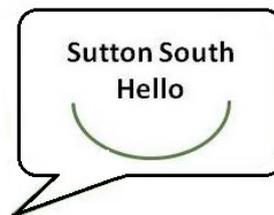


# Sutton South Hello



**A newsletter for residents, helping  
each other in our community**

**AUTUMN 2018**

## **ARTS AND CRAFTS FOR ALL Exhibition**

“Arts and Crafts for All” is the title of our exhibition that will run from Thursday 13<sup>th</sup> September to Thursday 27<sup>th</sup> September in Christ Church.

We will be exhibiting some of the wonderful creations of our Hello Arts and Crafts group, as well as items made by our crafts table on Wednesday.

We are delighted to be holding the exhibition in one of Sutton’s lesser-known beautiful buildings, Christ Church, Christchurch Park. This is a beautiful late Victorian Church with red brick and stunning carved wooden features.

Look up to the rafters and you will see a festoon of papier mache hot air balloons. Feast your eyes on ceramic fishes exhibited against a dramatic underwater seascape. Lose your head over our decorated mannequin heads.

We aim to show the range of arts and crafts which our members practice; painting and drawing of course, but also calligraphy, patchwork, collage, ceramics. And there’s a lot, lot more.

Visitors to the exhibition have an important role too! Put your special memory on our Tree of Good Memories. It’s heart warming to see what people have said so far. This creation is a mammoth achievement for a group of our members, led first of all by Pasquale and then by Hannah.

We pride ourselves that our members range from “beginner to brilliant”. Everyone can enjoy creating. You are never too old to learn a new skill. Some of the work exhibited has been made in workshops runs by local professional artists; some in workshops with our own members sharing their skills. Members are also exhibiting their own private work.

Our craft stall will stock a wide range of lovely hand made items for sale.

We are lucky to have funding from Awards For All, part of the Big Lottery.

**The exhibition will be open daily from 2pm - 4pm at Christ Church, Christchurch Park.  
SM2 5TN**

**And there’s more!**

### **Artist’s Special Workshop**

Internationally renowned artist, Rachel Gadsden, will hold a workshop for members on Thursday 20<sup>th</sup> September at 2pm in Christ Church. Rachel works across mainstream and disability arts sectors and aims to empower people to find their own voice, especially if they are disabled, refugees or excluded from everyday life. We have saved a few places for non-members. Contact Heather for details.

### **Afternoon Concert**

On Saturday 22<sup>nd</sup> September the ever popular Phoenix Concert Band will put on a special performance at Christ Church between 2.30 pm and 3.30pm. There will be tea and cake, at no charge, and everyone is welcome.

Sutton South Hello holds a Wednesday Club between 2pm and 4 pm every week.

This is a sociable afternoon with members playing board games, darts, snooker.

You can “have a go” at our crafts table or just come along for a chat over a cup of tea and biscuit.

Hello Arts and Crafts meets every Thursday afternoon between 2.45pm and 4.30pm.

Both activities take place at Christ Church Hall, Christchurch Park, SM2 5TN. 50p for each afternoon.

**Contact Heather, Chair of Sutton South Hello, on 07790 031764 for more information.**

[www.suttonsouthhello.com](http://www.suttonsouthhello.com) Facebook: Sutton South Hello

## SUTTON SOUTH

### TIME for a PARTY....

Well, when you're 5 years old, it's definitely time to celebrate. And, believe me, HELLO club members are always ready to party - this time with very good reason.

#### THE SOUTH SUTTON HELLO CLUB IS 5 YEARS OLD !!

What started as a gem of an idea by Heather Honour has grown into a successful, lively and much loved punctuation mark in many people's week - with games and chat on Wednesdays and arts and crafts on Thursdays.

The birthday party kicked off with games including dominoes, 3-dimensional scrabble, pool and the brain-taxing game of rummikub. Delighted to say that our guests - including Leader of Sutton Council, Ruth Dombey; Councillors Richard Clifton and Trish Fivey and two strapping officers of the local constabulary, all joined in. Have to say that our members lost none of their own competitive spirit. They played fiercely and showed absolutely no mercy to our distinguished guests. And, suffice to say, the Home Team won.

