

Sutton South Hello

A newsletter for residents, helping each other in our community

WHO WE ARE; WHAT WE DO

Our aim is to create a warm and friendly atmosphere where people can meet others who live nearby and have an enjoyable afternoon. Everyone is welcome and membership is 50p per session on both Wednesday and Thursday.

The Wednesday Club

The Wednesday Club is like a social club for the over 50's. It gives people an opportunity to meet others, who live nearby, over a cup of tea or coffee. If you like you can play games like Scrabble, Upword, Dominoes and Whist, or just have a chat. Several people play darts and our local police team often challenge us to a game. We will shortly be adding a snooker / pool table. In addition we have occasional talks, sing songs and parties three times a year.

Age UK Sutton

Twice a month an adviser from Age UK Sutton visits us and can give individual advice in a friendly and private environment.

Reminiscence

On the first Wednesday of every month we have a reminiscence session. We usually have a great laugh remembering the good, and not so good, old days. We have had some fascinating stories and learn a lot.

The Wednesday Club meets between 2pm and 4pm.

Hello Arts and Crafts

Hello Arts and Crafts is a relaxed and friendly afternoon where you can learn a new art or craft, or share your own skills. No experience is necessary. We have guest tutors to show members different art forms like pottery, origami or making bead necklaces. Some of our own members can show you how to paint in watercolours or acrylics, how to make a fabric stuffed toy, or how to crochet.

We work on joint projects and exhibit our work.

Hello Arts and Crafts meets on Thursday between 2.45 pm and 4.30 pm.

Lifts

Many residents, as they become older, find it harder to get around and we can sometimes provide a volunteer driver to bring them to the clubs. (We are always looking for drivers.)

This all takes place at Christ Church Hall, Christchurch Park, Sutton SM2 5TN.

Buses: 80 and S1

Sutton South Hello

WINTER 2016



Are you warm and well this winter?

If you're exposed to a cold environment for a long time, or to extreme cold for only a short time, your blood pressure rises which means you could be at risk of a heart attack or stroke.

The colder your home, the higher the risk to your health

Age UK Sutton can help by checking that you are not being charged too much for your heating, and ensuring you are receiving all of the financial support available to you.

Don't be a stranger

If you're feeling lonely and would like to get out more and meet new people, get in touch to find out about the activities and events available throughout the Borough this winter.

We'd love to hear from you.

Call us today to have a chat!

Tel: 020 8770 4090

Email:

advice@ageuksutton.org.uk

Visit us: Unit 1 / 2 Lower

Square, St. Nicholas Way,

Sutton SM1 1EA

Visit Our Website

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

www.suttonsouthhello.com

SUTTON SOUTH

Scorching!!

We held our second garden party on July 20th which was one of the hottest days of the year. Special tables and parasols were ordered to protect members from the fierceness of the sun.

It was, once again, a great success. With music from guitarist Steve Poole members danced and sang along. It was a wonderful afternoon much enjoyed by everyone. Many thanks again to Nancy for the use of her beautiful garden.

AGM

Our second AGM was held on September 14th. We had a good turnout. In accordance with our Constitution 4 members of the Board had to stand down. One of our board members, Frank Berry had decided to stand down permanently due to competing commitments, and we thanked him for his contribution over the past year. In his place members proposed and elected Vicky Mosley to the Board. Vicky has worked tirelessly since joining SSH and had been a co-opted member. We were delighted to welcome her as a full member of the Board. Colin Iddles, Gerry Benneworth and Frances Wilson were all re-elected to the Board. With the formal business over, we all enjoyed refreshments, including lots of cake!

Sutton Vision

Offering Support, Assistance and Information for visually impaired residents in the London Borough of Sutton

Sutton Vision supports people experiencing sight loss or visual impairment and helps people deal with the emotional impact and practical implications of sight loss. We provide services that promote independence, build confidence and give appropriate support in developing social activities, new friendships and information about groups and clubs that cater for visually impaired people.

Information and Advice

Our experienced staff and volunteers can provide information about local and national organisations providing services and activities including health, social care and equipment to keep people who experience sight loss independent.

Resource Centre

Our well stocked centre offers a 'try before you buy' facility where we can demonstrate the latest equipment (providing you with more independence) giving you information of where to purchase and costs. Sutton Vision are also local agents for British Wireless for the Blind.

