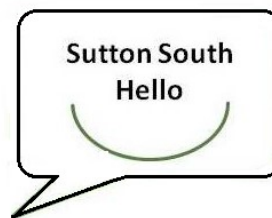


Sutton South Hello

A newsletter for residents, helping
each other in our community



SUMMER 2019

HELLO CLUB LUNCH WITH MAYOR and MAYORESS OF SUTTON

When Steve Cook and his wife Pauline joined Hello Club for its 6th anniversary Diwali celebrations, they had a great afternoon and this resulted in a return invitation to lunch on March 21st in the Mayoral parlour.

If 'Parlour' conjures up rather grand images in your mind then you would have been disappointed - just a nondescript room apart from a large John Stillman painting of Carshalton ponds.

After a lifetime in the film industry, Mayor Cook, 64, knows the importance of visuals only too well and is an ardent fan of Sutton where he has lived for 40 years. Among Sutton's many advantages he picks out the facts that it has London's lowest crime rate and beautiful green spaces.

He is extremely proud of the borough's schools. Education, he says, is very close to his heart as his wife Pauline was a former head teacher in Sutton primary sector for 20 years.

However, there is no doubt that the biggest highlight of his year in office was Sutton's impressive victory in London's 2019 New Year Parade. "When my name was called out I didn't know why," he said, "then we were named the winner. It was one of my proudest moments."

Sutton's ambitious float 'Hello to all the Children of the World' comprised a scenario from Gatwick airport - an aircraft, arrivals hall, passport control and baggage carousel and involved 80 participants aged 5 to 85 who worked their socks off. It so impressed the judges that it beat all other London boroughs to win £10,000 for Cook's charities - Sutton Home Start and The St Helier Kidney Fund.

A memorable 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

OUTSIDE SPEAKERS

Diabetes

Occasionally, at our Wednesday Club, members manage to tear themselves away from playing Upword or Rummikub to listen to a guest speaker on an important topic.

Recently, Shirley and Mick Mitchell, from Diabetes UK, gave a lively talk on looking out for signs of Diabetes and how to live with it. Millions of people in the UK have diabetes. Living with diabetes can be challenging, but you can still lead a near normal life. Diet and lifestyle are key components in living healthily with it. For more information go to www.diabetes.org.uk; call 0345 123 2399, or ask your GP.

Unscrambling Technology!

Sometimes it seems impossible to sort out a problem on our mobile phones, laptops or computers. It can drive you mad! So we invited John Treby, of JTPC Computer Services, a friendly and patient, computer expert to come and help members with their problems. John said after the session that he had not expected so much interest. Our members were relieved to talk to a real person and not a "geek"! We will be asking John back very soon.

Visit Our Website

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

www.suttonsouthhello.com

SUTTON SOUTH

The VILLAGE PROJECT

As so often happens at the Hello Club, the best ideas come from our very own members. “So, *how about we create a model village?*”, ventured Ken.

“Gosh”, we replied, “*that sounds a bit ambitious!*”.

But we should have known better - because ambition, ingenuity and creativity are what the HELLO CLUB is fuelled by. The starting point this time being to design and create a traditional-styled English village, complete with church, shops, houses and pubs. Ken himself is masterminding this and already has many buildings underway.

Now, if I were to explain that these little structures are made from card which is then painted, you’d be forgiven for thinking or even doubting how well they could possibly turn out. But think again - for they are exquisite and the care and detail in each one has to be seen to be believed.

So, off we go. Planning permission has been obtained and the project is not only underway: it has already g-r-o-w-n topsy-like into much more than a simple village. We are now fashioning other buildings, made of glazed ceramics, clay, fabric, wool (there is even a knitted windmill)...and more besides.

And that’s not to overlook the fine detail of landscaping. We’re currently in the process of laying cobbled streets for which split peas and lentils are proving to be ideal paving materials!

It all promises to be an amazing display. So, what do we do with a model village, once completed?. The answer is that we’re very fortunate that Jane Howard at Whitehall House in Cheam is very keen for the village to be exhibited there.

It’s an exciting project and, given the scale of it, it will be work in progress for some time. In fact, the exhibition will not be until 2020. So, why not get involved?. Come and join us on Thursday afternoons at Christ Church. New ideas are always welcome and expert advice, when needed, is always on hand.

Getting together with neighbours to cut crime

I’m Amie and I’m the Neighbourhood Watch coordinator for Sutton South Ward. I’m fairly new to the Sutton area and I’m mum to a toddler.

Neighbourhood Watch is a partnership where people come together to make their communities safer. Police, the Council’s community safety departments, and voluntary organisations are involved. Above all it is about individuals, friends and families making their neighbourhood a better place to live.