A delicious chocolate cake, homemade by Cynthia, plus an equally fine birthday cake were washed down with plenty tea and coffee. The large birthday cake was adorned with huge sparklers which, when lit, created a sight fit for a 5th birthday party.



A self-congratulatory word is sometimes in order. So, WELL DONE to the HELLO team - especially to Heather and to all the other volunteers and supporters upon whom we rely. A special thanks to our young volunteers Caspian, Anya and Maddie. And huge thanks, above all, to our members - a lovely group of people who make the club so very much fun. You too could join us....

Back to the party - the room was decorated with gigantic helium balloons which declared that we were indeed 5 years old. A large display of photographs adorned the back of the room, reminding us of the many events and outings which we have enjoyed and the exhibitions we have organised. A good time was had by all.



One of our exhibitions ran for several weeks in Honeywood House and had, as its centre-piece, a large mural depicting many Sutton landmarks. The artists who created it are Pasquale d'Italia, Ken Card, Marjorie Seymour and Nedal Ali. We are delighted that the Leader of the Council has asked for the mural to be displayed in the Civic Offices.

Anyway, it has been a busy, productive and fun-filled five years - so here's to the next many more years of the HELLO CLUB.

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### Want to play Tennis or boules locally?

Sutton Highfields Lawn Tennis Club is a relaxed and friendly tennis club on Mayfield Road, Sutton, with 4-all weather outdoor tennis courts and 2 pétanque (boules) pitches. The tennis club is situated in beautiful grounds and home to a quaint clubhouse, which is perfect not only for socialising after a game of tennis but also lends itself well to parties, functions and hosting interest groups.



Katy Wilson, the new chair, wants to bring the club back to the community. The tennis club is running a range of promotions to get all ages and abilities playing more tennis. There is a new Junior Club & Coach session on Saturday mornings and the club is considering new sessions to cater for Beginners/Improvers (Sundays at 2pm) and or a Less Able session (Friday mornings at 10.15am).



Very reasonable memberships options are available for Adults at £105 until 31/3/2019 and this gives you access to tennis and boules on a first come, first served basis (at any time outside of Club Sessions) and the monthly social **events such as quiz nights, darts evenings, wine tasting, curry night, to name a few.**

Boules & Social membership is currently just £25.

For more information on the club or to register your interest, please get in touch via [SuttonHighfieldsLTC@hotmail.com](mailto:SuttonHighfieldsLTC@hotmail.com) or call 07387 753775

## Age Related Macular Degeneration

By Joy Reed \*

I have had age-related macular degeneration for ten years now in both eyes. I never have any pain and my sight is still good.

It's a common condition that affects the middle part of your vision. It doesn't cause total blindness, but it can make everyday activities like reading and recognising faces difficult. You can have it in one or both eyes.

I have what is known as "wet" macular degeneration, this can be treated to stop your vision from getting worse. For the "dry" condition, there's no treatment, but vision aids can help reduce the effect on your life.

If you have pain or discomfort in your eyes, **do not ignore it!** Go and see your optician or GP. If it is really severe go to St Helier Emergency Eye Clinic or call tel: 020 8296 3817.

Lots of people have this condition. The **Macular Society** has information you might find useful. It also has a helpline on 0300 3030 111.

There is a Sutton Support Group which offers practical and emotional support. It meets on the second Monday of each month, from 10am to 12pm at The Friends Meeting House, 10 Cedar Road, Sutton, Surrey, SM2 5DA

\* Joy is a Thursday member of Hello Club.

## Advice Link Partnership Sutton (ALPS)

**We are the borough's provider of free, independent and confidential information and advice.** Advice Link Partnership Sutton is delivered by Citizens Advice Sutton, Age UK Sutton, and Sutton Carers Centre working in partnership to provide Sutton residents with an expert, reliable information & advice service.

We can help with a variety of issues including:

- Welfare benefits and entitlements
- Dealing with debt
- Employment – e.g. your rights, looking for work
- Housing – e.g. paying rent, dealing with housing issues
- Health and care - e.g. finding or paying for care, support for unpaid family and friend carers
- Local services and activities

We are here for all residents of Sutton. If you need help or support on any of these issues, or need some advice and aren't sure where to turn, please contact ALPS on 020 8254 2616 or visit: [www.suttonalps.org.uk](http://www.suttonalps.org.uk)

## Cruse Bereavement Counselling opening in Sutton later this year

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland and, for more than 50 years has been committed to helping bereaved people understand their loss and cope with their grief. We offer support, advice and information to children, young people and adults when someone dies, and work to enhance Society's care of bereaved people.



