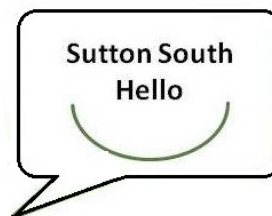


Sutton South Hello

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



AUTUMN 2019

Don't Be Caught By Scams

Scammers contact you by all methods, phone, post, email, doorstep callers and pretend to be from all types of organisations eg Banks, HMRC, computer repair companies, BT, TV Licence, Investment companies, the list goes on and on. Scams change all the time so it is important to be on your guard.

Here are some ideas for dealing with 'unexpected' phone calls.

Don't be rushed. If you feel under pressure, hang up. Genuine callers are happy to wait.

During a call never give any personal or financial information.

If an organisation's name appears on your phone display it could still be a scam.

Don't be afraid to contact a trusted friend or relative to discuss the call.

If you return the call always find the number yourself. To ensure the scammer has not been keeping the line open, use a different phone, or before dialing, listen for the dialing tone.

Remember scammers sound professional and believable, they change their methods all the time, so be on your guard.

Further information and advice can be obtained from many organisations eg Age UK, Citizen's Advice or the Police Safer Neighbourhood Team. (All telephone numbers on back page).

The police Safer Neighbourhood Team gave us a very informative talk on some of the local scams that have been happening in Sutton. They have promised to update us later in the year.

WHEN WE MEET

WEDNESDAY CLUB: 2pm to 4pm for a good chat, games, dominoes, snooker or darts with tea and coffee and biscuits and good company. 50p per session

HELLO ARTS AND CRAFTS THURSDAY: 2.45pm to 4.30pm

Skilled artists and crafters, or beginners, all are welcome at our relaxed and friendly, "have a go" sessions.

£1 per session with tea, coffee, biscuits.

Both sessions take place at Christ Church Hall, Christchurch Park, Sutton SM2 5TN

Interested?

Contact Heather Honour Chair 07790 031764

BEFRIENDING

Sutton Befrienders is a volunteering project that aims to reduce social isolation and loneliness for people living in the London Borough of Sutton. We work with adults of all ages who find themselves lonely or isolated, whether through ill health, lack of mobility or lack of regular contact with family and friends.

More than 9 million people always or often feel lonely, according to the Jo Cox Commission on Loneliness. Around 200,000 older people have not had a conversation with a friend or relative in more than a month.

Sutton Befrienders recruit and train volunteer befrienders. We match them up with our clients to help them feel less lonely, less isolated and better connected in their community.

If you are feeling lonely why not get in touch with us? If you have an hour or two to spare a week and would like to make a difference in someone's life then we'd love to hear from you. You can phone 0208 661 5910 or email befriending@vcsutton.org.uk.

Visit Our Website

Sutton South Hello Group has a website, which you can browse at:

www.suttonsouthhello.com

SUTTON SOUTH

HELLO'S MURAL UNVEILED IN CIVIC OFFICES

Thanks to Leader of the Council, Ruth Dombey, our mural, "Landscapes of Sutton", now hangs in the reception area at the Civic Offices. Created by Ken Card, Margery Seymour, Pasquale D'Italia and Nedal Ali, it was the first collaborative project by Hello Arts and Crafts and was the centerpiece of an exhibition at Honeywood Museum.



The Mayor of Sutton, Cllr Muhammad Sadiq, and Cllr Ruth Dombey unveiled the mural on Monday 15th July and afterwards entertained the artists in the Mayor's parlour.

What's been going on at HELLO ? "Lots" is the answer to that question

Along with all the usual games played by our Wednesday members we now have card tables set up for Whist and Rummy - proved to be good fun anyone know a good croupier!?

Afternoon Tea at Woodcote Garden Centre was so good last year that we went again this year. Woodcote staff really ensured we had a good time AND enough to eat!!

On a more serious note we had a very interesting update by the NHS on the options for the future of the Epsom and Sutton Hospitals and a further update has been promised when the formal consultation opens.

Thursday members have also been busy. We have had several sessions on painting which are always popular.

A very informal flower arranging session was fun. We arranged flowers in Sundae Glasses to make them look like an ice cream sundae or a cocktail complete with straw and little umbrella. Well, sometimes you just have to be frivolous!

Adrienne has run several sessions the last of which produced glazed pottery vases. I won't try to describe them as some will be on display from September 16th. until the end of October in the Brian Starkey Gallery in Sutton Library. Also on display will be many of the little buildings which have been created for The Village Project in Whitehall House next year.

PIMMS AND BINGO or "Legs 11"

What a combination!

On Wednesday 10th July Trish Fivey, one of Sutton South's councillors, was the caller for a lively game of Bingo accompanied by a glass or two of Pimms.

The Pimms had been donated for a previous event and it seemed a pity not to enjoy it now that summer was here. There was a prize for one line completed and another for a whole card. A good time was had by all.



8:8 More Opportunities to See a GP

Sutton residents can now see an NHS GP 8am until 8pm by appointment, 7 days a week.

