

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.

Our First Anniversary

It is just about a year since Norman Lamb, Minister for Care Services, launched our Sutton South Hello project. Set up by local residents, our aim is to encourage good neighbourliness and build a community spirit to look out for each other.



We have made huge strides since May 2013. Our quarterly newsletter goes to 1,500 readers, and is sponsored by Right at Home, a local care company. You can find copies in local pharmacies, hairdressers and cafes. We have an editorial board, chaired by Salam Saadi, a former newspaper editor.

Our Wednesday Hello Club thrives. Members come for a chat, play a range of games, including the ever popular Upword, a variation on Scrabble where you build upwards as well as across the board. In fact Fran, who has moved to Sutton South from Scotland, has been having extra lessons from Nancy who has played the game at the Women's Institute.

We have occasional speakers, and our local police are regular visitors advising us how we can stay safe at home, and in the street. Nedal runs a craft table where we can help make props for local arts events, or have a go at sewing and knitting. One of our members, Uma, reminds us how she used to make clothes and furnishings from old parachutes after the war.

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Sutton South
Hello

SUMMER 2014

Wednesday Hello Club

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

We have tea and biscuits, games and chat. It is very relaxed and run by residents and we have interesting talks every so often.

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.

No charge

“Sing For Joy”



On a Thursday morning
10.00am - 11.00am

Sing your heart out at the
Sutton Salvation Army
Church

45 Benhill Avenue, Sutton
SM1 4DD

Organized by Sutton Seniors Forum, AgeUK Sutton, Benhill Social Club and the Salvation Army.

All ages and abilities are welcome.

SUTTON SOUTH

Thank you again to our sponsor

Thank you again to Tim Haigh for sponsoring another edition of the 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.

One of Tim's passions is to improve people's understanding of dementia and its effects. He is a local Dementia Friends Champion, working closely with the Alzheimer's Society in Sutton. Tim is happy to talk to local groups to spread awareness about how to make a positive difference to people living with dementia in their community.

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



Where to go for advice

- **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.

SCILL's role is to support, inform and give you details of services which best suit what you are looking for.

For example: what clubs meet near to you? Where is your nearest bus stop or taxi firm? Do you need to find an accessible holiday location? Do you need to find a registered plumber?

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

- **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.

- **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

- **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.

Our First Anniversary

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Our dart board, donated by Neil, is waiting to be christened. Is there anyone who would like to make up a team? And dominoes, another pub favourite, is very popular.

We have a medically trained adviser Sulu, from Livewell, the service provided by Sutton's Public Health department, who holds a session each week. Every resident of Sutton is entitled to six, free, one to one sessions for guidance on health and diet.

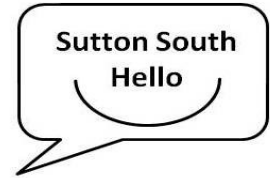
Every month, we have advisers from Sutton Centre for Living and Learning (SCILL) and Age UK Sutton, to offer advice in an informal setting, with the chance of a more in depth chat if necessary.

We have a Board, chaired by Heather Honour, with Colin Iddles as Vice Chair and Fran Douglas as Secretary, and we have had a grant of £500 from the Council to spend on equipment and literature.

For those who find it difficult to get to us we try to arrange for a car, driven by a volunteer, to pick them up. We really need some more volunteer drivers. It does not have to be every week and is just 15 mins to pick someone up and 15 mins to drop them off again.

At the moment we have simple exercises once a month, but we plan to have a regular half an hour session starting at 1.15pm where there will be a small charge.

Everyone is welcome to a club that is becoming a place to meet friends, and make new ones, whatever your age. And just 25p for a cup of tea and biscuits.



Foodbanks

The problem of 'hidden hunger' has fuelled the growth of foodbanks in the UK.

Many of those using foodbanks are low income families hit by a crisis that is not their fault such as redundancy, reduced working hours or something as seemingly small as an unexpected bill.

According to The Trussell Trust, a charitable organisation and one of the main providers of foodbanks, less than five per cent of those using foodbanks are homeless; many are working families; one third of foodbank recipients are children. Foodbanks provide non-perishable food that has been donated by local people and are staffed by volunteers. Every foodbank user will have been referred by a frontline care professional such as a doctor or social worker.

Foodbanks are an emergency food service for which users are issued with up to three consecutive vouchers, an approach which aims to prevent dependency. To help users break out of poverty the foodbanks direct them to organisations able to work with them to resolve underlying problems.

A recent ITV news investigation found that most users had fallen through the usual social safety nets. Often they are people who have been hit with unexpected outgoings or stranded without the usual support of families and friends. But increasingly users are people you would not expect to be hit by such troubles. The organiser of a foodbank in Macclesfield said that they were dealing with increasing numbers of "middle class" users, whose qualifications, experience and background did not protect them when caught out by unemployment or other unforeseen problems. There have been reports that some foodbank users are not genuine but the truth is that there remains, for many, a stigma about taking food handouts - and that means only a strikingly tiny number of individuals make false claims on these food services.

In Sutton the foodbank is run by Sutton Community Works, a local Christian charity which works for the benefit of all in the community. More information about their work can be found on their website: www.suttonfoodbank.org.uk.



WHAT'S ON LOCALLY

Diabetes Group comes to Friends Meeting House, Cedar Road

Our local Diabetes UK group has started holding a series of evening meetings, every other month, on the first Thursday, at The Friends Meeting House, 10 Cedar Road in Sutton.

Healthcare professionals will give presentations on a wide range of subjects. There will be opportunities to ask questions and meet other people who have diabetes.

The Group also holds monthly meetings, which are held at 2.30pm at the Doreen Kobe Diabetes Unit in St Helier Hospital on the 2nd Friday of each month (except August).

For further information contact Gwen Sims on 020 8643 7971 or Jenny Brunton 020 8642 7927 or see www.diabetesukcarshalton.org.uk.

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

Heather Honour:

heather.honour@sky.com

Phone: 07790 031764

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660



MUSIC FOR A SUMMER'S AFTERNOON

SATURDAY 12TH JULY

Christ Church, Sutton

Christchurch Park, Sutton, SM2 5TN

CHURCH and garden 2.00 - 5.00pm
the archives will be on display

A concert in the church by the
New London Concert Band 2.30 - 3.30pm

FREE CREAM TEAS 3.30 - 4.30pm
in the Community Hall

In association with Sutton South Hello
EVERYONE WELCOME
NO CHARGE