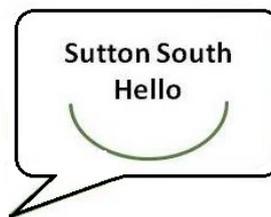


Sutton South Hello



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

WINTER 2019

Local GPs urge Sutton's older residents to get their flu jab

GPs in Sutton are calling on older residents to get their free flu vaccine as soon as possible. Once the temperature drops below 8°C, members of the public aged 65 and over are at increased risk of contracting flu. They're also likely to suffer more than most people if they catch the unpredictable virus.

Dr Dino Pardhanani, local GP and Joint Clinical Director at Sutton CCG, said: "Unfortunately, anyone in a 'risk group' is more likely to develop potentially serious complications of flu, such as pneumonia.

"Older members of the public, are again being offered a vaccine to which is proven to give better protection against flu for people of this age.

"If you are 65 and over you are eligible for a free flu vaccine and I'd urge you to get yours now - don't wait for even colder weather to arrive. Simply contact your GP or local pharmacist to get it. Vaccines are available now."

Visit www.nhs.uk/flu vaccine for more information on the flu vaccine and its effectiveness.

At the first signs of a winter illness, don't wait until it gets worse. See your pharmacist!

Doctors and nurses in Sutton are encouraging patients to visit their pharmacist at the first signs of a minor illness this winter, after it was revealed that many people are unaware of the expert healthcare advice pharmacists offer.

Dr Dino Pardhanani, local GP and joint clinical director for Sutton CCG said: "Just like your GP, your local pharmacist is a healthcare expert who can advise on a broad range of health concerns.

"The convenience of visiting a pharmacist is often overlooked by patients who are suffering with a winter illness. We'd like to remind local people that they can get the advice they need from a pharmacist at a time to suit them - without booking an appointment".

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

Keeping Well in Winter

Cold weather may bring higher risks from heart attacks, strokes and infections. If you are older or have health conditions here are a few tips. Try to heat your home to at least 18°C, you may want your living room slightly warmer. Wear more thinner layers rather than fewer thick ones. Try not to sit indoors for more than an hour or so at a time, get up and stretch your legs. Have plenty of hot drinks. If outdoors and it is cold, wear a scarf loosely around your mouth which can reduce the risk of chest infections. Wash your hand regularly to reduce the risk of spreading germs.

Visit Our Website

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

www.suttonsouthhello.com

SUTTON SOUTH

HELLO IN SUTTON COLLEGE!

Sutton College has opened its door to a community group and invited Hello to exhibit in the Brian Starkey Gallery.

We decided to display the houses and cottages that members of Hello Arts and Crafts have made for our exhibition, "Building a Village" which will be held in Whitehall in Cheam in May 2020 when it is finished.

On Thursday 10th October the first floor of Sutton College was full of VIPs and Hello members looking at an astonishing variety of village houses and cottages. Some were made of paper, some cardboard. Other materials used were clay, textiles and knitting wool. Each one was different, displaying the creative talent of our artists.

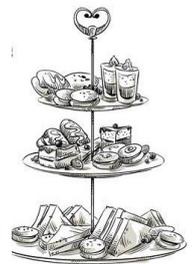


The exhibition was the initiative of Brendan Murphy, Head of Arts and Design at Sutton College and Adrienne Roberts, a local ceramicist and adviser to Hello on this exhibition.

The exhibition continues until 19th November at Sutton College, St Nicholas Way, Sutton, SM1 1EA.

What have we been up to?

One of our recent highlights was a trip to Woodcote Garden Centre for afternoon tea. Imagine the scene. It is a dull rainy day when spirits are low. BUT the delicious scones, cakes, good company and the ever cheerful and helpful staff of Woodcote turned it into a very enjoyable afternoon.



Craftwise, the Thursday group recently tried their hand at making silk necklaces. The first stage involved painting the silk! Fear not, we were guided by Tessa Spanton and under her excellent tutelage the end results were brilliant.



