



NEWSLETTER

JULY 2023

The
**Furzedown
Project**

We are delighted to welcome Sandra Shaw as our new Project Director.

Many of you will know Sandra. She has led our falls prevention and balance exercise programme for the last 20 years and recently masterminded our successful People's Project bid, Furzedown Farmers.

Sandra's knowledge of the Project and love of working with older people will help ensure our continued success as a community hub.



Thank you supporting our Summer Fayre which raised over £500. Our grants, activity fees and subscriptions sadly do not cover all our running costs so donations and events like this are very important!



Saturday films

We are open on Saturdays from 1 to 4pm to enjoy classic movies.



Everyone is welcome to come, our film afternoons are free - as part of Wandsworth's Warm Spaces Initiative, which includes refreshments.

FUTURE FILMS

15th July: Look Back in Anger

22nd July: Imitation of Life

29th July: Rear Window

5th August: Funny Face

12th August: Double Indemnity

Volunteers needed

We are urgently looking for new volunteers like Martin and Adam to drive the minibus and support our outreach services.

Anyone can volunteer - not just Project members, so please mention this to friends and neighbours!



Gardener's Group

The next meeting will be at 6pm on Thursday 20 July

We will visit Tooting Community Garden at 5 North Drive SW16 1RL

- Meet at The Project at 6pm, leave at about 6:30 **TRANSPORT WILL BE AVAILABLE** but please tell us if you want to come so we know the numbers and arrange the minibus if needed!
- It's just a short visit - we'll return at about 7:15
- Cuppa & a chat about upcoming activities eg Flower Arranging in August



2023 SUMMER OUTINGS



Bookings from Monday 3 July - please visit reception or telephone 0208 677 4283. Limited spaces available, only ONE place at any of the excursions.

Payment and receipt secure the booking. To enable as many members as possible to enjoy the chance of one of our summer trips we ask that one booking be made initially and use our waiting lists for others of interest.



**MEMBERS
ONLY!**

**WAITING LIST
AVAILABLE FOR
CANCELATIONS**

Garsons Farm

Fri 14th July 10am to 4pm - £7

Eastbourne

Fri 21st July, 9am to 6pm - £12

Hampton Court

Fri 28st July, 10am to 4pm - £7

Brighton

Fri 4th Aug, 9am to 6pm - £12

Wisley Gardens

Fri 11th Aug, 10am to 4pm - £7

Eastbourne

Fri 18th Aug, 9am to 6pm - £12



The
**Furzedown
Project**

A social hub for over 50s



Make a splash!

Swimming is every Thursday at Tooting Leisure Centre until the end of July, leaving the Project at 12 It's free - thanks to generous funding by SW London NHS Integrated Care Board. If interested contact reception.

SAVE THE DATE

On Saturday 22 July FCN (Furzedown Community Network) will have a special Fun Day on Furzedown REC from 12 to 6pm, a mini version of The Big Day Out.

On Monday 7 Aug at 2pm we're planning a Flower Arranging session by Wendy from Clarke's Florists. £5 for non members

On Tues 15 Aug at 3:30pm Dr Iain Marshall, Greyswood Practice will talk about Stroke Prevention and invite those present to join in some research that they are planning.

On Sunday 6 Aug FCN will be having Jazz on The Lawn event 1pm to 6pm at Streatham Park Bowling Club on Pringle Gardens



NHS
South West
London

NHS complaints are changing

Greyswood Practice has changed its booking service to online only. Let us know if you're having problems.

If you want to make a complaint about primary care services contact South West London Integrated Care Board (ICB). Tel: 0800 026 6082

Email: contactus@swlondon.nhs.uk

Write: NHS South West London ICB, 120 the Broadway, Wimbledon SW19 1RH