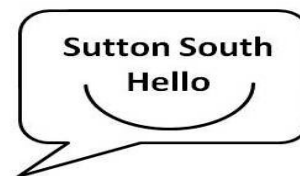


# Sutton South Hello



**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.*

## EXHIBITION OF HELLO'S ART AND CRAFTS

Our Thursday afternoon art and craft sessions have shown that there is a lot of talent out there in the community, and many people who are willing to share their skills. A number of us are already working on a 8ft x 4 ft mural of Sutton that combines paper sculpture, collage and more traditional painting skills.

A group of people are learning crochet and knitting, making individual pieces, as well as planning a collaborative effort in the new year; others are making Christmas wreathes, cards and Christmas decorations for sale to raise funds for St Raphael's Hospice and The Royal Marsden Hospital. We are experimenting quite a bit and having a lot of fun.



We have been invited to exhibit our work at the historic Honeywood Museum in Carshalton for a month next year starting March 26th. We are planning to have guest artists and crafters in the New Year.

Why not come and join us? No experience is necessary, just be prepared to have a go. If you have skills to share, we would love to see you too.

**We only charge 50p for sessions that run every Thursday afternoon at Christ Church Hall, Christchurch Park, SM2 5TN from 3pm - 4.30 pm.**

**WINTER 2014**

## Wednesday Hello Club

Come and chat over a cup of tea, play a variety of board and card games, occasional speakers, exercise and sing songs, and all for 25p.

**Every Wednesday 2pm to 4pm** at Christ Church Community Hall, Christchurch Park SM2 5TN.

Contact Heather on 07790 031764

or email: [heather.honour@sky.com](mailto:heather.honour@sky.com)



Each Kamsons Pharmacy provides a free of charge prescription delivery service within its locality. A range of professional services are also offered as well as the dispensing of NHS and private prescriptions. Every Kamsons Pharmacist is qualified to advise you on both your over-the-counter and prescription medicines.

**Kamsons Pharmacy**  
58 Grove Road  
Sutton SM1 1BT  
Tel: **0208 642 4919**

Opening Hours  
Monday – Friday 9am -7pm  
Saturday 9am - 2pm

**Kamsons Pharmacy**  
Wrythe Lane  
Carshalton  
SM5 2RE  
Tel: **0208 647 0006**

Opening Hours  
Monday – Friday 8:30am - 6:30pm  
Saturday 8:30am - 1:30pm

## SUTTON SOUTH

# HELLO CLUB CELEBRATES DIWALI FESTIVAL OF LIGHT

Members of Wednesday's Hello Club with an Indian cultural background held a Diwali celebration for over 40 of us in late October.

Diwali, also known as the "festival of lights", is an ancient Hindu festival celebrated in autumn every year. The festival signifies the victory of light over darkness, knowledge over ignorance, good over evil, and hope over despair.

We tasted delicious Indian food, both savory and sweet.

Kamala demonstrated how to wear a sari and a number of ladies tried on some of the colourful saris she had brought with her. We also had a beautiful and talented local young woman, a granddaughter of one of our members, who danced for us. Plans are afoot for next year!



## POLICE PANEL OPENS TO THE PUBLIC

For the first time you, the public, are invited to the Sutton South Ward Panel where our local police team meet community representatives to discuss priorities for our area.

The meeting will take place on 20th January 2015 at 7.30pm at Christ Church Community Hall, Christchurch Park SM2 5TN.

## Where to go for advice

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

Call 020 8721 2497 or visit: <http://content.met.police.uk/Team/Sutton/SuttonSouth>.

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

SCILL Information and Advice, 3 Robin Hood Lane, Sutton SM1 2SW  
Call 020 8770 4065 or email: [information@scill.org.uk](mailto:information@scill.org.uk) [www.scill.org.uk](http://www.scill.org.uk)

- **Sutton Citizens Advice Bureaux**

Call them on 0208 405 3552 Monday-Fridays 10.00--12.00am and 1.00--3.00pm  
or visit [www.suttoncabx.org.uk](http://www.suttoncabx.org.uk)

- **Age UK Sutton**

Call 0208 770 4090 or email [advice@ageuksutton.org.uk](mailto: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.

## KEEP WARM THIS WINTER

Exposure to cold weather for prolonged periods of time can be dangerous. It raises the risk of heart attacks and strokes, and can cause problems for people with breathing difficulties such as asthma, and those suffering from arthritis and similar conditions.

- You can protect your health by ensuring you're warm both inside and outside the house, and following these tips:
- Keep your bedroom windows closed at night.
- Wrap up well when you go outside.
- Keep your living room at 70F (21C).
- Keep your bedroom at 65F (18C).
- Have your heating system serviced and chimney swept.
- If you have wood-burning, coal or gas heaters – make sure you have adequate ventilation.
- Check with your energy supplier for further advice to help you prepare for winter.
- Check your water stopcock is working properly.
- Have your electric blanket serviced – this should be done at least every three years.
- Drink warm or hot drinks, such as coffee, tea or hot chocolate.
- If you have symptoms brought on by cold weather, be sure to mention them to your doctor.
- It is also important to keep moving. Try gently exercising any joints affected by arthritis before going out in the cold weather.
- It also helps to maintain a regular exercise program year round. Exercise will not only loosen stiff joints, but will help prevent winter weight gain that puts more stress on painful joints.



**Age UK Sutton's Caring Neighbour Service can offer plenty more information and advice on staying warm and well in winter, including a Winter Wrapped Up guide and winter warmer recipe books.**

**Call 020 8770 4089 or email: [caringneighbour@ageuksutton.org.uk](mailto:caringneighbour@ageuksutton.org.uk) and ask for a copy.**

### Next Year..

## Help us raise money for local charities

Next year we will be inviting those who are less mobile to help us make craft items, like blankets made up of knitted squares or small patchwork quilts for babies prams, to raise funds for local charities. Just knitting a few squares could make all the difference.

⇒ For further information contact Heather on 07790 031764 or email [heather.honour@sky.com](mailto:heather.honour@sky.com)



## WHAT'S ON LOCALLY

### 2nd Saturday Tea

For over 60's. Drop in for tea, coffee and home made cake, games or just a chat. At the Friend's Meeting House from 2pm-4pm on the second Saturday of every month.

10 Cedar Road Sutton SM2 5DA Tel: 020 8642 5876

**A special Christmas Brass band on 13th December.**



### Seniors Wednesday morning cinema at 11am at the Empire Cinema

**Free tea/coffee and biscuits**

St Nicholas Centre Sutton SM1 1AZ

**Just £3**

**Call: 0844 884 6792**

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

### SPILL THE BEANS!

Lots of daytime activities, snacks and light lunches Wednesday, Thursdays and Fridays 9.30am - 2.00pm  
Carshalton Beeches Baptist Free Church Banstead Rd, Carshalton Beeches SM5 3ML Call 020 8642 9311

### BOOK CLUB SCILL

Bring your favourite book to share and discuss  
Every 2nd Wednesday

5.15pm - 6.30pm

3 Robin Hood lane Sutton SM1 2SW



### 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](mailto:rfclifton@btinternet.com)

Phone: 07759 050685

**Trish Fivey:**

[Trish.Fivey@sutton.gov.uk](mailto:Trish.Fivey@sutton.gov.uk)

Phone: 07769 671168

**Tony Shields:**

[tonyshields@blueyonder.co.uk](mailto:tonyshields@blueyonder.co.uk)

Phone: 07951 056660

### 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.

**Contact Brian on 07906 100065 for more information.**



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