To make an appointment, people living in Sutton can call their GP practice in the usual way and can ask for a time that is convenient, even at the weekends. If the GP practice is closed, then they can call 07578 813838 / 07479 819677.

You will not necessarily see your own GP, but this means that if you want a family member who works to accompany you to see a GP, it will be easier.

Sweeping them off their feet

By Antony Salta

So, first off, let me start with who I am. I'm a Year 9 student at Sutton Grammar doing a course called the Duke of Edinburgh's award (DofE). It tries to get young people to be semi-productive rather than basically being a sack of potatoes that costs money (or so you think). You need to do 4 parts: a physical activity, learning a new skill, volunteering and an expedition at the end.

Following in my sister's footsteps (and because my mum told me to), I was grateful to the Hello's Arts and Crafts club for giving me a volunteering opportunity. The tasks greatly improved my housekeeping skills, which I still refuse to implement at home.

One of the big things I was thanked for was leaving a spotless floor. My tips for cleaning a wide, open hall would be to get the widest broom you can find and sweep it in a grid system, while acting like you're walking a dog. The best broom to use is one that can turn independently of the handle, so you don't have to lift the broom off the floor and leave dust behind. If you're stuck with a hand brush, my advice is look upon the filth of the floor and weep.



New Bus Service Launched



Transport for London have launched a new 'on demand' bus service in central Sutton. The service allows you to choose your own pick up and drop off points. It runs anywhere between St Helier Hospital in the north, Belmont station in the south, Cheam in the west and Wallington/Beddington in the east. The exact service area is outlined on the map on the GoSutton website.

The service runs 7 days per week between the hours of 6.30 and 21.30. Pick up is guaranteed to be within 10 minutes of booking and within 200 meters of your chosen location (about the length of 2 football pitches). Booking a trip is easy using either the GoSutton app. or phoning the customer service team on 01903 924259. All buses are wheelchair accessible.

The cost is £3.50 per trip. If you register your Freedom pass or English National Concessionary Travel Scheme Pass then the ride is free. The 60+ Oyster card is not currently accepted on this service.

Before you travel you need to create an account using the GoSutton app. or phone the customer service team on 01903 924259.

Full details, including terms and conditions can be found at <https://gosutton.co.uk/>.

This is a 12 month trial running until the 27th May 2020.

Community Cuppa

Community Cuppa is an idea, developed by a local resident, Lisa Webster, to bring people together in the various places where we sometimes fleetingly gather. The idea is to gather and share tea, coffee, fruit (when we're feeling virtuous) and biscuits (when we're not!).

A school hall, someone's house or a church are amongst the venues where such an activity might take place. Wherever the venue might be the hope is that people who have lived in the area for many years, and those who haven't, can meet, get to know each other and strengthen the local community.

Christ Church in Christchurch Park opens every Wednesday morning from 8.30am to 1pm to provide a space for anyone who cares to drop in - tea, coffee, biscuits and cakes (maybe fruit too!). Plenty of space: for toddlers to play; for people to sit and chat; once a month a small arts and crafts session for people to share and learn something new... just drop in one Wednesday morning.

Information and Advice

- **Sutton Carers Centre**

Benhill House First Floor, 12-14 Benhill Avenue,
Sutton, SM1 4DA Tel: 020 8296 5611
enquiries@suttoncarerscentre.org
www.suttoncarerscentre.org

- **Age UK Sutton**

Sutton Gate, 1 Carshalton Road, Sutton SM1 4LE
Tel: 020 8915 2233
www.ageuk.org.uk/sutton

- **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

- **Cruse Bereavement Counselling**

Tel: 07904 056123
Sutton@cruse.org.uk

By yourself; Lonley?

Why not try the OAP Lunch Club at The Sun, 4 North Street,
Carshalton, SM5 2HU?

On the last Monday of every month 15 senior citizens are treated
to a free lunch and good company at The Sun.

Contact Charlotte at 020 8773 4549

Sutton Lodge Day Centre

Open Monday to Friday

10 am to 3pm.

Free membership to over 60's.

We offer Monday to Thursday Chair
based exercises.

Daily hot two course meal.

Monday – sing along

Tuesdays – Hairdresser & Bingo

Wednesday – Quiz & Art group

Thursday – Crossword

Friday – discussion group & Bingo

Day trips, live entertainment.

All for £10 per visit

Limited transport available for those
who don't use public transport £2.50
per day.

139 Brighton Rd. 020 8642 5496

Oasis Coffee Shop

Oasis offers a welcoming atmos-
phere to enjoy a coffee, cake or light
lunch.

Come and chat to our friendly staff
and volunteers.

Normally open 10.00 -14.00
Mon-Fri. Trinity Church, St Nicholas
Way, opposite Sutton Library.

Your Local Councillors

Don't forget your local councillors are here to help you.

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

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.

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, Gerry Benneworth, Maggie Wood, Anne Lamb.

