

Sutton South Hello

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

Open Days!

We are a very friendly bunch at Sutton Hello and we like to meet new people. So, if you have been meaning to find out more about Sutton Hello or if you have just heard of us for the first time, we'd like to invite you to one our Open Days:

Open Day Dates are:

The Wednesday Club: 6 September 2-00 – 4.00 p.m

Join us for board games, darts or pool or just to meet people and have a chat.

We can often arrange a lift there and back for you too.



Hello Arts and Crafts: 7 September 2.45 – 4.30 p.m.

Find out about learning a new craft or perhaps you would like to teach us one.

No experience necessary and we often have guest tutors to get us started.



Both sessions will be held at Christ Church Hall, Christchurch Park, SM2 5TN. Buses 80 and S1 stop nearby.

We'll be ready to welcome you as soon as you arrive, to tell you all about Sutton Hello and provide refreshments too. We do hope you will come.

In the meantime, if you do have any questions, please contact Heather Honour, Chair of Sutton Hello by calling 07790 031764 or email heather.honour@sky.com

SMILING



Smiling is infectious, you catch it like the flu
When someone smiled at me today I started smiling too.
I walked around the corner and someone saw me grin
When he smiled I realised I had passed it on to him.
I thought about that smile and then realised its worth,
A single smile like mine could travel round the earth.
So if you feel a smile begin, don't leave it undetected,
Lets start an epidemic and get the world infected.

This poem could have been written for our Hello Club. We can't find out who wrote it, but we like what it says, "Smile."

Sutton South
Hello

AUTUMN 2017



Hello, I'm Tim Haigh, owner of Right at Home, a care agency providing care at home for many elderly people in Sutton.



If you, or someone you know, is struggling to cope at home, whether due to illness or physical frailty, Right at Home can help.

Our services range from a simple hour's companionship, to help with personal care, to 24-hour live-in care as an alternative to a care home.

You may not need care now, but that might change in future. So keep a copy of this advert safe as it offers **FOUR HOURS of FREE HELP** when you sign up with us.

Call us today. We are a friendly company who love to meet new people.

Tel: 020 8642 4929

www.rightathomesutton.com

sae@rightathomeuk.com

Visit Our Website

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

SUTTON SOUTH

NEWS FLASH 27th April.

What is going on at Christchurch?

‘ Lots of people gathering in the church porch. The Mayor is there too! Gosh, this porch looks amazing ! ‘

‘ Is that a Steel Band arriving? ‘

‘ What’s this at the back of the church? - some sort of exhibition - beautiful paintings; hand-made replica 1940s’ outfits; original 1940s’ wedding dresses and more..... (those brides must have been very slim – the dresses are only about size 8). All very interesting. ‘

‘ W-a-o-w lots of tables set out.....don’t think I have ever seen so many delicious cakes and enough to feed the army. Is that wine along with the tea and coffee? It just gets better and better. ‘

‘ This is quite a do. What is going on? Ah ha, just found out. It is the official opening of the FOUR SEASONS PROJECT. ‘

For some time now the members of the South Sutton Hello Club have been working on a collaborative project involving the production of two large fabulous hangings depicting the four seasons and a third which will be a gorgeous starry background for the Nativity scene. There are also four beautiful paintings, one for each season. It is a magnificent display and has enlivened the church porch no end. Words do them no justice. You will just have to go and see them. Church is open most Tuesday mornings between 9 and 11 am. and obviously for services at other times.



‘ The Quaker Steel Band have just struck up - they sound fantastic especially with the excellent acoustics in the church. Even got the crowd singing along. ‘

‘Tea is served.....cakes disappearing fast.’

‘ Time now to visit the exhibition Gorgeous 1940s’ outfits , a very fine selection of art work from Hello Club members and a great selection of hand crafts to buy for charity.’

‘Now, that’s what I call a celebration!’

Congratulations to all those involved and special thanks to Christ Church for allowing us to decorate their porch. Huge thanks to Terry and Lucy for the cakes and to the Steel Band for great entertainment.

Once again we are so fortunate to have the support of Mayor Richard Clifton

Come and see the porch and maybe even think about visiting the Hello Club. Would be great to see you.

Changes to the police on our streets

There will be a new model for policing in Sutton South, and the rest of the borough, from 4th September.

PC Mark Towler told members of the Sutton South Ward Panel, of which Heather is a member on behalf of Hello, that every ward will have two dedicated ward police officers and one Police Community Support Officer. There will also be one Sergeant who will be responsible for four wards.

