

Sutton South Hello

A newsletter for residents, helping each other in our community

So, why not come along and make friends with your neighbours and play an active part in your local community.

“Having a Go” at Something New

In our Hello Arts and Craft sessions on Thursday afternoons, we like to have a go at learning new skills. In April, Simon Burder, a local artist and print maker showed us how to make prints using the technique of tracing a design onto cellophane, rolling on colour and then producing a print with 4 different colours. Simon rose to the challenge of getting us to produce a piece of artwork within one and a half hours.

The results included a majestic outline of St Paul's Cathedral in dark blue, a beautiful rose in yellow and red and a reproduction of a William Morris print that looked liked a multi coloured bowl of spaghetti. Not everyone gets it right first time!

It was hard work but great fun, and extraordinary to discover that you could produce a good quality print with very little experience.

Simon Burder is a tutor at Sutton College and has his own studio at Oaks Park, near the café. Hello Arts and Crafts aims to have one guest tutor every month.

Hello Arts and Crafts meets every Thursday afternoon at Christ Church Hall, SM2 5TN between 2.45pm and 4.30pm.

Hello at Sutton's Open Art Exhibition

Members of Hello Arts and Crafts attended the opening of Sutton's Open Art Exhibition in the Europa Gallery on 5th May. Many were exhibiting their work in an exhibition that not only gave members of the public the chance to see the talent of local artists, but also to buy some of the work on display.

Members first of all gathered in the Library's café for tea and cake and then moved over to view the exhibition as especially invited guests.

One particular piece of artwork from Hello attracted much comment; that was the Guillotine made of cardboard by Pasquale D'Italia, entitled “Is You Next!” Pasquale's work certainly added a different dimension to the exhibition and made people wonder why he had made it!



Sutton South Hello

AUTUMN 2016



Digital Tea Party



A fun & friendly event for anyone aged 50+

Take your first steps into the Digital Jungle or improve your knowledge & experience



- Try new digital devices or learn how to use your own with our help
- A range of featured presentations including “Stay Safe Online” & a live Skype demo
- Get to grips with the Internet and other tech tools like email
- Learn the basics or improve your skills with individual taster sessions



Friday 12 August

1.00 PM – 5.00 PM



£3.00 per person



Book your place

T: 020 8770 6960

T: 020 8770 5360

digital@ageuksutton.org.uk



Visit Our Website

Sutton South Hello Group has recently launched its website, which you can browse at:

www.suttonsouthhello.com

SUTTON SOUTH

HAPPY BIRTHDAY TO YOU, MA'AM

On 15th June we held a party to mark the Queen's 90th birthday in Christ Church. We were delighted to receive the Mayor, Cllr Richard Clifton and his wife, the Lady Mayor, Gloria, as well as the Deputy Mayor, Cllr Nali Patel.

The Church looked wonderful, having been decorated the day before by the ladies from Sutton South Hello Arts & Crafts. Small Union flags decorated the long table which was set up to represent a street party.

We started by tucking in to the sandwiches, delicious cakes, a lot of which were home-made by members. This was followed by the Loyal Toast which was given by the Mayor.

Finally we sang along to lots of old favourites, to music provided by organist Malcolm Payne. The event was well attended and much enjoyed. Many thanks to all the organisers and helpers, with special mention to Vicky Mosley and Maggie Wood who spent hours decorating the Church.

Finga Ninja Yarn Bombing!

"You cannot be serious" were the words resounding round the room when Samia Tossio, a local community artist, explained that she wanted members of Hello Arts and Crafts to make yards and yards of finger knitting to "yarn bomb" the northern end of the High Street.

Yarn bombing is a type of graffiti or street art that employs colourful displays of knitted or crocheted yarn or fibre rather than paint or chalk.

Yarn installations are called *yarn bombs* or *yarnstorms*. They are not permanent, and, unlike other forms of graffiti, can be easily removed if necessary. They can be used to brighten up sterile or cold public places.

The yarn bombing, using finger knitting from Hello and two other local groups, happened overnight on Friday July 1st and Samia held workshops to demonstrate finger knitting in the High Street on Sunday July 3rd.

The project is part of a scheme to liven up the northern end of the High Street, or the Northern Gateway as it has now been named. Brickwork over the shops will be painted in different colours; alleyways will be brightened up and other street events are planned. All this is in addition to the "pop up" entrepreneurs' market that happens one weekend every month and where you can buy locally made produce and crafts.



Our Very Own Mayor - and Deputy Mayor too

Richard Clifton, Councillor for Sutton South and one of the founders of Sutton South Hello, has become Mayor of Sutton. His wife Gloria, will be Mayoress.

Richard is a regular visitor to our Wednesday Club, attends our board meetings and the many functions that we hold. Some readers may have heard him "blowing his trumpet" with the Phoenix Concert band at the Second Saturday Teas at the Friends meeting House in Cedar Road.

And that is not all, one of our members, Councillor Nali Patel, is Deputy Mayor. Nali is the Older People's Champion for Sutton and also a co-opted member of Hello's Board. Richard has appointed as his chaplain the Rev Justine Middlemass, Team Rector of Sutton Deanery, which includes Christ Church. Many will know Justine who often pops in to see how Hello is doing.

