



Lockdown Times

No 4

Hello Everyone,

I do hope you are all keeping well and managing the new arrangements for lockdown. It is easy to forget to be careful, so please keep safe.

This edition contains articles and illustrations by our members, as well as information about an exhibition in which our arts and crafts members are exhibiting work.

You will find an article about Sutton's Mayor, Councillor Trish Fivey, well known to many of us, and details about an important fundraising challenge she has launched to raise money for babies and their parents who need help.

Why not have a go?

Once again I ask you not to be shy. Let me have your stories or pictures for the next edition of Lockdown Times as it helps us to keep in touch during this difficult time.

Best Wishes,

Heather

Heather Honour
29 the Ridgway
SM2 5JX
07790 031764
heather.honour@sky.com.

A LOCKDOWN REVERIE

Andrée Gear

I had an amazing and unexpected experience during Lockdown which I would like to share with you.

Very early on a sunny morning in May, with the dew still on the grass, I sat on a garden chair to take a moment to enjoy the warm rays of the sun. I sat quietly and after some time realised that I was filled with a good feeling of calm, stillness and wellbeing that I couldn't explain.

What was strange was the silence, utter peacefulness; no jet engines flying over hurriedly taking people on adventures all over the world, no helicopters circling. No trains rumbling along the railway cutting to Wimbledon. No police cars and ambulances with their sirens screeching rushing to help people in trouble. No cars driving up and down the roads revving their engines and driving as fast as possible.

The garden was so quiet; a very young fox was curled up asleep under a bush. As I walked along the path he must have heard me because he raised his head, looked up at me, lowered his head and went back to sleep. A flock of young

starlings arrived at the bird bath just like young children all squabbling in the water and pecking each other. They were very noisy, the fox awoke, sleepily looked up at them as if with disgust (his tummy must have been full!) and quietly sauntered over to the fence, up and over and he was gone

I went indoors fully refreshed and in a much calmer and happier state of mind.

Sadly, the usual everyday noises of the twenty first century have returned but that morning in May will always be a memory to cherish.



A VERY FORGIVING CAKE

Hannah Witkowska



This is even more moist and delicious than Churchill's favourite cake (recipe last edition). If you have a really good cake recipe, please share it with us.

12 oz Dried Fruit
4 oz Butter (or margarine)
5 oz Soft Brown Sugar

1 tsp mixed spice
15 oz tin of fruit including juice or syrup (Pineapple, Fruit Cocktail, Peach Slices, Pear etc)

Put the above in a saucepan and bring to the boil for 3 minutes (although if you forget it and it boils for around 30 mins it did not seem to affect the outcome). Allow the mixture to cool as you want the fruit to absorb and plump up
If you leave it overnight just gently reheat the mixture so that the fat melts

Add 2 Eggs
Then a tsp of Bicarbonate of Soda
Fold in 8 oz Self Raising Flour
Spoon into a greased and lined 7 or 8 inch cake tin

Bake at Gas Mark 4 (160 or Fan 180) for 1.5 or 2 hours. Leave to cool in the tin.

It is a very forgiving cake, I have messed up several times with more dried fruit &/or used 2 tins of fruit as the first was less than 15 oz and have yet to have a disaster. Although the under cooking did result in some very fine desserts with cream rather than cake!

Hope you have as much fun with this as I have.

(Editor says, "It is totally yummy!")

OUR TRISH IS MAYOR!

Anne Lamb

“Ex Northern Ireland netball player Fivey proud to become Mayor of London Borough”, such was a recent headline on the Belfast Telegraph and that London borough was Sutton. So how did Trish Fivey from Enniskillen end up as our local Mayor?

This was uppermost in my mind when I had the honour of interviewing her in my garden this week.



Mayor Trish Fivey, now 59, was the eldest daughter in a family of nine children and had a carefree tomboyish childhood in Enniskillen where she shared many outdoor adventures and open air swimming in Lough Erne with her family. She was very sporty and was selected in her teens to play netball for the Northern Ireland team.

Her father spent 5 years in the RAF and then had a successful career in the Post Office - unusual in the days of the Troubles when your religion could limit your life choices, particularly as a Catholic.

In 1978, aged 17, Trish moved to Dublin for work and then on to London to escape the Troubles and, after time in Australia, eventually settled in Sutton 35 years ago, working in insurance for AIG. Over time she founded a number of successful businesses. She has brought up her 2 daughters locally, Alexandra (30) a dentist and Lauren (20) a final year global health student.

Another chapter in Trish's life started in 2014. She became interested in local politics. Leader of the Council, Ruth Dombey, saw her potential, and Trish subsequently became a Lib Dem councillor representing the Sutton South Ward.