Our new team will be:

PS Anna Smith – responsible for Sutton South, Sutton West, Cheam and Belmont

PC Kellie Heath, PC Andy Peek, PCSO Laura Jagoe

PS Peter Nicholson and PC Mark Towler will be moving over to Carshalton Central. Heather thanked PS Nicholson and PC Towler for their hard work and dedication to the ward. We will miss them, but Mark plans to introduce Kellie to us before he moves over. At the same meeting we learned that we will be seeing more of our local police on the streets in response to recent terrorist attacks.

CHILDHOOD TRAVELS SALTBURN-BY-THE-SEA

I like the journey to Saltburn
In a happy crowded train
It's nice to be there once again
We couldn't find Pat anywhere
She was nowhere on the sand
Then we saw the children's talent show
She was singing gaily with the band
We peeped into the big hotel
It's only where rich people stay
Never mind my mum said proudly
We'll go right into it one day
It's always sad to leave Saltburn
And see the Red sunset
Little Malcolm looked sad too
Because he'd lost his fishing net

Pauline Kavanagh



Painting by Ken Card

Keep safe – avoid becoming a victim of “scams”

PC Mark Towler of Sutton South Neighbourhood Team gave a talk to the group on the “10 Golden Rules to Prevent Fraud”. These are:

1. **Never** give banking or personal details (i.e. pin number, name and address) to anyone you do not know or trust. This information is valuable so make sure you protect it.
2. **Always** check that the person contacting you, who might use the phone or call in person, is genuine. Call your bank or building society to check on them.
3. Be suspicious of all “too good to be true” offers and deals. There are no guaranteed get-rich-quick schemes.
4. Do not agree to offers or deals immediately.
5. Insist on time to obtain independent or legal advice before making a decision.
6. Do not hand over money or sign anything until you have checked the credentials of the company or individual.
7. Never send money to anyone you don't know or trust, whether in the UK or abroad, or use methods of payment that you're not comfortable with.
8. Always log on to a website directly, rather than clicking on links provided in an email.
9. Do not rely solely on glowing testimonials. Find solid, independent evidence of a company's success.
10. Always get independent or legal advice if an offer involves money, time or commitment.

Remember that large companies such as Microsoft, Talk Talk etc will not ring you personally to tell you that your computer is faulty. If you get a call from anyone purporting to be from a large multi-national company hang up!

Computers & the Internet.. here's why you should bother!

Getting to grips with the 'Digital Jungle' can be daunting at first. But with the right support and some perseverance, you'll soon discover the many benefits that come from getting online and using digital devices, like these users did.

Keep in touch with family & friends – one learner who described herself as “not very digitally minded” was taught how to use the Internet and Skype - an online video chat tool. She regularly speaks with her brother, who lives abroad and who is not very well, giving them both a lot of joy at being able to speak to each other.

It makes the world bigger – many learners have spoken, with delight, of finding videos and music online that they hadn't seen or heard in decades. Some have rediscovered old hobbies, others have found new ones. One learner said of learning how to use a computer “It has opened a new world to me.”

Are you inspired to take your first foray into the Digital Jungle? Or maybe you just want some help to learn a bit more? Then come to the **Age UK Sutton Digital Tea Party event**. It's an excellent opportunity to have a taste of what the digital world has to offer in a friendly, supportive environment. And you might find you'll soon be besting your family members in a game of Candy Crush! **For more information, call 020 8770 4090.**

Are you a Carer?

A Carer is anyone, adult or child, who provides unpaid support to family or friends who could not manage without their help. A Carer may do practical household tasks, perform personal care and/or perhaps provide emotional support, often whilst juggling work, school or other commitments. If you are caring for someone due to their mental or physical health issues, disability, illness or substance misuse, we at Sutton Carers Centre (SCC) are here to support you in your caring roles - and to help you stay well, too.

What does Sutton Carers Centre do?

SCC is an independent, local charity delivering a wide range of services to support and meet the needs of unpaid Carers who live or work in the London Borough of Sutton. We provide professional information and advice to the whole family, training, emotional and practical support, and wellbeing services. We also have opportunities for Carers to take a break, to come together for mutual support, and to have their voices and opinions heard.

Please get in touch if you would like more information about our services.

Contact details

Sutton Carers Centre, Benhill House, 1st Floor, 12-14 Benhill Avenue, Sutton, Surrey, SM1 4DA.

Tel: 020 8296 5611 | **Email:** enquiries@suttoncarerscentre.org | **Website:** www.suttoncarerscentre.org |

Twitter: @suttoncarers

We are open Monday to Friday 9am – 5pm apart from Tuesdays, when we remain open until 8pm and the 2nd Saturday of every month 11am – 1pm.

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 Vision**

Call them on 020 8409 7166

www.suttonvision.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

- **Sutton Citizens Advice Bureaux**

Call them on 020 8405 3552

Monday -Fridays 9.00am--5.00pm

or visit: www.suttoncabx.org.uk

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

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 60s. 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.

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.



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