Neighbourhood Watch is less about curtain twitching and more about looking out for our neighbours and building a close community of friends that we can help out and rely on when we need support. There are so many benefits to living in a close community and I think this is also beneficial for the next generation.

One of my main aims as ward coordinator is to try and engage other parents with our local community and the work of Neighbourhood Watch. As a parent I have a vested interest in my area, I want Sutton to continue to be one of the safest boroughs in London and a nice place for my child to grow up.

We also need Street co-ordinators to help bring people together and watch out for anything suspicious in their street. Once you start talking to your neighbours you will be surprised at the positive response.

If you live in Sutton South and you are interested, or have any concerns, please send me an email at amie@staces.co.uk or you can join our closed Facebook group where we discuss issues in our ward. (<https://www.facebook.com/groups/500633750411669/>)

If you live in another part of Sutton and want to get involved, or for further information, go to our web page <http://www.suttonneighbourhoodwatch.co.uk>.

Amie Stace

CAOS COMES TO SUTTON!

Did you know that there is a thriving artistic community in Sutton? It is centred around beautiful Carshalton village. Sixty carefully selected local artists will be taking part in the third Carshalton Artists Open Studios (CAOS) this year.

This is an opportunity to visit artists in their studios and other interesting locations to see their work, and if you like, buy something beautiful (all pockets catered for.) You can also take part in lots of fun activities.

Start by following the trails to the different locations where arts and crafts are exhibited. You will find that it is a really exciting experience. Heather, Chair of Hello says, "I will never forget the first year. It was a sunny day and everywhere I looked in Carshalton there were groups of people with copies of the trail in their hands, looking for the next place to visit. It was exhilarating."

One of Hello's visiting artists, ceramist Adrienne Roberts, will be opening her studio. Members of Hello Arts and Crafts have had many happy sessions developing their skills in ceramics with Adrienne who also curated our exhibition last September.

CAOS takes place on the weekends of 22 and 23 June and 29th and 30th June. For information visit <https://www.carshaltonartists.com>.

Sutton Bowling Club | Summer indoor Bowling, May to September. Summer Outdoor Bowling, April to September.

Always thought you would like to try Bowling. This is your opportunity.

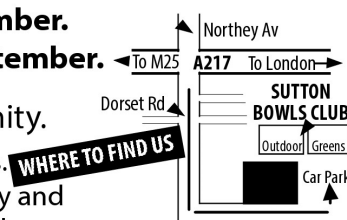
Membership is available for men, women, boys and girls of all ages and abilities. There is free coaching to show you how to play the game, we have both friendly and competitive games to join in. Sutton Bowling Club has social activities, an excellent restaurant, bar and a very popular Sunday carvery lunch, plus private car parking. *Now is the time to join in.*

Please contact the club for further information, you are always welcome to visit and see the bowling facilities.

Sutton Bowling Club Ltd. Dorset Road, Belmont, Surrey, SM2 6JA. Tel: 020 8642 8136

Email: sutton-bowling@btconnect.com www.suttonbowlingclub.co.uk

Come along and try a taster session.



Summer hydration

As the warmer months approach it's important to make sure that we are drinking enough fluid to stay well and hydrated. Water is essential to life as the body is nearly two thirds water. Dehydration occurs when your body loses more fluids than it replaces.

What happens when I don't drink enough?

Not drinking enough can lead to problems such as constipation, confusion, low blood pressure, falls, pressure sores and urine infections and increases the risk of kidney stones and heart disease.

How much do I need to drink?

Aim to drink six to eight glasses of fluid a day and more if it is hot.

We get a lot of fluid through our food. It's important to eat a well-balanced diet to replace fluid and salts.

It doesn't really matter what you drink tea, coffee, juice, squash, milk all count (but alcohol in moderation!)

How can I tell if I am dehydrated?

You may be thirsty but as we get older our sense of thirst decreases

Darker urine (urine should be pale or straw coloured)

Peeing less frequently

Watch out for signs such as cramps, mild confusion, weakness.

If you have any of these, rest in a cool place and drink plenty of fluids. Seek medical advice if your symptoms persist or worsen.

<https://www.nhs.uk/conditions/dehydration/>

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

Advice Link Partnership Sutton (ALPS)

Need some help but not sure where to go? Contact ALPS. We are Sutton borough's provider of free, independent and confidential information and advice. We can help with a variety of issues including housing, employment, finance, health, care and local services. Contact us on 020 8254 2616 or visit www.suttonalps.org.uk

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 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.

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@googlemail.com



LOTTERY FUNDED

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