

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.

MEN ALLOWED UPDATE

With our wonderful local police, HELLO launched a monthly get-together for men on Wednesday 27th January. We all had a good time, and the men who joined us on that afternoon were able to play darts, cards cribbage, dominoes, chess, miniature snooker and Mahjong. A few just enjoyed a good chat.



We have realized that some older men often find it hard to keep active and make friends when they retire. As time goes by they can become lonely and isolated.

This is miserable for them, but can also affect their physical and mental wellbeing. So our Men Allowed sessions will take place on the last Wednesday of each month at Christ Church Hall, Christchurch Park, SM2 5TN between 2pm and 4pm. But if you are interested in some good company don't wait until then. The Wednesday Club meets weekly and greets everyone with a warm welcome.

Any enquiries to:

Heather Honour. Chair Sutton South Hello on 07790 031764 or heather.honour@sky.com.

www.suttonsouthhello.com

SPRING-A-LONG!

You have heard of a sing-a-long and a sing-song, but HELLO will be having a Spring-A-Long on the afternoon of March 16th with Malcolm Payne, our accomplished pianist and singer.

WE will be singing well known songs from musicals. Not only that, but we'll be wearing our Easter Bonnets!

We'll be making the Easter Bonnets on the afternoons of Wednesday 9th March at 2pm and Thursday 10th March at 2.45pm during our normal weekly sessions.

Do come and join in. The question is, "what will the men be wearing?" Perhaps they would like to wear a hat of their choice to keep us company? There will be a prize for the best bonnet or piece of headwear.

Sutton South Hello

SPRING 2016



Spring Fling

Celebrate spring and do something fun and new!

Join one of our fantastic activities, meet new friends and embrace life wholeheartedly!

- Take a walk in the park with our Nordic Walking group
- Get your knit on with Purls of Wisdom
- Sing for joy, put on your dancing shoes, indulge your green thumb with our many different activities for anyone aged 50+

Contact us to find out how you can join us!

020 8770 6959

communityhelpers@ageuksutton.org.uk

Unit 1 / 2 Lower Square, St. Nicholas Way, Sutton SM1 1EA

Visit Our Website

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

www.suttonsouthhello.com

SUTTON SOUTH

East meets West

Diwali is one of the auspicious festivals in the Hindu calendar. It is celebrated with lots of pomp and show throughout the world. On 11th of November members of the Hello Club invited friends, relatives and dignitaries to join them in the celebrations. Cllr Nali Patel, Champion of the Elderly and a member of Hello Club, invited the Mayor, Mayoress and Deputy Mayor of Sutton to be the chief guests at the celebration.



On the day, the hall was beautifully decorated with lights, which is customary with this festival. The tables were laid with colourful tablecloths and on them mouth-watering sweets. In one corner, Kamala, and Hansa dressed members in colourful Saris, whilst Gajra moved up and down making sure all was in the right place

At 2.30pm Colin Iddles, Board Member of Hello received the Mayor, and a bouquet of flowers was presented to the Mayoress by Frances Wilson. Nali Patel extended a warm welcome to all the invited guests and club members. She invited Mr Ramesh Dogra to talk about Diwali - the festival of lights. This was followed by a fashion show. It was a great treat to see our lovely lady members on the catwalk; each one looked like a newly married Indian Bride. This was followed by a traditional Stick dance performed by Gajra and her team.

SING SONG

On 9th December Steve Poole, guitarist and singer, entertained our members in a sing song featuring popular and festive songs. We not only sang along with Steve but also accompanied him using tambourines and handbells.

It was a lively and enjoyable afternoon. Many thanks to Steve for another wonderful performance.

WE WISHED YOU A MERRY CHRISTMAS

Once again we enjoyed fun and laughter at the HELLO Christmas Party with Christ Church Hall packed with seventy five revellers on 16th December.

A quiz, pass the parcel and indoor fireworks caused much hilarity. To accompany the draw for the twelve raffle prizes, we sang, "A Partridge in a Pear Tree" gradually working up to the twelfth day. We had all thought that we knew what story matched each number. Not so. We stared getting lost after "Five GOLD Rings" and it was downward all the way from there. But we had a good laugh and vowed that next year we will have symbols to prompt everyone in this popular carol!



NEIGHBOURHOOD WATCH IN SUTTON SOUTH

Do you know about Neighbourhood Watch in Sutton South?

We are a local residents association, formed of local residents who care about our community and want to help the police to help keep Sutton safe. We are very pleased to live in a "low crime" borough, and Sutton police have asked us to help them keep it that way.

We have a broad range of members from different backgrounds and ages, with at least one member in almost every road or street in Sutton South. Our aim is to improve communication between the police and the community to keep us up to date on things like local crime trends, things to watch out for, and general crime prevention measures.

It's free to become a member, and once you are signed up you will receive regular bulletins from our local safer Neighbourhood Team at Sutton police station.

For further information on Neighbourhood Watch in Sutton South, and how to join us, go to <http://www.suttonneighbourhoodwatch.co.uk/> or contact Tony Smith directly on 0208 404 3061 or 07540 699220.

FOUR SEASONS

Hello Arts and Crafts likes big challenges. We held our first exhibition, at Honeywood Museum, just six months after we started our group. Now we are decorating the porch at Christ Church to celebrate the Four Seasons and to thank the church for all the support they have given us.

Members are making a giant patchwork of the Four Seasons for the door, with a knitted and crocheted panel at the bottom.

Patchwork stars on the reverse side will form a backdrop for the church's Nativity Scene.

Each of the four corners of the porch will have a painted panel of one of the four seasons by our talented artists. If you would like to join our community arts and crafts group please contact Heather on 07790 031764 or heather.honour@sky.com.



SUTTON SOUTH WARD PANEL

Sutton South Ward Panel is a forum which is managed by the Metropolitan Police through the Sutton South Neighbourhood Team in consultation with the local community and community groups. The Ward Panel meets quarterly and is open to all members of the community. The aim of the Panel is to advise the Metropolitan Police about local community crime and disorder concerns which should enable Safer Neighbourhood teams to decide promises and priorities which are intended to match community concerns.



The next Ward Panel meeting will take place on 19th April 2016 at 7pm at Christ Church Community Hall.

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/>

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

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

- **Age UK Sutton**

For free information and advice call 0208 770 4090

Monday-Friday 9.30--4.30pm or email:

advice@ageuksutton.org.uk

Fitness League

Every Thursday at Christ Church Hall from 1.30 - 2.30pm run by Katie Penneck of the Fitness League, for the more vactive.

For more information contact Katie on 07801 752212 or email:

katiepenneck@google-mail.com.

Do you have a couple of hours to spare on a Wednesday afternoon?

The Wednesday Group attempts to reach out to those members of the community who are isolated and lonely. Our volunteer drivers have a vital role in fulfilling this purpose by bringing those people unable to make their own way to the hall and allowing them to participate in activities, or simply meet people and have a chat over a cup of tea or coffee.

We have a need for new volunteers to pick up some of our members and return them home.

If you have a couple of hours free on a Wednesday afternoon and are willing to offer help please either contact Fran Wilson on 07835 715318 or Heather Honour on 07790 031764.

As we operate on a shoe-string we are unable to offer reimbursement of petrol costs.

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

Trish Fivey:

Trish.Fivey@sutton.gov.uk

Phone: 07769 671168

Tony Shields:

tonyshields@blueyonder.co.uk

Phone: 07951 056660

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, Gerry Benneworth, Liz Hamilton.