Cruse offers face-to-face, telephone, email and website support. We have a national helpline, local services, a website and a free phone helpline specifically for children and young people. Our services are provided by trained volunteers and are confidential and free.

The Charity is establishing a new service in Sutton later this year and we are currently looking for volunteers to support bereaved people. We will use the next edition of the Hello newsletter to update people when the new service opens.

We all come into contact with bereaved people during the course of our lives and even the most confident person can find it hard to know what to say. In addition to providing training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work, we are able to provide training across the public, private and voluntary sectors. The next Training is scheduled for October 27<sup>th</sup>, November 17<sup>th</sup> and December 8<sup>th</sup> 2018 and more information about the range of courses available through Bereavement Care Training and Consultancy can be obtained on our website [www.cruse.org.uk](http://www.cruse.org.uk). If you are interested in the training we offer and would like to find out more please email: [sutton@cruse.org.uk](mailto:sutton@cruse.org.uk).

For more information about Cruse or if you need some Bereavement support please visit our website [www.cruse.org.uk](http://www.cruse.org.uk) or call the helpline number 0808 808 1677.

## Information and Advice

### • Carers Centre Sutton

Benhill House First Floor  
12-14 Benhill Avenue  
Sutton SM1 4DA  
Tel: 020 82965611  
enquiries@suttoncarerscentre.org  
www.suttoncarerscentre.org

### • Age UK Sutton

Unit 1 & 2, Lower Square, St. Nicholas Way, Sutton, SM1 1EA  
Phone number: 020 8770 4090  
Email: info@ageuksutton.org.uk  
Operating Hours: The Information & Advice office is open  
Monday to Friday, 9.00am to 5.00pm and Saturday, 10.00am to  
2.00pm.  
Main office operates from Monday to Friday, 9.00am to 5.30pm.

### • Citizens' Advice Sutton - CAS

Advice on a wide range of topics  
Tel: 020 8405 3552 www.suttoncabx.org.uk

### • Alzheimer's Society Sutton Local Service Office

Pandora House, 41-45 Lind Rd, Sutton SM1 4PP  
Tel: 020 8770 1875  
Monday-Friday, 9:00 am-5 pm  
sutton@alzheimers.org.uk

### • Sutton Vision

3 Robin Hood Lane, SM1 2SW  
Tel: +44 (0) 20 8409 7166  
www.suttonvision.org.uk Email: info@suttonvision.org.uk

### • Fibromyalgia and Chronic Pain Popin Club

www.fmcppopinclub.wordpress.com  
Tel: 0844 887 2579 Email: fmcppopinclub@gmail.com

### • Sutton South Safer Neighbourhood Team (Police)

Call 020 8721 2497

## Oasis Coffee Shop

Oasis is a welcoming not for profit cafe in the heart of Sutton. Some people drop in for a coffee and a sympathetic chat with our friendly staff and volunteers. Others come to meet friends in our relaxing and peaceful surroundings. We have been serving our brand of 'tea and help' since June 1991. During this time many clients have become our friends.

We serve a wide variety of snacks and light lunches including homemade cakes, paninis, crumpets, toasted sandwiches, various salads, baked potatoes, homemade chilli and cottage pies. We also have Marion's famous home-made soup from October to April. As a not for profit organisation we aim to keep prices to a minimum. We are normally open from 9.30 am to 2.30 pm Monday to Friday. You will find us in Trinity Church which has two entrances, one on Cheam Road opposite the Civic Centre and the other on Hill Road next to the 'Moon On The Hill' pub.

So next time you are in Sutton feeling thirsty, hungry or lonely why not pop in and talk to our friendly volunteers.

### 2nd Saturday Tea

Seniors – drop in for tea, home-made cakes, often music, or just a chat.

At the Quaker Meeting House from 2pm – 4pm on the 2<sup>nd</sup> Saturday of each month. No charge but contributions are welcome.

### 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.

### 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@ gmail.com.



LOTTERY FUNDED

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