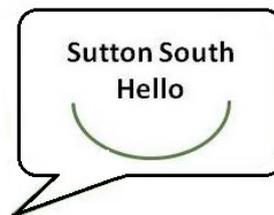


Sutton South Hello



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.

Busy Thursday afternoons for Hello Arts and Crafts

Apart from the customary card making, knitting, crochet, water-colour painting and working on our Four Season's project, members of Hello Arts and Crafts have taken part in other exciting projects.

Sutton Utopia

As part of Sutton's Imagine Festival in October we took part in a workshop at Cheam Library with local artist Adrienne Roberts. Each of us were given a cardboard box and, choosing from a range of materials and images, we created 3D pictures of what would make an ideal life in Sutton, in other words a Sutton Utopia. This was because the Imagine Festival, funded by the National Lottery, was celebrating the life of HG Wells who lived in the borough of Sutton for part of his life and wrote, "A Second Utopia". Our work was exhibited at Honeywood.

Red Latex Moulds

At Honeywood, with artist Amanda Randall, we took part in a workshop on how to make plaster casts and from them red latex moulds. Simple objects became delightful works of art. The artist made an assemblage of the red latex moulds, alternating them with photos of Honeywood. This looks like a beautiful stained glass window and can be seen on permanent display in the Honeywood café.

NEW CHAIR-BASED EXERCISE CLASS ON TUESDAY

In collaboration with Sutton Lodge, we can now offer chair based exercise classes at Sutton Lodge on Tuesday morning from 11.30 to 12.30 for just £2.

Exercise makes so much difference to our health and wellbeing, and in particular to our mobility. The classes cost just £2 a week and take place at 139 Brighton Road, Sutton, Surrey, SM2 5SW.

Contact Heather on 07790 031764 for more information.

SPRING 2017

ALL ROADS LEAD TO SUTTON

Come and learn about the "good old days" at our Reminiscence exhibition, "All Roads Lead to Sutton" at Honeywood Museum from Saturday 4th March until 2nd April.

There are stories and exhibits about what it was like to be an evacuee; getting married in the war; taking part in the parade by the Household Cavalry for the marriage of Princess Elizabeth; witnessing bloodshed at the Partition of India; having President Mugabe visit your family's draper's store and much, much more.

There will also be an opportunity for visitors to the exhibition to add their own reminiscences on a specially erected board.

Honeywood Museum,
Honeywood Walk,
Carshalton, SM5 3NX
Tel: (020) 8770 4297.

Opening Times:
Wednesday – Friday:
11am - 5pm
Saturday, Sunday and
Bank Holiday Mondays:
10am - 5pm.

Visit Our Website

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

SUTTON SOUTH

Christmas Party

Guitarist Steve Poole entertained us throughout the afternoon and with the beautiful depictions of "The 12 Days of Christmas" painted by Ken Card we were able to get the words right this time! Lots of mulled wine, cakes, party games and indoor sparklers made this a memorable occasion.

Our Mayor, Cllr Richard Clifton and his wife Gloria joined us for the occasion and everyone enjoyed themselves.



DIWALI – The Festival of Light

Our third Diwali celebration took place on 2nd November 2016, and our members thoroughly enjoyed their taste of Indian and English sweets and cake.

The hall was ablaze with light; some of our members were dressed up in saris and paraded between the tables. Four of our members treated us to an Indian stick dance to music, which was graceful and a pleasure to watch. Ramesh explained the history of Diwali and Eid.



Thank you to everyone who helped decorate the hall and tables and made it such a good occasion. Many thanks to Cllr Richard Clifton, Mayor of Sutton and to Cllr Steve Cook, Deputy Mayor and his wife for joining us.

Sutton Lodge Over 60s Club

"It Is Good People Who Make Good Places", Anna Sewell

There are many reasons we think Sutton Lodge is a great place, it is housed in a beautiful 18th century listed building, it provides much needed services to the local community but most of all it's the people, our members, volunteers and staff who together make the Lodge a great place to be.

