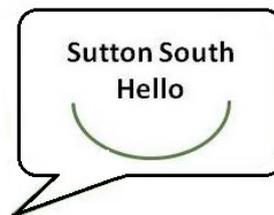


Sutton South Hello



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

WINTER 2018

WHO COMES ALONG TO HELLO?

Who comes along to Hello?

Older people who want to get out of their homes and enjoy a good chat over a cup of tea and biscuit. Men and women.

On Wednesday afternoons our members will probably be playing games. It might be a board game, cards, dominoes, darts or snooker. There will be a lot of laughter amongst friendships that have steadily grown.

On Thursday afternoons our members will be making beautiful things, either painting or trying one of the variety of crafts that we make available. No experience needed. And again, lots of laughter and lots of friendships.

It can be hard to try something new, to go to a new club. It probably takes a few months before you feel you belong. That is normal. However welcoming we are, that first step can be challenging. But it is worth it.

For some of our members, it might be the only time in the week when they can leave their home. Walking is tricky, carers come in daily, but how great it is to be somewhere friendly and familiar where people value the effort you have made to join them and enjoy your company.

Some of our other members have been recently widowed; often after caring for their spouses for a long time. That is hard. People have told us that we are a lifeline. Somewhere where they can share their experiences and try something new in a place where they are not judged. And where they can lend a hand too. Everyone mucks in when its time to collect the tea cups, or put away the tablecloths.

Some people like to come along to Hello simply to see their friends. It's a good place to meet and there's lots to do. The latest craze on Wednesday afternoon is playing Rummikub, a board game version of rummy. And on Thursday it is working with clay. These are fun activities with friends.

So why not come along and see what we are up to? You can just turn up or give Heather a ring (**details below**). You will be made very welcome.

HELLO, CAN YOU HELP?

Earlier this year we celebrated our Fifth Anniversary. And a very good party it was too! Councillor Ruth Dombey, Leader of Sutton Council, joined us for our festivities.

As the club grows from strength to strength, we need a little more help to make sure that our senior citizen members continue to have a good time and are able to get to us.

Volunteer Drivers

For older people getting to an event, even in the next street, can be difficult if mobility becomes a problem. Getting on a bus is not always feasible, especially when eyesight gets a bit dodgy! It would be great if we could have a few more volunteer drivers.

There is really not much involved, just half an hour at the beginning and end of an afternoon, on a Wednesday or Thursday. It does not have to be every week, and it is picking up local, older, people who really value the chance to get out of their homes and enjoy some company.

Publicity

There is a chance for a volunteer to learn how to handle publicity for a small charity likes ours. We have a wealth of knowledge to share and would love to have some new input to help spread the word about what is going on in Hello. It is fun, and once again, it would not be time consuming.

If you would like to help as a volunteer driver, with our publicity, or in any other way, please contact Heather Honour, Chair of Sutton South Hello on 07790 031764.

SUTTON SOUTH

MAKING an EXHIBITION of OURSELVES

Members of the Thursday Arts & Crafts Group, with worthy contributions from their counterparts on the Wednesday group, recently staged a joint exhibition of impressive handiwork which would have graced *any* gallery. For this, we were very fortunate, over two weeks in September, to be able to exhibit and magically to transform the beautiful surroundings of Christ Church here in Sutton into a veritable art gallery.

The exhibition launch took place on 13th September, attracting well over a hundred guests and visitors including the current and former Mayors as well as other Sutton Council members. At the launch, those present were wined and dined in great style thanks to the generous sponsorship of Tim Haigh and his company Right at Home. We extend our grateful thanks for their gesture.

It's nigh impossible to do full or adequate justice here to the full array, breadth, colour and quality of the arts and crafts which were on display. Suffice to say that there were paintings; pottery; *découpage*; calligraphy; cushion covers; jewellery (both beaded and crocheted) and so much more besides.

For example... twenty ingeniously decorated heads lined the back walls. And, lest there be any confusion, these were made of polystyrene: no decapitations occurred inside those hallowed surroundings. The talent and imagination which went into the fashioning of the heads defy description.

Additionally, two dozen exquisitely hand-made hot air balloons, suspended from the rafters, were not only fantastic to behold but were such fun. Let it not go unrecorded, however, that life and limb had to be risked in this balloon-hanging installation and a head for heights was surely called for.

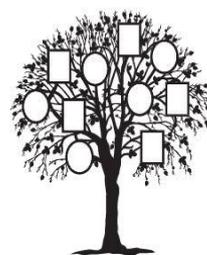
And there was yet more. A fabulous tree was constructed - the creation of which definitely tested the patience, ingenuity and skills of HELLO members. Proving a great success, visitors to the exhibition were then invited to hang their personal memories on the leaves.

As with all the best exhibitions, there was also a craft stall. This not only drew a delighted crowd of discerning shoppers but also raised the sum of £329.00.

During exhibition fortnight, there were two special events. One, an excellent concert by the Phoenix Concert Band; the other a workshop hosted by renowned international artist Rachel Gadsden.

