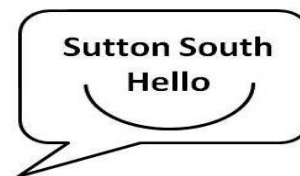


Sutton South Hello



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.

AUTUMN 2014

Wednesday Hello Club

We meet every Wednesday 2pm to 4pm at Christ Church Community Hall, Christchurch Park SM2 5TN.

Gerry, from Age UK Sutton, joins us every fortnight to offer advice and information.

For more information contact **SCILL**, who help us with our project, on **020 8770 4065**

or email:

information@scill.org.uk
and say you are with Sutton South Hello.

An extra day, and new activities at HELLO

Chair based exercise on Wednesday afternoon

As part of our successful Wednesday Hello Club, we will start to have chair based exercises for the final half hour, at 3.30pm, no charge.

Our club is now well established. We play Scrabble; Upword, Dominos and other games. We have quizzes and occasional guest speakers, as well as seasonal sing songs. A recent high spot was a darts match with our local Safer Neighbourhood police team, with spectators sipping Pimms!



Do come and join us at Christ Church Hall, Christchurch Park. It only costs 25p for a cup of tea and biscuits.

From Thursday September 11th, Sutton South Hello will be operating on Thursday, as well as Wednesday, afternoon.

- Please contact Heather on 07790 031764 or email heather.honour@sky.com, or just turn up.

2nd Saturday Tea



Over 60's in Sutton are invited to the "2nd Saturday Tea" at the Friend's Meeting House from 2pm-4pm on the second Saturday of every month. Drop in for tea, coffee and home made cake, games or just a chat.

**10 Cedar Road Sutton
SM2 5DA.**

Tel: 020 8642 5876

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SUTTON SOUTH

Thank you to our sponsor

Once again Tim Haigh from Right at Home has sponsored an edition of our Sutton South Hello newsletter.

Right at Home is a local care company which is helping a growing number of people in South Sutton to continue living happily and independently in their own homes.

As well as running a successful and caring company, Tim finds time to act as a volunteer driver for people coming to the Wednesday Hello Club who have mobility problems. In fact, he has been so impressed with the work that Hello undertakes, in the local area, that he has agreed to become a Trustee.

Another reason to say "Thank you Tim!"

**For more information please call Tim on 0208 642 4829
or visit: www.rightathomesutton.com**



Where to go for advice

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

Sergeant Simon Curzon and his team are dedicated to making our neighbourhood safe. Call 020 8721 2497 or visit <http://content.met.police.uk/Team/Sutton/SuttonSouth>. If you would like advice on crime prevention just give them a call.

- **Sutton Centre for Independent Living and Learning (SCILL)**

SCILL is open Monday to Friday 9am to 5pm and Saturday 10am to 1pm; At other times you can leave a message on the voicemail or email and they will get back to you the next working day.

Contact: 020 8770 4065 or **email:** information@scill.org.uk **www.scill.org.uk**

Address: SCILL Information and Advice, 3 Robin Hood Lane, Sutton SM1 2SW

- **Sutton Citizens Advice Bureaux**

Provides information and advice on issues such as housing, welfare benefits, employment, debt and relationship breakdown.

Contact them on 0208 405 3552 Monday - Fridays 10.00-12.00am and 1.00-3.00pm or visit www.suttoncabx.org.uk

- **Age UK Sutton**

Offers a wide range of services for people aged 50 and over.

For more information call 0208 770 4090 or email advice@ageuksutton.org.uk.

Free IT lessons, reliable handyperson/gardener call 0208 770 4089.

Support for carers of people with dementia call 0208 770 4091.

Continued from front page

An extra day, and new activities at HELLO

• Fitness League on Thursday afternoon

We are delighted that Katie Penneck, from the Fitness League will be offering exercise classes on Thursday afternoon from 1.30pm to 2.30pm at Christ Church Hall starting on 11th September. All ages welcome.

Katie will start off with simple exercises to gauge what people are able to do and then prepare her programme. The classes are usually in bare feet. If people have yoga mats please bring them along. Katie does have spares if necessary.

The classes are based around the Bagot Stack Principles which blend movement with strength and central control (core stability).

The exercises focus on good posture and alignment. After a few classes members will feel more energised and more mobile.

Classes will be £4 per class until members have paid their membership fee of £22 to the Fitness League and then the fee will drop to £3. You can pay upfront if you want, but we have obtained a special concession to pay the membership fee as we go along.



• Feeling Arty Crafty on Thursday?

On 11th September we will be starting art and craft sessions on Thursday afternoon between 3pm and 4.30 pm at Christ Church Hall. A number of local people are willing to share their skills and it is amazing just how much talent we have in South Sutton. If you are interested in trying out a new craft, or taking part in an art project, then come along and have a go. It doesn't matter if you are a beginner, just be willing to muck in and help the project take off.



We already have a wonderful crochet expert and a versatile and highly skilled artist in different media. We have a talented seamstress and some one who can show us how to make Christmas decorations, greeting cards, knitting, book marks and paper dolls.

To start off with there will be a charge of 50p per session whilst we find out what people are interested in.

If you have a skill to share, or are interested in attending, please contact Heather on 07790 031764 or email: heather.honour@sky.com, or just turn up.

WHAT'S ON LOCALLY

FUN IN THE HIGH STREET

The High Street is getting lively! Sutton's Arts Festival, Imagine, will be launched with an Extravaganza in the High Street on **Saturday 13th September, 12 noon – 3pm.**



The High Street will host an afternoon of fun filled events and entertainment to celebrate the opening of the IMAGINE festival of the arts. There's live music, drumming and craft workshops including snails tell tales, and make your own scarecrow, a mascot race, giant butterfly stilt walkers and hedgemen living statues plus lots more. Opened by the Major of Sutton and funded by Enjoy Sutton, this inaugural event promises to offer something for everyone.

Seniors Wednesday morning cinema for £3 at the Empire Cinema

Free tea/coffee and biscuits

St Nicholas Centre Sutton SM1 1AZ

Phone: 0844 884 6792

Website: <http://www.empirecinemas.co.uk/>

There was no forward programme available at the time of printing, but the films screened are always popular.

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:

rfclifton@btinternet.com

Phone: 07759 050685

Trish Fivey:

Trish.Fivey@sutton.gov.uk

Phone: 020 8770 6442

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660

First Sunday at the Rose Cafe

Many of us can be at a loose end on a Sunday afternoon. So from Sunday October 5th a few of us will be meeting up on the first Sunday of the month at the Rose Cafe and Bistro at 2pm for a chat and a cup of tea or coffee.



Why not come and join us? Look for the Sutton South Hello Newsletter to find a warm welcome.

The Rose Cafe is under Sutherland House, 29 Brighton Road, Sutton SM2 5AJ, opposite the Tesco Extra. It is a very friendly place, and the owner is always happy for anyone, who feels tired coming to and from town, to sit down and have a rest.

Editorial Board: Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Patrick McManus