

# Sutton South Hello

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

**SUMMER 2017**

## **And thereby hangs a tale.....**

It is a cold winter's day in the Electrical and Plumbing Wholesalers. As ever, it is full of workmen picking up the equipment needed for their day's work. In walk Hannah and Vicki, two ladies of a certain or perhaps uncertain age. They are trying to look as though they know what they are doing. They fool no one. They ask about piping, conduits, gaffer tape, clips etc. Do they understand the answers they receive??

What are they up to? Well, the week before Vicki is at home staring at her central heating pipes. She may have the solution to a problem which has exercised the minds of 'HELLO' club members for many weeks.

Some of the very talented women of the club have made beautiful patchwork hangings to cover two doors in the porch of Christchurch. What's the problem? Well, these are arched doors a mere 8ft. high and 5 ft. wide ! The hangings are large and heavy. Much advice was sought as to how they could be hung. Metal workers and carpenters shook their heads uttering ' That will be difficult AND expensive' .



### ***Vicki and Hannah to the rescue.....***

Back to the wholesalers.....They depart with all sorts of bits and pieces and 'Good luck' messages ringing in their ears.

It is now mid December. The church porch is freezing. However, Hannah and Vicki (aka HELLO CLUB DIY SERVICES – Reasonable rates) are undaunted. Risking frostbite and altitude sickness (they are very tall doors !), they attempt to construct and erect two arched frames.



### ***After much effort and many trials they succeed.***

These beautiful hangings can be seen in the porch of Christ Church very soon

AND don't forget the ingenuity of Hannah and Vicki!!

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## **COME AND JOIN US**

The Wednesday Club is a social club for the over 50s and meets every Wednesday between 2pm and 4pm.

Hello Arts and Crafts meets on Thursday between 2.45 pm and 4.30 pm.

This all takes place at Christ Church Hall, Christchurch Park, Sutton SM2 5TN.

**Buses: 80 and S1**

**Enquiries to Heather on 07790 031764**

Visit our website at: [www.suttonsouthhello.com](http://www.suttonsouthhello.com)

## HELLO'S REMINISCENCE EXHIBITION A HUGE SUCCESS

Opened on April 2<sup>nd</sup> 2017 by Cllr Richard Clifton, Mayor of Sutton, our exhibition at Honeywood, "All Roads Lead to Sutton" was a huge success.

Honeywood's rooms were full to capacity and the Indian High Commissioner sent a special representative to honour the occasion.



### Evacuation: *"Oh, you two'll do I suppose!"*

On 1 September 1939 Operation Pied Piper began. Over three days 1.5m evacuees were moved from British towns and cities to rural areas to escape the feared German bombing. Some of our members were among those evacuees.

"I remember saying goodbye to mum, 'see you in a week' but of course we were away for 4½ years. I do not remember being sad or crying." (Rosina)

"We finally arrived and had to go into a large hall. We were lined up to face people who'd volunteered to have the evacuees. I felt like a caged animal at the zoo when we were inspected by the hosts"

"They put me on a small canvas camp bed in the cupboard under the stairs as I was just 6 years old. I really hated it and cuddled my teddy bear tightly as I was worried that spiders might still live in that dark cupboard." (Margery)

### Whilst back in London

"On November 7<sup>th</sup> 1940 there was one of the worst nights of bombing. The dreaded siren sounded. Mum was too far into labour to make it to the shelter. Dad took us to the pit after depositing mother under the table. Very soon afterwards my baby sister had her first glimpse of the world around her"

Dad managed to enroll me as a junior ARP. I was even presented with a JARP helmet. My main purpose for my excursions was to collect shrapnel, and if I was lucky, bombshells. These, to us boys, were like gold treasures" (Ken)

### Ice on the Windows

"There was ice on the inside of our window and my sisters and I used to breathe out hot air and make out we were smoking."

"There were deliverymen, like the milkman in a navy striped apron (United Dairies) he had a horse called Dobbin! We had to collect the manure for my late father's roses. When I was 13 I resigned from the job! (Linda)

### Starting work in a chemist's shop

"I eventually left school at fourteen and went to a chemist's shop where I learned to dispense, which was in the 1940s but before the National Health. It was very, very interesting.

I remember I was allowed to dispense but Mr Dickson checked everything. We dispensed prescriptions for bromide and valerian (as sleeping draughts) but also called a 'pick me up'.

I also used to remove grit from eyes, using a camel hair brush. We sold Gentian violet for skin infections; it dyed your skin purple where it was applied.

We had a Poisons Register and a DDA (Dangerous Drugs Act) cupboard, where we kept poisons and dangerous drugs; it had to be kept locked" (Betty)

### Memories of Christmas Past

Poultry was a luxury in those days."

"Dad brought home a turkey given to him because he worked in Fleet Street."

"Decorations and cards were homemade."