Community Low Vision Clinic

In partnership with NHS Sutton and Merton and the London Borough of Sutton Sensory Impairment Team, Sutton Vision co-ordinates a Community Low Vision Clinic which provides low vision assessment for provision of prescribed magnifiers (by appointment only).

Support at local Eye Hospital

Our ECLO (Eye Clinic Liaison Officer) provides basic information on eye conditions, local and national services and also, supports patients during appointments at Sutton Eye Clinic.

Social Events

Regular weekly, fortnightly and monthly social groups (some with special interests) as well as events and trips and outings. Peer support. Some sighted guide assistance may be available.

Please contact Sutton Vision on: 020 8409 7166 for further information

Nancy remembers Queen Mary's

'I was 15 when war started and decided I'd go nursing but I was too young, so I worked in Sainsbury's in the High Street for three years. Then I went to Queen Mary's Hospital at the Beeches, for sick children up to the age of sixteen. We had wards and wards of polio, rheumatism, heart and TB, so they were in there longer than they should have been. It was London County Council, all children coming out from London. They'd come in 'heads alive' [lice], malnutrition, impetigo, an infection all round the mouth; they put on gentian violet, 'mauve mouths'. They were only allowed visitors once a month, for two hours, and we'd get those children all ready, all clean and fresh and, of course, the little monkeys would wet the bed or the parents would stuff them up with sweets, because sweets were a job to get then and they'd be sick afterwards, when the mothers had gone home, and we had to clear it all up.

My son drove me up there recently because it's not there anymore and showed me Kenny Drive, and I said "Sister Kenny, she specialised in polio". She wasn't there in my time but she gave the children the 'baths' treatment and exercises.

I only lived down the road, Carshalton Road, but you had to live in, in those days. For uniform we had just white with a butterfly hat, because in wartime they'd run out of the blue and white striped material, we just had stripes on the arm for your years of nursing. I was happy there all the time, but the last six months were the happiest time; I got engaged, and I got my final exams and we got married the next January, 1947.'

LULLABY

Watching the fading evening sun,
I hear a song, a gentle hum,
Brings memories of days long gone,
That touch the heart, and linger on.

Faint melodies in dreams still flow,
Bring tender thoughts of years ago,
When Mother sang at end of day,
With loving tones so soothingly.

A lullaby, heard sweet and low,
To calm the fears a child can know,
But now the voice is still and gone,
The songs of childhood linger on.

And as I lay down quiet to sleep,
I feel a kiss upon my cheek,
I close my eyes and happily sigh,
Perhaps it's Mother passing by.

Isobel MacCallum

Friendly, impartial advice from Age UK Sutton

Ian, an Advicelink adviser from Age UK Sutton visits Christ Church, Sutton on the 2nd and 4th Wednesday of every month between 14:30 and 16:00.

Ian is always happy to talk to individuals about any issues that Age UK Sutton may be able to assist with. You can ask Ian about:

- Understanding benefits entitlements: Pensions, Attendance Allowance, Housing and Council Tax, Taxi Cards and more
- Care options: in-home care or residential care choices
- Planning for the future: making a will, powers of attorney and funeral care

We can also provide general advice, help with form filling, and assist with winter energy checks to make sure you're getting everything you're entitled to.

Want to book a one-to-one appointment?

You can make sure to speak with Ian when he visits, or alternatively, if you would prefer to speak with Ian one-to-one, appointments can be made either to speak with Ian at the Age UK Sutton office or in your home.

Ian can also provide information and advice on other Age UK Sutton services such as; Social activities, gardening, home from hospital, helping hands service, advocacy (help and support) and money matters.

You can contact Ian Cooper, Age UK Sutton on:
020 8770 4090

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@googlegmail.com.

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--3.00pm

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

Hello's Christmas Party

Hello Club will be holding its Christmas Party on Wednesday 14th December at 2.00 pm at Christ Church Hall, Christchurch Park, Sutton, SM2 5TN.

Contact Heather on 07790 031764 for details.

Winter Wrapped Up

As we get older, our bodies respond differently and this can leave us more vulnerable in cold weather. Here are some things you can do to stay safe and ward off the winter chills:

- Follow up your GP's invitation to have a flu jab; recent research found that the flu jab kept more older people out of hospital and saved lives.
- Make sure you claim all the financial support you can to help with heating bills.
- Keep basic food items in the cupboard or freezer in case it's too cold to go shopping.
- Order repeat prescriptions in plenty of time and ask your local pharmacy if they offer a prescription pick-up and delivery service.

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.

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

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