Project's Christmas Fair at the end of November was incredibly supported by our dedicated team of volunteers. It was yet another resounding success on their part, raising a truly impressive **£1,782.77**. The Fund Raising volunteers work remarkably hard, creating and acquiring goods throughout the year in preparation for events such as our Easter and Christmas fairs, Bric a Brac sales, and raffles. In order to boost fund raising efforts further they take advantage of opportunities to represent the Project at local events too. In the present climate of restrictive funding their commitment and work is even more precious to us so we appreciate and value greatly all they have and continue to contribute. The much welcomed support from our members and local community at such events contributes a greatly to these fund raising efforts. Along with the Project's Fund Raising Team we are fortunate in having a number of excellent volunteer teams all taking a part in making the Project what it is today. With a range of volunteering tasks to be undertaken there is always a particular role and a welcome awaiting new volunteers to join our teams.

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



Volunteers...It ' s Party Time

Lets have some fun

An invitation to all our Volunteers

It is with sincere appreciation for your continued endeavours, good will, and friendship that we invite you to join us in celebration of your extraordinary achievements.

Wednesday 17th May 2017 6.00 – 8.30pm.

We shall enjoy food, drink and most of all your company

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

THE FURZEDOWN PROJECT HOME VISITING SCHEME

A service designed to relieve feelings of loneliness and isolation.

Friendship is a precious comfort that can seem scarce as we get older, especially if you're living alone. *Why not welcome...*

- **A visit from a friend**
- **Lively conversation**
- **Opportunities to keep active**
- **Wider social contacts**



Telephone Service: We can also arrange for someone to ring you every week at a time that suits you, to chat and catch up with news. If you would like more information, contact us using the details below.

The Home Visiting Scheme Co-ordinator will arrange to visit you at home to explain the service.

Calling potential volunteers... By volunteering for us you can give something back to your community, learn valuable new skills and make new friends. Our volunteers often get as much out of the experience as the people they help.

Please call Clive Brown, *Home Visiting Coordinator* on:

Furzedown Project: Quality of Service Members Survey



With this issue of the Newsletter we have included our annual Quality of Service Survey. It is very important for us to hear your opinion of the services we offer and we would be very grateful if you would complete and return the form to us by the 1st May 2017

If you wish, you can do this when you visit the Project. Please feel free to ask if you need help to complete the form and do use the comments box for telling us what you think.

To Drive or Not to Drive ...

That is a question many people passed 80 ask themselves when their car needs to be replaced, or when their driving license has to be renewed. It is also a question that relatives can pose, often with a degree of pressure which is justified by expressions of concern for the safety of their loved one and other road users.



It was a dilemma posed to one of our own members, Colette Murnaghan. Colette greatly valued the freedom and independence being able to drive gave her, but was challenged about her ability to navigate London at the age of 86 by a younger relative who was visiting from abroad. Colette chose to respond in just the right way by arranging to take a voluntary driving assessment through the Institute of Advanced Motorists. The assessment involved an hour of driving on local roads in Colette's own car. Thankfully Colette passed with flying colours and was awarded a Certificate of Competence (see picture). As a result Colette now feels more confident in her ability to drive, and in her decision to continue driving. Commenting on taking the driving assessment she said,

"It was important to know that whatever the result it would have no effect on my driving licence, so I was able to do the test in a relaxed frame of mind. I didn't need to prove that I was an expert driver merely that I was safe to carry on with my day to day jobs and my weekly shop."

Looking at the bigger picture it is clear that older drivers often get a bad press, especially when an incident involving someone in their 90's driving the wrong way down the motorway is in the news. However independent research shows that older drivers do not have significantly more accidents than drivers in other age groups and that those aged 70 are involved in 3-4 times fewer accidents than 17-21 year old men. The Department for Transport (DfT) says there is no evidence

older drivers are more likely to cause an accident, and it has no plans to restrict licensing or mandate extra training on the basis of age.

Charles Musselwhite, associate professor of gerontology at Swansea University's Centre for Innovative Ageing, found that dangerous driving is not generally an issue for older people. He says that older drivers compensate for their declining sensory powers through using their long experience of driving, by driving more carefully, slowing down, leaving larger gaps, and choosing better weather and quieter times to go out in the car.

So what advice is offered to keep older drivers safely on the road? Detailed advice is available through a wide range of agencies such as the Royal Society for the Prevention of Accidents and the Older Drivers Forum www.olderdrivers.org.

The most important points are:

- Listen to others but make your own assessment of your driving especially if your abilities have changed
- Follow Colette's example and take a driving assessment if you wish to reassure yourself. You can even organise refresher training.
- You are only required to give up your licence if your doctor tells you that you must
- If you are changing your car choose the most modern model you can afford.

Many newer cars have driver aids that can make it much easier to be safe. These include: autonomous breaking which slows and stops your car if there is a risk of collision; automatic lights, blind spot warnings, navigation aids, reversing sensors and self-parking mechanisms

Currently there are over 4 million people aged over 70 who hold a driving licence, more than 1 million over 80, &

Continuing to drive can be a great help to maintaining friendships, social contacts, self-confidence and practical independence. It can be well worth an investment of your time and money to make sure you remain a safe and confident driver.

