

Sutton South Hello

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

Changes to local hospitals --- Tell the NHS what you think

“Your local NHS has been given £500m to improve the buildings at Epsom and St Helier hospitals, and to build a brand new specialist emergency hospital. This new hospital could be developed either at Epsom, St Helier or the Sutton Hospital site.

The new hospital would bring together services for those who need specialist emergency care, and women giving birth. This would mean patients get the right support from senior specialists day or night. The NHS can deliver this new hospital at Epsom, St Helier or Sutton. Their preferred option is here in Sutton. It would be easier for most people to travel to, and we can build it more quickly. It would also have close links with The Royal Marsden.

Whatever decision is made, no hospital will close. Epsom and St Helier will stay open full time. Following upgrades, both hospitals will continue to provide 24/7 urgent care, diagnostics, routine surgery, outpatient appointments and rehabilitation. There is more information online (www.improvinghealthcaretogether.org.uk/consultation) or phone 02038 800 271.

We are holding public events where you can hear more about our proposals and ask questions. Our consultation continues until 1st April 2020. There are two forthcoming events. One is on Saturday 29th February between 10 am and 12 pm in Sutton High Street and the other is on Monday 2nd March 2020 from 6.30 pm to 8.30 pm. This is at Hill House, Bishopsford Road, SM4 6BL. You can also give your views online or by writing to Opinion Research Services, FREEPOST SS1018, PO Box 530, Swansea SA1 1ZL.

Please do have your say. It matters.

Sutton Clinical Commissioning Group

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

Sutton South
Hello

SPRING 2020



Hello, I'm Tim Haigh, owner of Right at Home, a care agency providing care at home for many elderly people in Sutton.

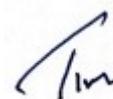


If you, or someone you know, is struggling to cope at home, whether due to illness or physical frailty, Right at Home can help.

Our services range from a simple hour's companionship, to help with personal care, to 24-hour live-in care as an alternative to a care home.

You may not need care now, but that might change in future. So keep a copy of this advert safe as it offers **FOUR HOURS of FREE HELP** when you sign up with us.

Call us today. We are a friendly company who love to meet new people.



Tel: 020 8642 4829

www.rightathomeSE.co.uk

tim.haigh@rightathomeSE.co.uk

Visit Our Website

Sutton South Hello Group has recently launched its website, which you can browse at:

www.suttonsouthhello.com

Christmas Present .. Christmas Past

'Twas the best of times' and the season to be jolly as our members, in merry mood with mulled wine and victuals a plenty, enjoyed their annual party.

The hall festooned with garlands and candlelit tables set the scene as Minstrel Steve strummed and sang many a festive tune and we joined in with gusto.

Reminiscing later, as we are prone to do, some of us mulled over Christmas today. If you had children around they would most likely be opening endless sophisticated presents - electronic gadgets, computer games, the latest designer Nikes and sports gear – how different it had been in our childhood ! The family of 2019 maybe tucked into a big Christmas dinner perhaps listening to the Queen's Speech and playing games.

Whizz back 80 years to Christmas 1939

'Twas the worst of times' As Britain was at war and many fathers were on active service and many children had been evacuated. Christmas for most would have been a meagre affair....food rationing, paper chain decorations and not a lot in the Christmas stocking.

Forward to 1950. The war is over and slowly life is improving. Christmas Day probably with the excitement of the stocking on the bedpost. This time an orange and an apple and some sweets! The day centred around the traditional affair of turkey, mince pies and Christmas Pud. Families around the open fire perhaps roasting chestnuts and listening to the Forces Favourites on the radio. Many homes had a piano and would enjoy a sing - song and you probably all did your Party Piece! Wrappings carefully removed revealing books, annuals-knitted dolls clothes, stamp albums, jumpers, hats and matching scarves and not forgetting the Monopoly.



CRAFTING A VILLAGE

Come and see Hello's exhibition, "Crafting A Village" at Whitehall Cheam, from Thursday May 7th until June 28th.

You will see the model village that we have made out of many different materials, such as wool, paper and clay, as well as drawings, paintings and textile art.

Workshops for adults and children with skilled local artists will enable you to join in the fun.

Whitehall is a beautiful Grade II* listed Tudor building open to the public on Thursday, Saturday and Sunday from 10 am until 5pm. It has recently been renovated. If you need any more encouragement to come along, it also has a really good tea shop.

Whitehall, 1 Malden Road Cheam SM34 8QD

Tel: 020 8770 5670 whitehallmuseum@sutton.gov.uk

Our exhibition has been supported by the Mayor of London's Cultural Seeds Programme.

AN HOUR EVERY 3 OR 4 WEEKS

That is all it takes to make sure an elderly person has a chance to get out of their home and have a good time.

Sadly, one of our volunteer drivers, aged 85, has passed away.

So every 3 or 4 weeks, on a Wednesday afternoon, we are short of a driver to bring some of our less mobile members to Hello in Christchurch Park, Sutton.

There is no lifting, no insurance problems, just the chance to bring a little cheer into someone's life.

If you think you could help, please contact Heather on 07790 031764

Singing Sensations

Singing Sensations is a support group for people with dementia and their carers, who meet on Wednesday mornings at 10:30am in the Lower Hall Cheam Baptist Church 4 Park Road, Cheam Village, Sutton, Surrey SM3 8Q

Contact Anne Prothero for more information:

anneprothero1@yahoo.co.uk
or 07799 291 188.

