

# 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.*

## There's lots happening at Hello Arts and Crafts

Artists from Hello Arts and Crafts will be taking part, for the first time, in the Open Art Exhibition at the Europa Gallery in Sutton Library that runs from 5<sup>th</sup> – 16<sup>th</sup> May. Why not have a look. There is a new café open in the library so you can have tea and cake whilst you are there.

We also have guest tutors once a month. Yuko showed us how to make origami in March, Simon demonstrated print making in April; we will go back to our school days and make papier mache in May. Meanwhile, our home grown artists, share their skills in painting and we continue work on our Four Seasons project of patchwork and paintings for Christ Church.

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

No experience necessary. Just turn up. We are a very friendly group.

## In our Easter bonnets

On 16<sup>th</sup> March HELLO held a Sing-Song and Easter bonnet parade in Christ Church. Nearly 50 members attended and were treated to a sing-song led and accompanied on the piano by Malcolm Payne. Old favourites and show tunes were sung with gusto.

At the halfway point 35 of our lady members paraded in home-made Easter bonnets. The prize for the best Easter Bonnet was awarded to Margaret Hamilton, wearing a pink confection decorated with knitted ducks with crocheted birds' nests. The judges, the male members of the HELLO Club, held a secret ballot to decide the winner to protect themselves from any disappointed feisty entrants! Following the parade we had tea and cake followed by a further sing-song.

The afternoon was a great success and much enjoyed by everyone attending.

Sutton South Hello

**SUMMER 2016**



Enjoy your life at home with a choice of trusted, affordable services.

Helping Hands can be tailored to suit your needs.

### We can help with:

- > Housekeeping & cleaning
- > Shopping & meal preparation
- > Prescription collection & medication prompting
- > Companionship & conversation
- > Laundry & ironing
- > Making beds, changing linen
- > Running errands & outings
- > Assistance to attend appointments.



Age UK Sutton is celebrating 25 years of supporting Sutton's older people.

**Find out how we can help you: 020 8770 4090**

### Visit Our Website

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

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

---

## SUTTON SOUTH

### Reminiscence

On 4<sup>th</sup> May Rachel Sambrooks, local writer, poet and comedian, will visit our Reminiscence session for a workshop on her show, “Eve and All Our Grandmothers”, based on a poem she wrote about her grandmother, Eve.

Rachel will explore these subjects:

*What do you remember about your grandmother? Are you a grandmother? Did your grandmother cook for you? Was she terrible or wonderful? “ My nan once made a sardine and baked beans quiche. Nobody touched it”*

Our reminiscence sessions take place on the first Wednesday of each month between 2.30pm and 4.00pm at Christ Church, Christchurch Park SM2 5TN.

Contact Heather for details on 07790 031764

---

### Men Allowed

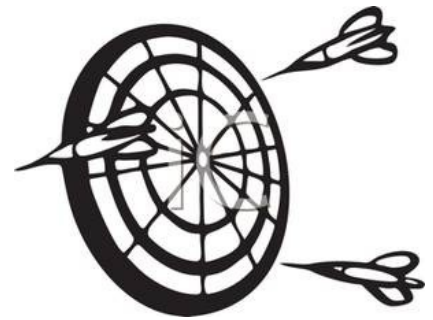
Held on the last Wednesday of every month at Christ Church Community Hall – 2-4pm.

Instead of watching the darts on the TV, come and play darts with some like-minded people.

We have a mini snooker table and are trying to access some funding to buy a full-size pool table.

Cribbage, Mah Jong, Scrabble, Upwords, Dominoes – why not have a go?

Refreshments provided. 50p per session. Come and join us.



---

### “Lights, Camera, Action!”

**Would you like to make a movie? It is never too late to have a go!**

**Arts Network Sutton have launched a movie making competition and thanks to Sutton South Hello there is a special category for the over 70’s.**

“Sutton the Movie” is a competition for short films celebrating the people, culture and heritage of the London Borough of Sutton. Films can be up to 10 minutes in length and made on an everyday smart phone. Any one from the age of 11 upwards can take part.

The Arts Network Sutton, which is chaired by Heather Honour from Hello, will be organizing workshops for those older people who would like to have a go. It is a good opportunity to capture those reminiscences we so much enjoy sharing.

The winners will be celebrated at a gala evening at the Secombe Theatre on October 23<sup>rd</sup>.