When Councillor Trish Fivey was selected as Mayor earlier this year she could not have imagined what she was taking on. As for all of us, in early March life changed almost overnight with the global pandemic and lockdown.....

Her inauguration in May, as Mayor of Sutton, was the Council's first ever virtual annual Council meeting. In a break with tradition Mayor Fivey gave her acceptance speech wearing a unique chain of office made by the children of key workers from Devonshire Primary School. Each of the medallions represents different groups of key workers.



The timing however was fortunate in another respect because it happened in Mental Health Awareness week and our new Mayor has chosen Sutton Mental Health Foundation and Home Start as her two charities. She has a particular interest in links between perinatal health and mental health. She will also continue her support for the Chris Donovan Trust which works with offenders to try and help them understand the consequences of their crime on their victims.

“ During the difficult times we are living through many residents face mental health issues and challenges in maintaining a normal family life.” she said in her acceptance speech, and the work of these charities, will become ever more important.”

Being Mayor in the time of Covid-19 makes for a very different experience, unable to attend the usual functions across the community that are so much part of the job. However, when I commiserated with her on this, it was clear she is not one to be daunted.

She told me she aims to recognise and thank key workers across the borough whom we've so relied on during the pandemic and has already visited many supermarkets to thank the staff in person. She praised the work of Hill House who continue to provide food to those who most need it and has visited the Night Watch's Sutton base for Sutton, now based in Wallington.

A year ago Trish was ill with a virus which developed into pneumonia and septicaemia and had an emergency admission to St Georges Hospital where she fortunately made a full recovery.

She has also previously been diagnosed with haemochromatosis - an unusual condition known as the curse of the Irish. Sufferers have an overload of iron in the blood which can attack and damage organs. Her venesection treatment in years 1 and 2 involved extracting a pint of blood every week. A maintenance level is achieved once the ferritin levels are normal. Now Trish donates blood every 2 months. As a result, Trish is extremely cautious about Covid-19 and has followed closely the Government's guidelines.

Please have a good look at the leaflet inside this newsletter, which is about our Mayor's fundraising challenge for babies and families who need support in the early days.

**YOU CAN HELP
BABIES
in 1001 WAYS**

You can either find your own 1001 challenge, or support the Home- Start Manager Judith Armstrong.

You can do this anytime in August. Any questions? Judith can be called on 020 8647 6501 or by email judith@homestartsutton.org.uk



A TRANQUIL SCENE

Not all our artists are in our arts and crafts group. This tranquil scene is called Riverside and was painted by Comfort Gyafi, one of our Wednesday Club members.



WE WILL MEET AGAIN!

Many of you are asking when can we meet again. We are working on it! We've been consulting with Community Action Sutton, the group that brings together the voluntary sector in this borough. And we have been talking to other groups.

The challenge is to find a way to meet safely in the Christ Church Community Hall.

Keeping two metres distance between each other makes it difficult to play board games, the focus of Wednesday afternoons. And then there is the question of cleaning the hall before and after we have used it. And what do we do about those who need a lift to get to us?

We will let you know just as soon as we work something out something safe..



MAKING AN EXHIBITION OF OURSELVES

Heather Honour

Our arts and crafts group has been invited to take part in a prestigious exhibition of local artists' work at Honeywood and Whitehall Heritage buildings. The aim is to show what the artistic community in Sutton has been doing during Lockdown.



Turned wood by Neil Innes

Hat by Linda Tunesi for Age UK

If I say so myself, “ we’ve done ‘em proud.” We are exhibiting in the delightfully elegant drawing room at Honeywood. This is on the ground floor of the building, so easy to access for the less mobile.

Ken Card has two paintings in the upstairs gallery, and Pasquale D’Italia’s Leaning Tower of Pisa is in the Billiards Room. Jill Cromwell’s two pieces of textile art are in Whitehall, Cheam.

What is so good about our collection of work is that as well as being of a very high standard, it is so varied.

If you would like to visit the exhibition go online to:
<https://www.eventbrite.co.uk/e/hooray-for-honeywood-tickets-113134863422>, or call 0208 7704740

for priority booking (you will need to be patient!).



Above is a model of The Leaning Tower of Pisa by Pasquale D’Italia.

His tower is made from six inch wallpaper sample cuttings, cardboard boxes, and recycled wood. The central column is made from cardboard tubes inside rolls of carpet.

DON’T FORGET!

If you need help or advice:

1. The Council’s number is 020 8770 5000, option 6.
2. Age UK Sutton 020 8915 2235; 020 8078 2916
3. Sutton Befrienders 020 8661 5900