"We had stockings with an orange or nuts and sweets."

"Building Meccano at Christmas."

## And in India.....

Uma's father, worked for the All India Radio and the *Manchester Guardian*. He was present when a Hindu nationalist assassinated Gandhi. Her father came home with a spot of the Mahatma's blood on his finger.

Uma's mother took her and two siblings to see Gandhi lying in state on the floor of Birla House. Uma was only eight but her mother said 'you won't ever see another person like that.'



## And in Basra, Iraq

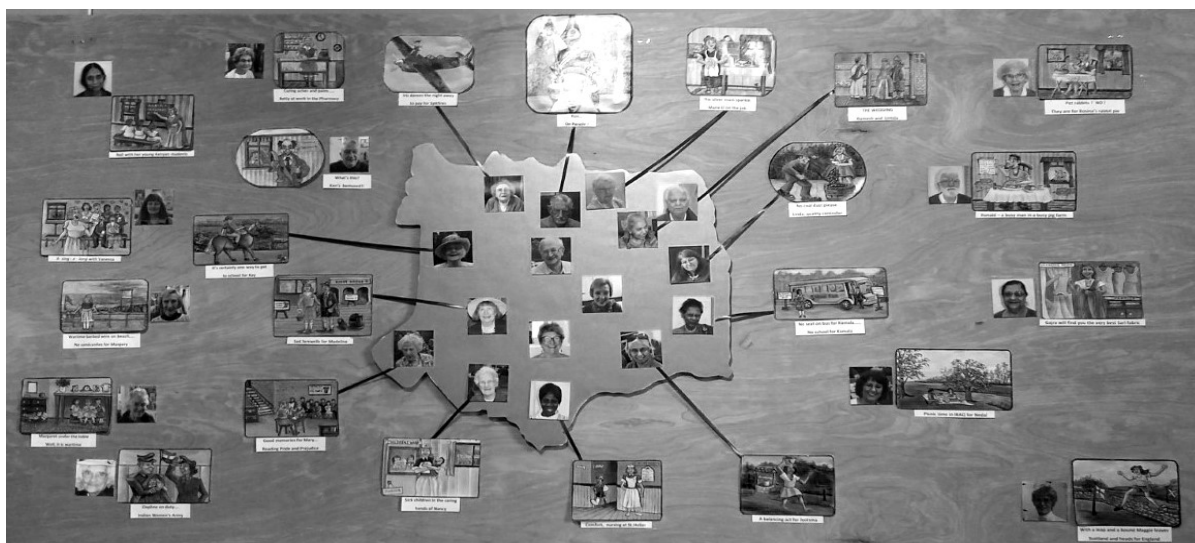
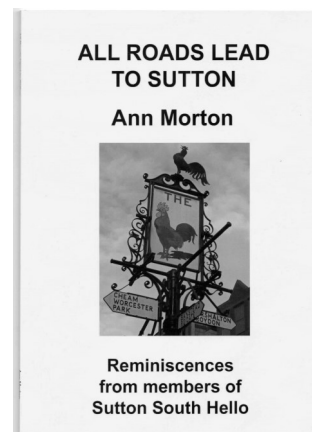
The New Year had a special flavour in Basra. I still remember the sirens of ships at midnight, announcing the advent of the New Year, and the sounds of joyful youths celebrating on the banks of Shatt al-Arab. It was a Golden Age.

The rise of dictatorship, and intensified repression in the late 1970s, was followed by the Iran-Iraq war that started in September 1980 and was to last eight years. Basra turned into a bloody battlefield

My beautiful city, Basra, is now only a shadow of its glorious past that is embedded in my memory. (Nedal)

- You can buy a copy of the reminiscences, **"All Roads Lead to Sutton"** by Ann Morton by contacting Ann on: 0208 643 6245 Or email: ann.morton27@yahoo.co.uk
- You can see a copy of the video of members of Hello telling their reminiscences interwoven with vintage footage by filmmaker Richard Moore on You Tube:

[https://www.youtube.com/playlist?list=PLpj3vqp\\_r\\_1GtKWt4MnLfONRIDSh3btQn&feature=em-share\\_playlist\\_user](https://www.youtube.com/playlist?list=PLpj3vqp_r_1GtKWt4MnLfONRIDSh3btQn&feature=em-share_playlist_user)



A collage made up of individual cameos of each of our member's reminiscences by our talented artist Ken Card (assisted by Maggie)



## 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. Try to eat 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.**

### 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](http://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](mailto:advice@ageuksutton.org.uk)

- **Sutton Citizens Advice Bureaux**

Call them on 020 8405 3552 Monday-

Fridays 10.00--12.00am and 1.00--3.00pm

or visit: [www.suttoncabx.org.uk](http://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](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 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 Chilern Church, 83 Chilern 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](mailto:katiepennock@google-mail.com).



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