

# Sutton South Hello

Sutton South  
Hello

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

**AUTUMN 2015**

**So, why not come along and make friends with your neighbours and play an active part in your local community?**

## Wednesday Hello Club

The Wednesday Hello Club has now been running successfully for two years. As well as card and board games over tea and biscuits, we have occasional talks, outings, singsongs and darts matches with the neighbourhood police and a great Christmas party.

Many residents, as they become older, find it harder to get around and we have a group of local volunteer drivers to bring them to the club in Christ Church Hall where our activities take place.

The Wednesday Hello Club meets between 2pm and 4pm at Christ Church Hall, Christchurch Park, SM2 5TN.

## Hello Arts and Crafts

The Hello Arts and Crafts was started last September to enable local people in the South Sutton area to take part in artistic and craft activities in a relaxed setting and with minimal charges. Local people come to share their skills and we have guest tutors to teach us new ones.

We meet on a Thursday afternoon, between 2.45pm and 4.30pm, at Christ Church Hall, Christchurch Park, SM2 5TN.

## Hello Reminiscences

We all have memories that are precious to us. Some of those memories deserve to be recorded so that we do not forget what it was like to live before the age of the internet, the microwave oven and when sweets were rationed.

A group meets at Christ Church on the first Wednesday of each month, between 2.30 pm and 4pm, to record people's stories. We plan to print the stories and use old photos and illustrations to bring them alive.

## Healthy Body, Healthy Mind

With the help of Sutton Proactive we have engaged Claire Stone, a very experienced fitness instructor, to run a chair based exercise class for 45 minutes **each Wednesday, from 1.30pm to 2.15pm at Christ Church Hall.**

For just £1 you can swing your legs to Tamla Motown, shake your arms to Abba, or even wriggle your seat to a golden oldie.



## If you are more active

then Katie Penneck from the Fitness League, runs a wonderful class designed to improve posture and well-being through central control (core stability) and rhythmic exercise to music.

The class is **on Thursdays at Christ Church Hall from 1.30pm to 2.30pm.**

For more info: Katie 07801 752212 or e-mail:

[katiebpennock@googlemail.com](mailto:katiebpennock@googlemail.com)

## SUTTON SOUTH

### The Rafters Resound at Christ Church



The New London Concert Band did South Sutton proud on Saturday July 11th with another resounding success of a concert.

The Mayor of Sutton, Councillor Muhammad Sadiq, praised Christ Church for its generosity in allowing Sutton South Hello to use the Church Hall two afternoons a week. This was a major reason why the project was able to operate so successfully.

A cream team, craft stalls and an exhibition of work by Hello Arts and Crafts and local artists made the afternoon a delightful occasion.

### So Much Hidden Talent!

Guest tutors are now a regular feature at Hello Arts and Craft on Thursday afternoon. Some have been funded by a small grant from Arts Network Sutton and others have given their time free.

It is a lot easier to make animated films than we realised. Richard Moore, independent film maker showed us that new “apps”, downloaded onto an iPhone or iPad, mean that you take repeated shots of a model in different positions or of slightly differing graphics, press a button and, hey presto, you have a cartoon. Of course, it takes time, but new technology has made basic film making much much easier than it used to be.



In a session on painting with water colours, Marie gave us the tip that to draw a perfect pear you just needed to draw a circle and then put a bell on it. And it worked! There were 14 perfect pears at the end of her session.



Cathy came over from Tower Hamlets to give us a taster course in making bead necklaces, one of our most requested topics. Buying beads can be expensive and Cathy advised trawling local charity shops to buy the necklaces that had been donated.

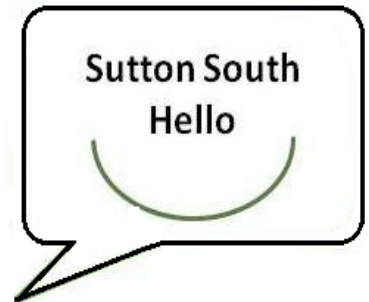
## Our First Annual General Meeting

The first Annual General Meeting (AGM) of Sutton South Hello will be held on Wednesday 16<sup>th</sup> September 2015 from 2.15pm at Christ Church Hall.

Everyone is welcome to attend, but only those who have completed a registration form, which effectively makes them a member, is eligible to vote for the officers of the charity.

The formal part of the meeting which includes acceptance of the accounts, ratification of officers, is not expected to take long and after that we will have refreshments, including cake!

Members and non-members are welcome to join us.



## Card-making Session

We are delighted that Gillian Till will be returning to take a card-making session on Wednesday, 19<sup>th</sup> August – 2.15 to 4pm. Gill has been making cards for about 20 years, and the techniques have changed hugely over that time. Rubber stamps are a constant but die cutting has now become very popular.

Gillian was a police officer for 30 years but is now retired and looks after dogs in her home and takes them out for walks during the day.

Places for the session have to be limited to 10 participants to ensure everyone gets the amount of tutoring they need. These will be offered on a first come, first served basis. The cost for this session will be £2 per person.



## Life doesn't end when dementia begins

A diagnosis of dementia for you or a loved one can be very worrying but it need not be the end of the world. It is possible to live well with dementia.

The Alzheimer's Society has this year highlighted the life of Ken Payne who has Alzheimer's disease. Despite this he has auditioned for both Britain's Got Talent and X Factor. A diagnosis of dementia is not a barrier to doing the things you want to in life.

Ken, 61, lives with his wife June in Sunderland, and was diagnosed with Alzheimer's disease in 2011. He is determined to carry on with life as best he can and to do the things he wants to do. Ken encourages people to get any symptoms checked out as soon as possible with their doctor.

Sutton South Hello has raised £128 for dementia research, raffling a beautiful hand knitted heritage christening robe and shawl made by Mary Aitken at our recent Honeywood exhibition. A number of our members, who attend regularly, have dementia. They are very welcome.

Tim Haigh, a Dementia Friends Champion, will give a talk on living well with dementia on Wednesday 30<sup>th</sup> September at 2pm at the Wednesday Hello Club, Christ Church Hall, Christchurch Park, Sutton SM2 5TN. Tim is Board Member of Hello and has generously, once again, sponsored this newsletter.





## 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**

- **Sutton Citizens Advice Bureaux**

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

- **Age UK Sutton**

For free information and advice call 0208 770 4090 Monday-Friday 10.00--2.00pm or email: [advice@ageuksutton.org.uk](mailto:advice@ageuksutton.org.uk)

### Visit Our Website

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

**[www.suttonsouthhello.com](http://www.suttonsouthhello.com)**

It contains useful information about our Wednesday Hello Club, the Hello Arts and Crafts, fitness exercises and other activities.

Take a look at the photos in the Gallery section to find out what we got up to during Hello Club events.

This website was designed free of charge by a young local designer, Dana Ali.

### Your Voice Counts

What subjects would you like to see covered in this newsletter?

Have you any interesting stories to tell us? We would love to hear from you.

So why not get in touch with the Editorial Board, through our website, by email:

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

or ring Heather on 07790 031764

### 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)

### 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.

### 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, Frances Wilson, Liz Hamilton, Gerry Benneworth.