1947 Royal Wedding

Ron Smith, former member of the Household Cavalry, remembers:

For my National Service in 1946, I was posted to the Guards because I was over 6 feet tall. The Household Cavalry provides escorts for ceremonial duties and I was fortunate enough to form part of the escort for the wedding of Princess Elizabeth and Lieutenant Philip Mountbatten on 20th November 1947. Our uniforms came out of store and you took the first one; so I was 'promoted' to corporal major of horse. We were up at 5.00am to gallop the horses round the riding school.

The Irish State Coach came out of Buckingham Palace with Princess Elizabeth and her father King George VI and I was in the advance brigade right behind the coach. Every time we passed a band they played the National Anthem.

After the ceremony, we formed up on Abbey Green and then went on a tour of various parts of London with the royal couple.

Scams & Fraud: Spot it, Stop it

Here are some top tips for preventing scams

1. Don't rush into anything

If you think you've been offered a great deal, don't agree to it immediately. A genuine offer is unlikely to require an instant decision.

2. Know who's on your doorstep

If you answer the door to someone you don't know, ask for an identity card and check it. The Nominated Neighbour scheme is useful for vulnerable older people

3. Be wise to cold call scams

Ignore unsolicited invitations such as letters, emails or phone calls offering a brilliant investment or saying you've won a lottery. Ignore them and never reply!

4. Be aware of new pension scams

New pension rules have brought with them new scams. Be cautious of anyone that claims to know about loopholes, overseas investments or says you can get your money before age 55.

5. Report it

Anyone can be taken in by a scam, so don't feel embarrassed or ashamed if it happens to you. Be sure to report it and get help.

Age UK Sutton's Money Matters service runs regular workshops on scam prevention.

Contact 020 8770 5363 or email moneymatters@ageuksutton.org.uk for more information



Reminiscence News: Grant from Sutton Community Fund

On 9th May South Sutton Hello received the exciting news that we had been granted £1370 from the Sutton Community Fund, funded by Sutton Council and administered by Sutton Centre for the Voluntary Sector, 'To hold an exhibition of life stories in Honeywood Museum'.

This will enable us to capture the unique information from the Reminiscence Sessions, display the memorabilia and share the rich cultural diversity we have uncovered of the residents in this area with the wider community. We intend to produce a book for sale and to deposit copies of the material in the local archives.

Seniors Wednesday morning cinema at 11am at the Empire Cinema

Free tea/coffee and biscuits

St Nicholas Centre Sutton SM1 1AZ

Just £3

Call: 0844 884 6792

Website: <http://www.empirecinemas.co.uk/>

Where to go for advice

- **Sutton South Safer Neighbourhood Team (Police)**

Call 020 8721 2497

or visit: <http://content.met.police.uk/Team/Sutton/SuttonSouth>.

- **Sutton Centre for Independent Living and Learning (SCILL)**

SCILL Information and Advice

3 Robin Hood Lane, Sutton SM1 2SW

Call 020 8770 4065 or email: information@scill.org.uk

www.scill.org.uk

- **Sutton Citizens Advice Bureaux**

Call them on 0208 405 3552 Monday-Fridays 10.00--12.00am and 1.00--3.00m or visit www.suttoncabx.org.uk

- **Age UK Sutton**

For free information and advice call 020 8770 4090

Monday-Friday 9.30--4.30pm or email:

advice@ageuksutton.org.uk

Fitness League

Every Thursday at Christ Church Hall from 1.30 - 2.30pm run by Katie Pennock of the Fitness League, for the more active.

For more information contact Katie on 07801 752212 or email:

katiepennock@google-mail.com.

SAFER SUTTON

We were pleased to welcome the Safer Sutton Neighbourhood Police Team to the club twice this quarter.

Two of our local PCs introduced their new Sergeant Peter Nicholson to the group and then spent time discussing with members their issues and concerns.

On a separate visit the Neighbourhood Team gave us an interesting and useful presentation on some of the fraud and scams that have been reported to them.

Honeywood Museum

Historical walk around Beddington Village

Sunday 24th July 2pm

A guided walk led by local historian John Phillips.

Meet on Church Rd in front of St Mary's Church

Please telephone 020 8770 4297 to book. Tickets are £3.50 (£3.00 Friends)

The newsletter is supported by funding from the LBS

Your Local Councillors

Don't forget your local councillors are here to help you.

Contact them if you run into difficulties with the council or if you have views about living in Sutton.

Richard Clifton:

richard.clifton@sutton.gov.uk

Phone: 07759 050685

Trish Fivey:

Trish.Fivey@sutton.gov.uk

Phone: 07769 671168

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660

2nd Saturday Tea

For over 60's. Drop in for tea, coffee and home-made cake, games or just a chat.

At the Friend's Meeting House from 2pm - 4pm on the second Saturday of every month.

10 Cedar Road Sutton SM2 5DA,
Tel: 020 8642 5876.

CAMEO SENIORS GROUP

Come and meet each other

Chat and make new friends every Wednesday at 10.30am at Chiltern Church, 83 Chiltern Rd Sutton SM2 5QY.

A varied programme, outings and an occasional meal together.

Contact Brian on 07906 100065 for more information.

Editorial Board: Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Frances Wilson, Gerry Benneworth.