If you would like more information contact: Heather on [heather.honour@sky.com](mailto:heather.honour@sky.com).

Why not try? It is much easier than you think. No previous experience is necessary.



## “I LOVE TO DANCE”

**Iris Heppel, crochet teacher at Hello Arts and Crafts reminisces**

I was evacuated to Honiton, Devon, on September 1<sup>st</sup> 1939. So I learned to be self sufficient at a very young age. In fact it was quite difficult to adapt to home life when I returned to London on 1<sup>st</sup> August 1945 as a teenager.

We had to make the best of things in Honiton. I wanted to have a good time and I loved to dance. I used to sell my sweet rations to make enough money to go to the local dance. It was what was called a “spitfire” dance. Tickets were two shillings and six pence and the money went to buy a Spitfire. A Spitfire cost £6,000 and we were doing our bit for the war effort.

We would love to hear other readers’ reminiscences.

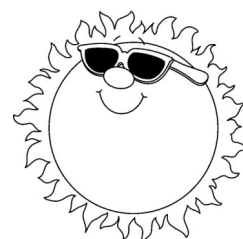


## Staying cool and hydrated in the heat

It's vitally important for older people, especially those with heart conditions or breathing problems, to stay cool in hot weather; even more so when there are successive hot days.

A few tips on staying cool and hydrated in hot weather:

- **Keep out of the heat:** avoid going out during the hottest times of the day (late morning to mid-afternoon).
- **Dress for the weather:** wear lightweight and loose clothing. And enjoy the summer colours! Dark clothing absorbs more heat.
- **Hydrate:** drink plenty of fluids, even if you aren't thirsty. Carry a bottle of water if you're travelling. It's easy to slip into dehydration.
- **Eat normally:** don't skip meals, or try having smaller meals throughout the day - salads and fruit are especially beneficial as they contain water.
- **Be heat-wise:** enjoy the warm weather, but be sensible about it! Be sure to wear sunscreen, and avoid staying out in the sunshine for prolonged periods.



**If you need further support or you are concerned about a friend, family member or neighbour, get in touch with Age UK Sutton: 020 8770 4090.**

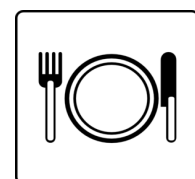
## Nightingales Restaurant at Carshalton College

Nightingales is Carshalton College’s on-site training restaurant, offering a fine-dining experience by students under the supervision of experienced chefs.

The restaurant is open to the public for lunch on Mondays, Tuesdays and Wednesdays each week from 12 noon and on Thursday evenings for dinner from 7pm. 2 course lunches cost £11 and dinner costs from £21.50. A fully stocked bar is available.

From personal experience the lunch was excellent. At the end of the meal the customer is invited to comment on the food, service and the restaurant itself.

Reservations – 0208 544 4433 or email: [nightingales@carshalton.ac.uk](mailto:nightingales@carshalton.ac.uk).



## 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](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--3.00m or visit [www.suttoncabx.org.uk](http://www.suttoncabx.org.uk)

- **Age UK Sutton**

For free information and advice call 020 8770 4090

Monday-Friday 9.30--4.30pm or email:

[advice@ageuksutton.org.uk](mailto:advice@ageuksutton.org.uk)

### 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@google-mail.com](mailto:katiepennock@google-mail.com).

### Sing For Joy

If you enjoy singing why not join the Community Choir which meets every Thursday between 10.30 - 11.30 at Sutton Salvation Army 45 Benhill Avenue Sutton SM1 4DD.

It is free and welcomes all ages and abilities.

For more information contact Sutton Seniors' Forum on 020 8401 2741.

### 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:**

[richard.clifton@sutton.gov.uk](mailto:richard.clifton@sutton.gov.uk)

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

### 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.**

### The 220 Bridge Club

Sutton United Football Club Gander Green Lane Sutton (near West Sutton station)

For more information email: [peggyg@talktalk.net](mailto:peggyg@talktalk.net)

Small, friendly bridge club which meet every Tuesday from 10.30am – 2.30pm.

You are welcome to come on your own as a partner is guaranteed.

Please bring lunch with you.

The newsletter is supported by funding from the LBS

**Editorial Board:** Salam Saadi, Heather Honour, Colin Iddles, Ann Morton, Frances Wilson, Gerry Benneworth.