FURZEDOWN VOICES

presents

Glorious Gershwin



The Songs of Gershwin

A musical presentation

by Hilary Palmer

12th April 2017 2.15 pm

Please book at reception
0208 677 4283 £2.00

The Furzedown Project
91-93 Moyser Road SW16

At The Project Every Thursday 2-4pm



**Come & Join
us - It's
simply fun**

Scrabble is fun to play. *A chance to lay down the perfect word in the perfect situation. When you play a Scrabble bingo, it's like hitting the pin on a golf drive. You'll feel like you're a professional. There's nothing better than playing a game that gives you the satisfaction of feeling clever about yourself. So play Scrabble for the best reason anyone should play a game; **it's simply fun.***

We are still a way off from sunny June so this is just an early reminder to all our Members Membership fees becomes due on **1st June for the year 2017/18**



It's still remains very good value at £20.00 per year. You will see from the list on the back page the range of activities we offer our Members and there's so much more in the way of events and outings happening throughout the year for you to involve yourself in and enjoy! Look out for your quarterly News Letter



Do you have any unwanted gifts?

Your unwanted gifts would really be of use! They will be used for Raffles, Fairs, Bring & Buy Sales etc., all of which support our fundraising efforts towards the continuing work of The Furzedown Project

Did you know ~~Paraskavedekatriaphobia~~, is an odd fear related to Friday the 13th ?



BRIC-A-BRAC & PLANT SALE
Saturday 20th May 2017 from 10am
At the Furzedown Project
Plenty of bargains' including house & garden plants!

Donations of labeled plants welcomed

With thanks from The 2016 Poppy Appeal Team

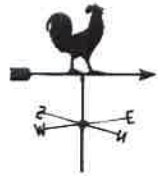
A total **£111.44** was raised at the Project from the sale of poppies in November 2016 and a letter of thanks received for everyone's support.



SUMMER TRIPS

At our next transport team meeting we plan to compile our annual summers day trips programme and we'd like to hear from you with any suggestions for consideration. When deliberating destinations we endeavour to keep in mind accessibility any additional costs such as entrance fees and manageable walking distances. The final dates and destinations will be published in the June newsletter and bookings may be made shortly after distribution. Please contact Mick or Pauline with your ideas. We look forward to hearing from you.

Tel: 020 8677 4283



It was one of those **March** days when the sun shines *hot* and the *wind blows cold*: when it is **summer** in the light and **winter** in the shade.

-Charles Dickens

**What do you do
on a Wednesday
Morning?**

Why not come to
the Project

Enjoy a change of scene, a little company perhaps over a tea/coffee. Join us at our friendly midweek shopping/social morning. Transport is available, we'll pick you up and take you and your shopping home. There's an opportunity for you to shop near by in Moyser Road. Help and information is available at the Project too We look forward to seeing you soon.

Isabella Plantation

A May time trip to see the annual display of azaleas at the Plantation in Richmond Park has proved to be a popular treat with our Members. We hope to be able to arrange again a Tuesday or Friday morning visit once we hear news of the azaleas at their finest. If you are interested in this visit please leave your name and contact details on the list in reception and we will call you when we have a date and plan.

one morning in May

Some Timely Reminders...

31st March & 1st April	Spring Fair
14th April Good Friday	Closed
17th April Easter Monday	Closed
1st May Bank Holiday	Closed
20th May	Bric a Brac & Plant Sale
17th May	Volunteer Social Evening
29th May Spring Bank Holiday	Closed
1st June	Membership due
July, August, September	Monday Day Trips
13th September	Annual General Meeting

SPRING RAFFLE

Prizes * Prizes * Prizes

Tickets available at reception **£1.00 a strip**

The raffle will be drawn on **12th April 2017**

Thank you for your continuing support with our fundraising programme

Activities at the Furzedown Project

MONDAY

* Swim Club	9.45—12.00pm
Fit & Fitter (2 Classes of 45 mins. each)	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 -4.00 pm

TUESDAY

Yoga	10.00 -11.00
Yoga	3.00 - 4.00
Reading & Discussion Group	10.30 -11.30 am
* Bingo	2.00 -4.00 pm

WEDNESDAY

* Co-op Shop & Coffee Morning	9.30 -11.15 am
Hearing Aid Clinic (last Weds of the month)	10.00 to 12.00am
* Craft Class	2.00 -4.00 pm
* Singing Class (Twentieth Century Songbook)	2.00 -4.00 pm

THURSDAY

Exercise Therapy	9.30 -10.15am
* Exercise Therapy	10.15 -11.00am
Computer Support	10.00 -11.00 am
* Chair Based Exercises	11.00 -11.45 am
* Bridge & Scrabble Club	2.00 -4.00 pm
* Furzedown Fusion Exercise	2.15 - 3.15pm

FRIDAY

Art Group	10.00 -12.00 pm
Fitness & Fun	11.00 -12.00 pm
Classical Indian Singing	12.00 -2.00 pm
International Friendship Group	2.00 -4.00 pm
* Bingo	2.00 -4.00 pm
• = Transport is available if needed,	
Library Service available	Mon-Fri 9.30-4.00pm
Councillors Surgeries	1 st Saturday of every month 11.30-12.30 pm