If you are over 60 and have time on your hands then why not come and see for yourself? We are open for members Monday to Friday from 10am to 3pm excluding bank holidays with special events occasionally happening outside these hours, for example we occasionally have afternoon teas or trips out at weekends and have been known to open Christmas Day.

Many of our members live alone and some of them they really like the opportunity to make new friends and to meet and chat with existing friends. As well as a two course meal we host various activities including:

- Chair based exercises held daily
- Monday afternoon "Sing along and tap your feet"
- Bingo, Tuesday and Friday
- Arts and crafts on Wednesday
- Thursdays we attempt to solve a cryptic crossword
- Hairdresser on Tuesday
- Chiropodist visits twice a month
- Trips to the coast or other places of interest
- Live entertainment

Limited transport is available for those who can no longer make their own way here but there is sometimes a waiting list. Currently we charge £2.50 per visit for transport.

Admission is only £10 per visit and includes lunch, drinks and most on site activities

So why not visit us for a look round at Sutton Lodge, 139 Brighton Rd, Sutton, SM2 5SW.

Or If you require any more info you can contact us on 020 8642 5496 or email: suttonlodge@btconnect.com .

A MEMORY FROM MY CHILDHOOD IN COUNTY DURHAM OUR SUNBLIND

When it's summer and it's hot
We put our sun-blind on the door.
It's red and white and striped.
My grandma had it long before.
But when the sun has gone, and is no more,
Back it goes into store.
Some say, "how very English!
What is your sun-blind for?"
"Well, to stop the paint from blistering!
That's why we put it on the door!"

Pauline Kavanagh



Painting by: Ken Card

Kamala describes life in South Africa and a journey to school

I was born in Durban, South Africa, in 1928 and I was born totally blind but had operations which gave me some sight. I was sent to school when I was eight years old and was in the infants' class for six months. I was promoted to Standard I which was in the primary school. I had to have a desk with wheels so that I could go close enough to the blackboard to be able to see it.

I had to take two buses to school. One day I was late because my brothers left me behind as I was not ready. I could not get on one of the buses because the twelve seats allocated to non-whites were taken up. It didn't matter if the rest of the bus was empty, I would not be allowed to get on. Therefore I was late and I was sent to the headmistress. There I had to put my hands out and I was caned for being late. I'll never forget that. She was kind however, in that she did not hit me too hard.

This was during apartheid. We were not allowed to sit on any benches in a park unless they were marked NIE-BLANKES (non-whites only). We had separate cinemas, separate queues by a wall in the Post Office. If a white person stood in a non-white queue, they were not served and told to go to the other side. Along the beaches, there were certain portions that we were not allowed to go to, we were only permitted to go to the dangerous end. They even used to teach parrots to say 'Hello Koolie' to us!

YOUR CHANCE TO TALK TO LOCAL POLICE

Come to the Sutton South Ward Panel that meets at Christchurch Park every 3 months.

This is your chance to meet our local police Safer Neighbourhood Team and find out the latest crime trends in the borough. You can ask questions, and also request that the team deliver 3 promises to follow up on specific areas of local concern over the next quarter.

The next meeting is scheduled to take place at Christ Church Community Hall, Christchurch Park, SM2 5TN on Tuesday 9 May, commencing at 7 pm.

The panel is also keen to recruit extra panellists. If you are a representative of a local community group and are interested in representing your group on the panel, please contact the chairman Mr Tony Smith at: tonysmithqpr@blueyonder.co.uk or by telephone on 07540 699220.

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 Citizens Advice Bureaux**

Call them on 020 8405 3552 Monday-Fridays 10.00--12.00am and 1.00--3.00m

or visit: www.suttoncabx.org.uk

- **Sutton Vision**

Call them on 020 8409 7166

www.suttonvision.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

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 60s. 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.

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.

Understanding Computers and Smart Phones

As part of its Digital Inclusion Outreach programme, volunteers and staff from Age UK spent four afternoons with us advising members how to use computers and get the most from iPhones.

Even those of us who use iPhones regularly found plenty to learn. Learning how to Skype was very popular with those who had family living abroad. After a session on the iPhone one member remarked that his grandson would be so surprised that he had finally learned how to text.

Age UK will be returning in March to further coach us.



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