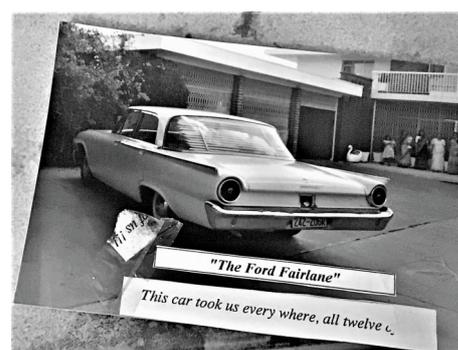
Meet Gajra Bhagat

Gajra is a regular personality of the Wednesday Hello Club where one of the annual highlights is Diwali, the Festival of Light. The Indian community come together to organise a party for the members. Gajra makes sweetmeats and brings a collection of saris for members to wear and join in the dancing. But she has a hidden secret - she was the first Asian woman to drive in Zimbabwe.

I visited her at her home in Sutton which was a shrine to her Indian heritage. Gajra was born in the beautiful country of what was then Rhodesia and now Zimbabwe. Her parents were Indian immigrants, and back then in the 1930s, the country was a British colony where whites ruled and there were many restrictions on blacks and Asians, classed as 'coloured'. Gajra's family lived in the Indian sector and were precluded from buying their own property and attending white schools although free education was available to all children.



Her grandfather had arrived from Bombay via Mombasa and ran a large laundry servicing the hotels. Her father owned a business selling menswear in Bulawayo so they were relatively well off. As Gajra grew up she helped in the store and her father taught her to drive - she acquired her driving licence at the age of 16. The following year she got married.



After years of civil war the country got its independence in 1980 and became Zimbabwe with Robert Mugabe as its first black leader. At first things were good - the restrictions for 'coloureds' were removed and Gajra's family bought a 5 bedroom house with a large garden growing organic produce. She subsequently had 3 daughters and 2 sons and 'had plenty of servants to run the home' - whilst she helped in the shop. When Mugabe visited the store with his guards, the street was closed and all customers had to leave whilst he made his purchases.

Gajra's eldest son left the country for the UK when he was 17 to avoid conscription. His brother and sisters later followed. Gajra visited England many times as her children got married and settled down. When her eldest son became the father of twins - he arranged for her to live here permanently to help out. So in 1988 at the age of 53 she started her new life in North Cheam and the shock of life without servants! She now had to learn to do her own housework - cooking, cleaning and laundry when she had previously 'barely had to lift a plate'.

As we know from Diwali, she is a talented cook. And she still enjoys driving, even if Sutton is a little different from Zimbabwe.

Alzheimer's Society --- Local Help and Support

It's easy to forget a name, face or even why we went upstairs. Dementia is something different. As well as memory issues other symptoms may include problems with planning and thinking things through or difficulties with following a conversation. If you or a friend are worried about your memory the first thing to do is to see your GP. They will look at other reasons which may be affecting your memory such as depression; chest or urinary tract infections; vitamin and thyroid deficiencies. It is important to see your GP as soon as you suspect there may be a problem. There are drugs available that may, for certain types of dementia, improve symptoms.

If you, or someone you care about is affected by dementia, and are resident in Sutton, then the local charity, Alzheimer's Society is here to help. We provide information and support for people living with dementia, and their carers. We can give information and helpful ideas about living with dementia. We offer both one-to-one and group support including Information Cafes in local libraries, peer support groups and our Carers Information and Support Programme. Feel free to contact us on 0208 770 1875 or email sutton@alzheimers.org.uk for further information.

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

**ACTIVITIES AND MEALS
FOR THOSE WHO NEED
A LITTLE MORE HELP**

SUTTON LODGE DAY CENTRE

WEEKDAYS 10 AM TO 3PM

CHAIR BASED EXERCISE, 2 COURSE
MEAL AND LOTS MORE
ALL FOR £12 PER VISIT

139 BRIGHTON ROAD SUTTON
SM2 5SW

020 8642 5496

Saturday Afternoon Entertainment

Do you fancy a bit of fun on a Saturday afternoon? If so come and join us at 'Second Saturday Teas'. Any older local resident is very welcome to join us on the second Saturday of each month between 2pm and 4pm. We meet at The Quaker Meeting House, 10 Cedar Road, Sutton SM2 5DA. There is no charge but donations are appreciated.

Upcoming events are, March 14th the Quaker Steel Band will entertain us, on April 11th we have some Easter fun and on May 9th the Tenovus choir will sing. On June 13th the wonderful Phoenix Concert band will be back followed by our ever popular cream tea.

If you would like more details please phone Eva 020 8642 1847. We look forward to welcoming you in the near future.

KEEP ACTIVE AND MAKE NEW FRIENDS AT SUTTON BOWLING CLUB

DORSET ROAD BELMONT SM2 6JA

020 8642 8136

Sutton-Bowling@btconnect.com

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

Oasis Coffee Shop

Oasis offers a welcoming atmosphere 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.

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. Tel: 07906100065

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

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



Sutton



LOTTERY FUNDED