And what's to come? November 29th is the Gala Evening at St. Barnabas Church (details below), where approximately 40 decorated Christmas trees will be displayed in the church, all of which will be decorated by members of the many community groups in the borough.

We, at HELLO, have our very own specially hand made tree, the construction of which required a great deal of ingenuity and imaginative thinking - using drainpipes, lots of Plaster of Paris and wire. Sounds horrendous but the end result is rather good. It has been used for Christmas, Easter, Harvest Festival and even as a Tree of Good Memories. Variety and recycling at its best.



We are working on new decorations for this year's tree.

Well, that is just a taste of what is happening at HELLO. Why don't you join us on Wednesday for games and chat or Thursday for Arts and Crafts.

Christmas Festival at St Barnabas: Nov. 29th - Dec 29th.

Gala Evening: Friday Nov. 29th. Doors open 6pm. Christmas lights switched on 6.55pm
Seasonal refreshments and music. Christmas Market Stalls.

And most of all, Fun and Jollity.

A poem a day Keeps dementia at bay

So you've climbed out of bed, done your stretches and bends, walked round the block, not too much of a shock - great that's the body sorted!

Next step the innards - you've sorted your 5 a day, scraping of butter on your bread, lashings of olive oil on your salad, med style - phew, it's all looking healthy!

Ah but what about the brain box? - the memory is probably not what it was. What are you doing to feed that? AH well I hear you say - Mind Games every day at coffee time. Well another box ticked!

Clearly we're trying our best at a healthy lifestyle and none of us want dementia - so is there anything else we can do?

October 3rd was National Poetry Day and it was interesting to hear how reciting poetry was beneficial to dementia patients. But learning a poem by heart can also be very good for our ageing brains in helping to ward off dementia. Well if you feel it's worth a try - maybe start with an old favourite...

THE LAND OF NOD

by **RL Stevenson**

From breakfast on through all
the day

At home among my friends I
stay

But every night I go abroad
Afar into the Land of Nod

All by myself I have to go
With none to tell me what to do
All alone beside the streams

And up the mountainside of
dreams

Noah's Pudding

Have you heard of Noah's Pudding? Neither had we when we received an offer from the Dialogue Society to share Noah's Pudding with members of Hello.

We have all heard of Noah and his Ark. Noah's Pudding comes from a Muslim tradition that when the waters of the great flood began to recede Noah and his family gathered up all the food remaining on the Ark and made a delicious meal out of it.

Today, it is a dessert that is served at the Muslim festival of Ashurah, or any other time, to promote respect and friendship amongst communities. This is the main aim of the Dialogue Society which has been encouraging local groups to find out what they have in common.

Meryam came to Hello with a box full of small containers with individual portions of Noah's Pudding, which we ate at tea time. She explained the background to the initiative and then we sampled the Pudding. Delicious!

The ingredients are listed below.

Noah's Pudding Recipe

(Serves 6) Ingredients

- 1 cup of pearl barley □ 1/3 cup of chickpeas □ 1/3 cup of dry white beans □ 2 tablespoons of rice □ 12 1/2 cups of water
- 10 pieces of dried apricots □ 5 pieces of dried figs □ 1/2 cup of raisins (seedless) □ 1 small orange □ 1 2/3 cups of sugar
- 2 tablespoons of rose water □ 2/3 cup of walnuts (not crushed)
- 1/2 small pomegranate

RAINDROPS

by **Isobel MacCallum**

Raindrops dancing on the
ground

Twist and turn, splashing
around.

"Pitter, Patter", they have a ball
Swirling and chattering as they
fall.

Joining together they huddle
tight,

Making puddles for the delight

Of children who jump and play;

Little wellingtons having
a happy day.

And as the tiny feet stamp
down,

Raindrops, in their silver
gowns,

Fly away amongst the spray

To fall and dance another day.

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

Don't miss the Christ Church Carol Service

Sunday 22 December, 6.30pm

Traditional carols, followed by mulled wine and mince pies.

Christ Church, Christchurch Park, SM2 5TN

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

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



Sutton



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