Rachel skilfully linked her workshop to her current Middle East commission known as *It was Paradise*. The commission has entailed Rachel travelling many times to work with women's groups in both Jerusalem and Palestine and its artistic vision is to confront the great challenges of the West Bank at one and the same time as finding hope amongst the turmoil. Through the medium of Rachel's Facebook page - <https://www.facebook.com/search/top/?q=rachel%20gadsden>, the work of the HELLO group and of those women's groups in the Middle East is now linked.

All in all, the exhibition proved a rip-roaring success for which we owe two rounds of huge and special thanks. First, to *Awards for All*, part of the Big Lottery, for generously funding both the development and presentation of the exhibition. And to Adrienne Roberts for her time and talents in so skillfully curating events.



Fourth Diwali for Hello

Ninety-two year old Kamala Pillay led the procession of sari-clad members of Hello at our fourth Diwali celebration. This remarkable lady, born blind in South Africa during the hated Apartheid regime, also treated us to a delightful Diwali song. Helped by Gajra Bhagat, another of our redoubtable members and who hails from Mugabe's Zimbabwe, she dressed our splendid ladies in beautiful bright saris. The Lady Mayoress, Pauline Cook, joined in the fun with gusto and looked very fetching in a golden brown sari decorated with pink flowers.



Diwali is the annual festival of light, which welcomes in the Hindu New Year. It also represents the triumph of good over evil. Candles, sparklers, flowers and Indian fabrics all contributed to a lively atmosphere with Indian savouries and delicious sweets for all to enjoy.

Councillor Nali Patel presided over the occasion and welcomed guest of honour, Cllr Steve Cook, Mayor of Sutton. After delivering an interesting talk about the meaning of Diwali Steve announced the winners of the raffle prizes. The £120 raised will go towards Christmas decorations and presents for children in St Helier hospital over Christmas. Hello is assisting employees of Subsea 7 in this worthwhile cause by making decorations and providing some of the presents.

Everyone agreed that it was fascinating to take part in a lively and very enjoyable Hindu festival. We do like parties at Hello and our next one for members will be on 12th December to celebrate Christmas.

LEARN, LAUGH, LIVE - ENJOY LIFE WITH SUTTON U3A

We all look forward to our well-earned retirement, or partial retirement, but the sudden change can be a dramatic one after so many years of work. We suddenly go from having a daily structure to having much less of one and many of us look for new ways to fill our increased leisure time. Sutton U3A is part of the international University of the Third Age. Although our title suggests we are linked to a university we are not. We are a group of like-minded people who meet to learn new skills, make new friends and have new and different experiences.

We have a range of interest groups and out and about activities. Cost of membership from now until April 2019 is £11, and annual membership is £20 from next April. We have general meetings every other month in Trinity Church, Sutton, at which a variety of talks are delivered. Our next general meeting is at 2.30 p.m. on Friday, 30th November and you are welcome to come if you are interested. Our outings this year have included visits to Highgrove, Steyning and St Mary's House and Garden in Bramber, together with theatre visits to "The King and I" and "An Ideal Husband" in London and "The Band" in Wimbledon.

We are looking forward to having Christmas tea at the Brick Lane Music Hall. For those interested in sport, we have a group who watched cricket at the Oval; cycling at the velodrome; and have planned outings to the ATP tennis finals in November; an ice hockey match and rugby union at Harlequins.

If you are looking to meet new friends, learn new skills and have new experiences then Sutton U3A may be just what you are looking for. We have a prospective new members' meeting planned for 11 a.m. on Tuesday 20 November upstairs at Patisserie Valerie, 116a High Street, Sutton, at which coffee or tea will be provided and when you can learn more about what we have to offer.

Contact Anna on 020 8395 9917 for more information – please leave your number if there is no reply and we will ring you back. We hope to see you soon.

Prepare Your Feet for Winter

As we get older foot care becomes more important. Skin thins, joints begin to stiffen and feet become more vulnerable to the cold. It is advisable to keep feet clean and dry, especially between the toes. If you have dry skin apply moisturiser. Check regularly for sores, redness or swelling. File dry or hard skin using a foot file or pumice stone. It is even more important to care for your feet if you suffer from diabetes or circulatory problems.

Make sure your footwear fits properly and supports your feet with plenty of room around the toes. Ensure they are not worn down at the heels or toes as this could affect your balance,

As we age it becomes more difficult for us to get to our feet and failing eyesight doesn't help.

See your foot care specialist for an MOT on a regular basis. If you do not have a specialist, you could contact Sharon Brown TCFCP dip.

Whilst it is not our place to recommend anyone, she worked for a number of years from the SCILL office in Sutton. Home visits can be arranged. Contact her on 07931 588166.

Information and Advice

- **Sutton Carers Centre**

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
Tel: 020 8770 4090
Email: info@ageuksutton.org.uk

- **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
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

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

Call 020 8721 2497

- **Advice Link Partnership Sutton (ALPS)**

Tel: 020 8254 2616
www.suttonalps.org.uk

- **Cruse Bereavement Counselling**

Tel: 0808 808 1677
www.cruse.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
Tel: 07759 050685

Tony Shields:

tonyshields@blueyonder.co.uk
Tel: 07951 056660

Trish Fivey:

Trish.Fivey@sutton.gov.uk
Tel: 07769 671168

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

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 2nd Saturday of each month. No charge but contributions are welcome.



LOTTERY FUNDED

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