

Sutton South Hello

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Hello

A newsletter for residents, helping
each other in our community

WINTER 2017

WHAT'S COMING UP?

We are party animals at Hello!

Once again we will be celebrating Diwali, the Indian Festival of Light on Wednesday November 1st at 2pm at Christ Church Hall. There will be Indian food and sweets, saris, music and the Indian stick dance, as well as some fireworks.

Our Hello Christmas Party will take place on Wednesday December 13th at 2pm at Christ Church Hall. There will be Steve Poole with his guitar, songs and Christmas carols; mulled wine, festive food and raffle.

Two good reasons to join us at Hello.

Hello Arts and Crafts

There's a lot happening. We will be making more ceramic tiles for our Four Seasons plaques for the church on Thursday 9 Nov with local artist Adrienne Roberts; we will be glazing the tiles on 23 November and on 7th December making papier mache mirrors.

Christmas cards, baubles and wreathes are also on the agenda in the run up to Christmas.

OPEN ALL HOURS

Unlike other outfits, Hello doesn't close down over Christmas and New Year. For some people, that is the time when they really value the chance to have a chat with like-minded people.

We will be open on Wednesdays 20th and 27th December and January 3rd 2018 from 2pm to 4pm and on Thursdays 21st and 28th December and January 4th 2.45pm -4.30pm.

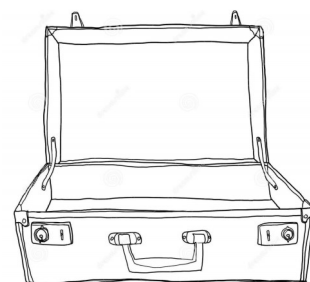
All at Christ Church Hall, Christchurch Park, SM2 5TN. So if you are at a loose end, why not come along? Contact Heather on 07790 031764 for details.



THE EMPTY SUITCASE

I have an empty suitcase,
And I fill it full of dreams,
Of thoughts and plans and happiness,
And life fulfilling schemes,
I separate the good times,
And file away the bad,
Stuff them in the horrid trunk,
For ill tempers and all things sad,
I lock the trunk securely,
Throw the key into a stream,
Pick up my happy suitcase,
And unpack all my dreams.

Isobel Maccallum



SUTTON SOUTH

Latest News from the HELLO Club

Fun, games and generally keeping busy.

So many things have happened in the past few weeks. Here are just a few.....

- A visit from a MAGICIAN - great fun and totally discombobulating!
- Organist Clive Driscoll allowed us to stretch our vocal chords in an excellent sing-a-long.
- Lovely necklaces and earrings have been made – much better and more elegant than shop bought ones.
- Beautiful pottery tiles produced to adorn the church porch.



All sorts of knitted items have been made. A few examples include.....

- hats for Innocent Drink bottles
- amazingly cute hedgehogs (sold for St. Raphael's).
- Christmas baubles (I asked Rita 'What was she knitting?' She replied 'The body of an angel'. Blimey, I thought. I wouldn't mind one of those. So I put an order in for one, size 14).



Jean and Hannah have led excellent sessions on water colour painting and needlework (very useful and lovely needle cases and pot stands).



Amazing what you can do with all those buttons we seem to collect! The gorgeous colourful butterflies which were made from buttons were particularly popular.

'All creased up' - this very newsletter gets folded on Wednesday afternoon by our members whilst, of course, sipping tea and eating biscuits and cakes...can't be bad.

Out and about in Morden Hall Park with tea and scones. That was fun.

Dominoes, scrabble etc for the gamers.

Lots more coming up. Why don't you join us?



Invitation to Subsea 7 – tour and tea

'A global leader in underwater engineering and construction formed of 7 merged companies'. Sutton seems an unlikely centre for such an activity. Hello members and guests spent a fascinating afternoon finding out what went on behind the gleaming glass façade. Why Sutton? Well it was chosen for their international HQ because they liked it and the site's proximity to the station with links to the city via Thameslink! We felt proud!

Our tour started on the roof where the environment and energy conservation took high priority, from solar panels to rainwater collection, wild flowers to attract butterflies and great views. We enjoyed spotting landmarks such as IKEA before returning to ground to admire the stunning architecture. Big surprise of the central atrium was a badminton court, the surrounding offices illuminated by gradient blue lighting representing the ocean. Restaurant and gym suggested a great place to work and the tea was delicious!

A WALK BY THE STREAM, WAKEHURST.

A haze of green
blends with a dusky
sky. Clouds gather,
then hide behind
sculptured trees.

Birds, oblivious
of humanity,
spill into
embossed hedges,
strip-search
soil and grass.

The stream,
a fanfare, chimes
into hallowed earth.
The sun, spilling
a crinkled smile,
ambles across the sky.
Ushering rain. Rain.

Mina Mattar



What is homecare?

A century ago all medical care was provided at home. There were no long stays in hospital as people were cared for in their own homes. This care was undertaken by family members, then later by doctors making house calls.

Today professional carers provide care and support in people's homes. It is a lifeline to many elderly people as it can mean the difference between being able to stay at home or having to move into a care or nursing home.

Some people need homecare to help them get up in the morning while others need 24/7 live-in care.

But care doesn't stop with just daily tasks, it is also companionship. Having a chat with a friendly face can make a huge difference to someone who doesn't see relatives or neighbours.

A lot of adults find themselves caring for elderly parents. They visit every day to carry out the daily duties which their parents can no longer do.

However, there comes a point where we have to seek help from outside the family and contact a care company to lighten the load.

At Right at Home we do just that. We work with you so that you or your loved one receives the best possible care, as and when it is needed.

For more information call Tim Haigh, Right at Home, on 020 8642 4829.

AGM

Our third AGM was held on September 13th 2017. We had a good turnout. In accordance with our Constitution 4 members of the Board had to stand down. One of our board members had moved out of the borough. In his place members proposed and elected Maggie Wood to the Board. Maggie 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. Heather Honour, Isabel Evans and Cllr Richard Clifton were all re-elected to the board.

With the formal business over, we all enjoyed refreshments, including lots of cake!



Hello Christmas Party

Wednesday 13th December at 2pm

at Christ Church Hall

Christchurch Park, Sutton SM2 5TN

Songs and Christmas carols; mulled wine, festive food and raffle

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 9.00am-- 5.00pm

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

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.

How can I keep myself warm this winter?

Cold weather makes us more susceptible to certain illnesses. Follow these tips to stay healthy and keep warm indoors.

- A blanket or shawl will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.

- Wear warm clothes in bed. Several thin layers of clothing will keep you warmer than one thick layer. When it's very cold, wear thermal underwear, bed socks and even a hat – a lot of heat is lost through your head.

- Use a hot-water bottle, or an electric blanket to warm the bed, but check whether your electric blanket can be kept on all night. Some blankets should only be used to warm the bed before you get in.

- Keep your bedroom window closed at night when the weather is cold.

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.

Editorial Board: Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Caspian Horlick, Gerry Benneworth, Maggie Wood, Mandy Barrie.

